



**This biannual learning unit is not being organized in 2026-2027 !**

Teacher(s)	Woltin Karl-Andrew ;
Language :	English > French-friendly
Place of the course	Louvain-la-Neuve
Main themes	The aim of this course is to study different approaches to self-regulation and to understand its effects both at the individual level, as well as in interpersonal relations – both in private and professional spheres. The first part of the course focuses on familiarizing students with theoretical approaches and concepts, including various psychological mechanism at stake (e.g. the notion of regulatory fit). The second part of the course sheds light on the effects of self-regulation in various domains of interest, spanning from the individual to the interpersonal level (e.g. from individual risk taking, over convincing health communication, to leader-follower dynamics).
Learning outcomes	<p><b>At the end of this learning unit, the student is able to :</b></p> <p>Based on the reference framework of competences and learning outcomes of the Master in psychological sciences program:</p> <p><i>Primary competences :</i></p> <p>AA1 (= A1) : Master the knowledge allowing one to explain and understand an individual or a dyad with reference to self-regulation approaches</p> <p>1 AA2 (= A2) : Analyse, critically argue, and model situations involving self-regulation</p> <p>AA3 (= B1) : Master knowledge about interventions aimed at improving a given situation with reference to discussed self-regulation approaches</p> <p><i>Secondary competences :</i></p> <p>AA4 (= C1) : Present orally a synthesis by adapting it to different audiences and to the aims pursued</p> <p>AA5 (= D2) : Interact and collaborate in networks in an adequate way in learning situations</p>
Evaluation methods	<p>The assessment aims to measure the achievement of the intended learning outcomes. The modalities for the summative evaluation are described in detail and available on the course website on the Moodle platform. The evaluation for this course consists of three cumulative parts.</p> <p>The final grade is the weighted average of the grades for the examination (A), and oral presentation (B), and active participation through comments and questions regarding the required reading (C). In the final grade, part A is worth 50%, part B is worth 30%, and part C is worth 20%.</p> <p><b>Final examination (A; 50%):</b> an oral exam in which students provide answers to several questions spanning the course content and the article they presented in their oral presentation.</p> <p><b>Oral presentation (B; 30%):</b> depending on student numbers, students will either individually, as a duo, or in small groups prepare a short oral presentation in which they present and discuss a scientific research article (in agreement with the instructor) relevant to a topic discussed in one of the different sessions.</p> <p><b>Active participation (C; 20%):</b> students are required to post for each session a comment or a question or a reflection (see details on Moodle) in the session's respective forum on Moodle and to comment on another student's post.</p> <p>The evaluation modalities will be the same for all exam sessions in a given academic year. However, the oral presentation must be given and posts for the active participation must be made during the second term.</p>
Teaching methods	Lecture, student presentations, debate of presented articles and chapters, class activities Course language is English.
Content	Building upon classic theories and empirical evidences, this course addresses critical themes relevant in the domain of self-regulation at the individual level and in interpersonal relations, using a range of theoretical approaches and perspectives. Starting with a reflection on what makes a good theory, this course will discuss several prominent approaches to self-regulation (e.g., mindset theory of action phases, regulatory focus theory, self-determination theory) and consider how self-regulation plays out at the individual and interpersonal level across various domains and topics (e.g., risk taking, leader-follower dynamics, attraction and liking, health communication, consumer behavior).

Inline resources	PDFs of PowerPoint presentations as well as articles and chapters covered will be available on Moodle
Bibliography	<p>Several chapters and articles will be made available to students on Moodle.</p> <p>Additionally, books the courses will likely draw upon include:</p> <p>Sassenberg, K., &amp; Vliek, M.L.W. (2019). <i>Social Psychology in Action</i>. Springer, Cham.</p> <p>Vohs, K. D., &amp; Baumeister, R. F. (2017). <i>Handbook of Self-Regulation: Research, Theory, and Applications</i>. Guilford Press, New York.</p> <p>Vohs, K. D., &amp; Finkel, E. J. (2006). <i>Self and Relationships: Connecting intrapersonal and interpersonal processes</i>. Guilford Press, New York.</p>
Other infos	<p>This course is given in English but in an “French-friendly” format. For details, please see below</p> <p>The standard exam is an oral exam in English. However, students taking this course:</p> <ul style="list-style-type: none"> <li>• will be allowed to use a dictionary when taking the exam in English</li> <li>• will be allowed to provide their answers either in English or French.</li> </ul> <p>Further exam arrangements can be discussed.</p> <p>Students are provided with the opportunity to do the oral presentation and to post their question and comments for the active participation component either in English or in French.</p>
Faculty or entity in charge	EPSY

<b>Programmes containing this learning unit (UE)</b>				
Program title	Acronym	Credits	Prerequisite	Learning outcomes
Master [120] in Psychology	PSY2M	4		