COURSE DETAIL

SELF-REGULATION: THE SCIENCE OF ACHIEVING YOUR GOALS
Country United Kingdom - England
Host Institution University of Sussex
Program(s) University of Sussex
UCEAP Course Level Upper Division
UCEAP Subject Area(s) Psychology
UCEAP Course Number 138
UCEAP Course Suffix
UCEAP Official Title SELF-REGULATION: THE SCIENCE OF ACHIEVING YOUR GOALS
UCEAP Transcript Title SELF-REGULATN:GOALS
UCEAP Quarter Units 6.00
UCEAP Semester Units 4.00

Course Description

We need to regulate our thoughts, feelings and behavior in order to achieve our goals and succeed in life. In this course, students consider the processes involved in self-regulation, the role of emotions in self-regulation, and the relationship between self-regulation and mental, physical, and social wellbeing. Students also discuss the factors that lead people to fail at self-regulation, and the interventions and techniques people can use to improve their regulation ability and thus achieve their goals. Students learn about controlling emotions, combating procrastination, forming good habits, and overcoming smoking, overeating, and overspending. Students gain theoretical and practical insights into how people successfully pursue their goals, and apply these insights to their own lives.

Language(s) of Instruction
English

Host Institution Course Number
C8894

Host Institution Course Title
SELF-REGULATION: THE SCIENCE OF ACHIEVING YOUR GOALS

Host Institution Course Details
https://www.sussex.ac.uk/study/modules/undergraduate/2025/90499-self-regulation...

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department
Psychology

Course Last Reviewed
2025-2026

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