

STudent REseArch Mobility Programme (STREAM)



Host University:
Utrecht University

Field:
Social sciences, journalism and information

Specified field, subject:
Psychology

Research project title:
Effortless self-control



Possible starting month(s):

Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug
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Possible duration in months:

1	2	3	4	5	6	7	8	9	10	11	12
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Suitable for students in: Bachelor level Master level

Prerequisites:
Excellent skills in experimental designs and methods & statistics; interest in self-regulation of human behavior



Restrictions:
Good command of the English Language

Comprendre le monde,
construire l'avenir



Description:
Self-regulation is the human ability to bring one's behavior in line with long-term goals. Good self-regulation is considered to be central for leading happy, healthy, and successful lives. An important prerequisite for self-regulation is being able to forego short-term rewarding options that may stand in the way of attaining goals, which is labelled as self-control. It is often assumed that self-control requires effort to inhibit impulses for short-term reward. The view that self-control is effortful is firmly rooted in psychological science but has recently been contested. The Utrecht University SelfRegulationLab (www.selfregulationlab.nl) has introduced a novel perspective on successful self-control by proposing that good self-control requires the early identification of self-control conflicts which allows for the application of smart strategies that make effortful inhibition superfluous. This new way of thinking about self-control raises many exciting questions about the operation of self-control. Our lab offers the opportunity to be part of a group of researchers who challenge the traditional conceptualization of self-control and engage in studies that provide new insights into how self-control works. In doing so, we also give the opportunity to think about designs that allow for studying self-control 'in the wild' outside the lab as experimental designs that have been used so far run the risk of producing artifacts. We are also interested in how naïve beliefs



about how self-control works may affect when and how people trust on self-control for regulating their behavior, as well as how personal goal that people hold affect motivation for self-control exertion. We are looking for versatile students who like an interdisciplinary view, and who are interested in thinking of novel designs to study self-control.

Faculty and/or Department:

Faculty of Social and Behavioural Sciences, Department Psychology

Contact person:

Please contact your own university for application procedure

Notification of admission given by the end of:

Three weeks after application deadline



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