COURSE DETAIL

ADVANCED TOPICS IN EMOTION REGULATION AND EDUCATION
Country Italy
Host Institution University of Padua
Program(s) Psychology and Cognitive Science, Padua
UCEAP Course Level Upper Division
UCEAP Subject Area(s) Psychology
UCEAP Course Number 161
UCEAP Course Suffix
UCEAP Official Title ADVANCED TOPICS IN EMOTION REGULATION AND EDUCATION
UCEAP Transcript Title EMOTION REGULATN&ED
UCEAP Quarter Units 5.00
UCEAP Semester Units 3.30

Course Description

This course discusses the main and most recent theories on the development of emotion regulation, with a special focus on its role in children's learning processes. The course adopts a comprehensive biopsychosocial approach presenting 1) the foundation of the development of emotion regulation and its role for later development of healthy, competent functioning; 2) the strong interconnection between emotion and cognitive regulation; and 3) the protective role of emotion regulation when coping with internal and external sources of stress during childhood. Furthermore, research methodologies (including physiological measures) and cultural-contextual influences are presented. At the end of the course, students should be able to express knowledge about the development of emotion regulation and its role in promoting, wellbeing and learning across the life span. Moreover, they should be able to understand and apply key concepts in the development of emotion regulation real-life practical educational and clinical contexts as well as to plan a simple research with adequate methodologies for the study of emotion regulation in children. The course examines topics such as the definition of emotion regulation; methods of assessment of emotion regulation (from self-reports to psychophysiological measures); development of emotion regulation from infancy to adolescence; the polyvagal theory, emotion, and self-regulation; emotion and cognition in learning; and emotion regulation and stress. The course requires students to have basic knowledge in developmental psychology as a prerequisite

Language(s) of Instruction
English

Host Institution Course Number
PSQ1096302

Host Institution Course Title
ADVANCED TOPICS IN EMOTION REGULATION AND EDUCATION

Host Institution Course Details
https://en.didattica.unipd.it/off/2021/LM/PS/PS1090/002PD/PSQ1096302/N0

Host Institution Campus
Host Institution Faculty Psychology
Host Institution Degree Second Cycle Degree in Developmental and Educational Psychology
Host Institution Department
Course Last Reviewed 2021-2022

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