

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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