



**UNIVERSITY  
OF LATVIA**

## Host institution

University G. d'Annunzio of  
Chieti-Pescara, Department of  
Neuroscience, imaging and clinical  
sciences, Master Degree in Psychology

## Partners institutions

ISPA (Portugal)

University of Latvia (Latvia)



## Self-regulation and wellbeing: an integrated perspective

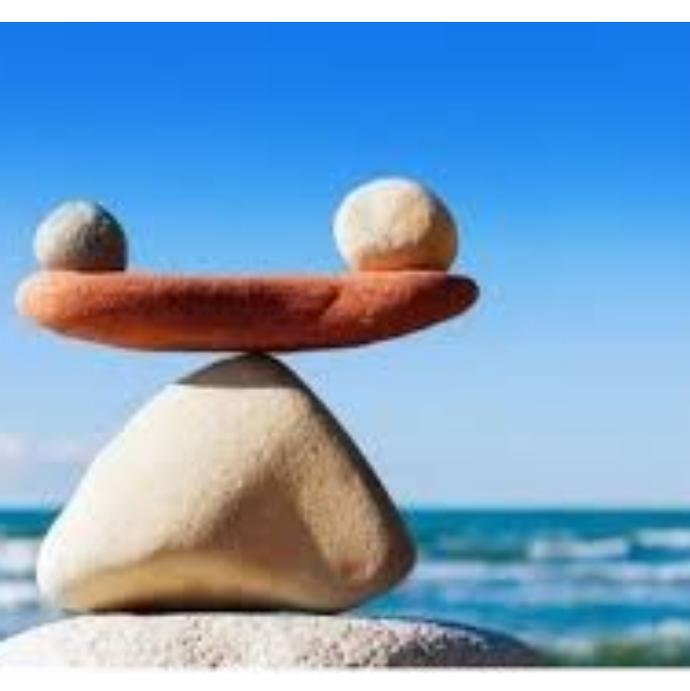


BLENDED INTENSIVE  
PROGRAMME (BIP)  
2022



## Course (3 ECTS)

Lessons and practical experience will focus on self-regulation skills as a valuable resource for adaptation and learning. These capabilities will be described in relation to the underlying biological processes and neural substrates. They will be linked to development and illustrated in relation to emotional processes and school learning. Finally, the relationship between self-regulation, personality and cognitive processes will be illustrated.



## Course structure

- **Session 1 online**

(September 19-23th)

Presentation of the course and online seminars

- **Session 2 in presence**

(October 3-7th)

Lectures and laboratory activities

- **Session 3 online**

(October 24-25th)

Project and review presentations by students, general discussion

## Training team

**UdA:** G. Committeri, S. Di Sano, F. Ferri, F. Lionetti, S. Pagliaro, M. Spinelli, M. Tommasi

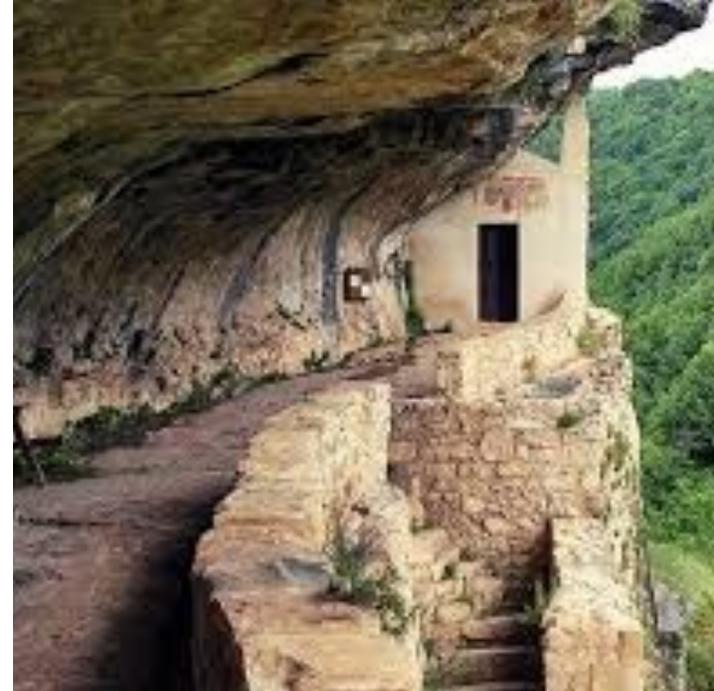
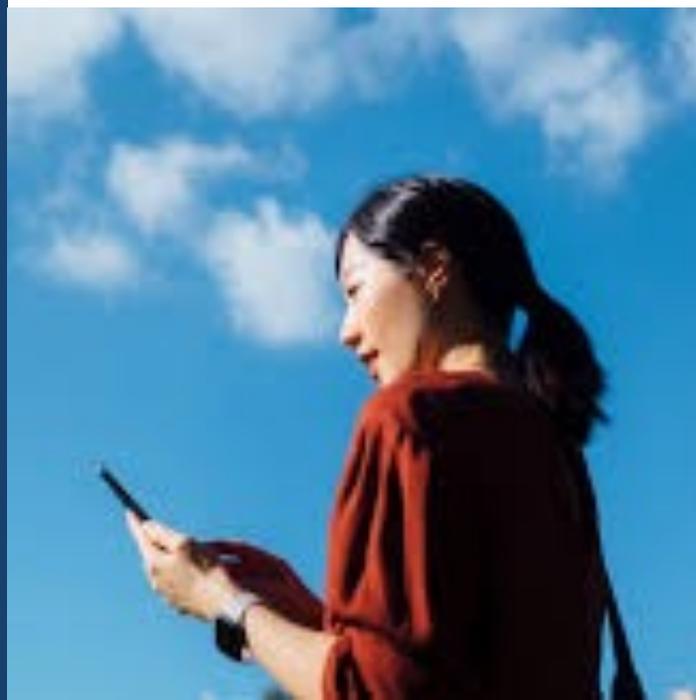
**ISPA:** M. Verissimo, A.J. Santos

**University of Latvia:** B. Martinsone, L. Hačatrjana

## Invited Speakers

Gino Casale (University of Wuppertal)

Michael Pluess (Queen Mary University of London)



October 7

3 pm – onwards

- Afternoon trip in Abruzzo
- Farewell dinner

### Organizers

- Giorgia Committeri
- Sergio Di Sano

### Tutors

- Paola D'Elia, Rosanna Pinto, Miriana Giannelli
- E-mail: [erasmusbidnisc@gmail.com](mailto:erasmusbidnisc@gmail.com)

[Website Link](#)