(C8894) Self-Regulation: The Science of Achieving Your Goals

Convenor: Eleanor Miles

Essay ESS (90%) - 1,500 words:

Students should choose ONE of the following essay titles:

1. Why might some people be better at resisting temptation than others?
2. “When pursuing a goal, people often fail to learn from their mistakes”. Explore evidence for and against this statement.
3. Are negative emotions helpful or harmful for self-regulation?
4. Compare and contrast theoretical perspectives on the ego depletion effect.

Portfolio POF (10%):

There are 8 tasks, mimicking, but not identical to, the original portfolio submissions. You will receive 1/8 of the 100% for each task you complete to a sufficient standard. This portfolio should be submitted online in a single word document. More information is available on the Canvas module site.