

PSYC 5800K – SELF-REGULATION

Instructor	Marina Milyavskaya
Term	Fall 2025
Course Delivery	In-person discussion seminar
Email Address	Marina.milyavskaya@carleton.ca
Office Location	SSRB 314B
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 (SUBJECT TO CHANGE)

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

TEXT

Selected journal articles and chapters, posted on CuLearn.