

PSYC 4001 G : SELF-REGULATION AND GOAL PURSUIT

Instructor	Marina Milyavskaya
Term	Winter 2024
Course Delivery	In-person discussion seminar
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Office Hours	TBA

COURSE DESCRIPTION/INSTRUCTORS STATEMENT

This course will examine key theories and recent findings in the human motivation literature, focusing on how people set and pursue goals, and why attempts at self-regulation so often fail. Applications across a variety of domains, including education, work, health, and relationships, will be addressed.

EVALUATION

Students will be evaluated based on weekly thought papers, class participation and presentations, and a final paper.

TEXT

Selected journal articles and chapters, posted on CuLearn.