

CANADA RESEARCH CHAIR IN MOTIVATIONAL PROCESSES AND OPTIMAL FUNCTIONING

Lecture Series

*Wednesday January 23rd 2019, 12:30 – 2:00 pm
Pavillon Adrien-Pinard, SU-1550
100 Sherbrooke West, Montreal (Quebec), H2X 3P2
A wine and cheese will follow, SU-R310*

GOAL ADJUSTMENT CAPACITIES, SUBJECTIVE WELL-BEING AND PHYSICAL HEALTH



Carsten Wrosch, Ph.D.

Professor, Concordia University

Carsten Wrosch is a professor of Psychology at Concordia University in Montreal, Canada. His research addresses the importance of personality processes for maintaining psychological and physical health in the context of age-normative and non-normative life challenges. Dr. Wrosch's theoretical and empirical work has been published in the leading journals of psychology. He received a New Investigator Award and the Recognition Prize in Research in Aging from *Canadian Institutes of Health Research (CIHR)*. His research has been funded by CIHR and *Social Sciences and Humanities Research Council of Canada (SSHRC)*.

The colloquium addresses the adaptive management of unattainable goals. Based on theories from personality and life-span developmental psychology, it is argued that the experience of unattainable goals requires a person to disengage and to reengage in other meaningful goals. Key findings from the literature and results from a recent quantitative review are discussed. These studies examine the associations between individual differences in goal adjustment capacities with psychological well-being and physical health. Results suggest that the capacity to disengage from unattainable goals and to reengage in other or new goals represent adaptive self-regulation factors.

*In collaboration with the Research Laboratory on Social Behavior,
directed by Robert J. Vallerand, Ph.D.*

*Professor, Department of psychology, Université du Québec à
Montréal*

<http://www.lrcs.uqam.ca/en/home/>

CRC Lectures To Come

April 17th, 2019

Emily Balcetis Ph.D.

New York University

*"Focused and Fired up: Motivated Visual
Perception and The Self-Regulation of
Exercise Behavior"*

Past Lectures

November 21th, 2018

Paul A. O'Keefe, Ph.D.

Yale-NUS College (Singapour)

*"The Benefits of Viewing Interests as
Developed, Not Fixed"*

September 19th, 2018

Lawrence R. Brawley, Ph.D.

University of Saskatchewan

*"Self-Regulation Links Social, Health and
Exercise Psychology: Application Among
Asymptomatic and Symptomatic
Populations"*