

# *The Hebrew University of Jerusalem*

## *Syllabus*

### *SELF CONTROL - 51401*

*Last update 12-02-2017*

*HU Credits: 2*

*Degree/Cycle: 2nd degree (Master)*

*Responsible Department: psychology*

*Academic year: 0*

*Semester: 2nd Semester*

*Teaching Languages: Hebrew*

*Campus: Mt. Scopus*

*Course/Module Coordinator: Dr. Tali Kleiman*

*Coordinator Email: [tali.kleiman@mail.huji.ac.il](mailto:tali.kleiman@mail.huji.ac.il)*

*Coordinator Office Hours: Thursday 14:00-15:00 by appointment*

*Teaching Staff:*

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Dr. Tali Kleiman

Course/Module description:

*How do individuals (sometimes) manage to act in line with their overriding goals when faced with tempting alternatives? Why do individuals all too often fail to exercise self-control? This class will review literature on the cognitive, affective, and motivational aspects of self-control.*

Course/Module aims:

*Familiarizing students with the literature on self-control in various domains and fostering understanding of the processes underlying successful and unsuccessful self-control on different levels of analysis.*

Learning outcomes - On successful completion of this module, students should be able to:

- *Describe central theories of self-control.*
- *Describe common and distinctive features of various theories of self-control and identify unique predictions that can be made by each theory.*
- *Identify factors that promote and hinder self-control.*
- *Identify cognitive, affective, and motivational processes common to all self-control dilemmas.*
- *Describe self-control conflicts within the broader framework of self-regulation.*

Attendance requirements(%):

100%

*Teaching arrangement and method of instruction: Reading and discussing relevant research papers.*

Course/Module Content:

*syllabus available on moodle*

Required Reading:

*syllabus available on moodle*

Additional Reading Material:

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Course/Module evaluation:

End of year written/oral examination 100 %

Presentation 0 %

Participation in Tutorials 0 %

Project work 0 %

Assignments 0 %

Reports 0 %

Research project 0 %

Quizzes 0 %

Other 0 %

Additional information: