Join Radboud Summer School 2019!

The Psychology and Neuroscience of Self-Control

change perspective

Radboud University
The Psychology and Neuroscience of Self-Control

The springboard for the course is the “marshmallow test” (Walter Mischel, Ph.D.) in which preschoolers were given a choice between one marshmallow available immediately or two marshmallows available after a brief delay. Longitudinal follow-up studies showed that self-control, in the form of the ability to delay gratification on this task, was a positive predictor of academic, social, and emotional development, as long as 20 years later. As illustrated in these and other longitudinal follow-up studies, self-control is necessary for success in virtually every sphere of life.

Neuroimaging has revealed much about the neurocircuitry that supports self-control. The “hot” system regulates basic emotions, whereas the more highly evolved “cool” system, enables rational, reflective, and strategic behavior, including the “executive” functions. We shall see how these two systems mediate choices between immediate and delayed rewards, as well as between impulse- and emotion-driven behavior and more rational, adaptive choices.

Theory is put to practice as the second week of the course will focus on three clinical disorders characterized by impairment in self-control: ADHD, obesity, and drug abuse. In each case, we will investigate the clinical phenomenology, neurocognitive findings and neuroimaging results. We will examine the extent to which treatments have been developed and tested, and consider implications for development of new, more effective interventions.

After this course you are able to

- Demonstrate an understanding of the behavioral and neurobiological concomitants of self-control in normal development and in specific forms of psychopathology
- Demonstrate skills of critical thinking - including an ability to critique methodology of research studies
- Demonstrate ability to think creatively by proposing a feasible new clinical intervention for a selected disorder, based on synthesis of the material presented in the course

Number of EC
4 ECTS credits

Course leader
Prof. Mary Solanto, Hofstra-Northwell School of Medicine, New York, USA
Admission documents
None required

Entry level
Advanced Bachelor and Master

For whom is this course designed
Everyone with an interest and background in psychology who wishes to expand their understanding of human development, brain-behaviour relationships, and the etiology and treatment of clinical disorders

You can find more details about this course on our website

Course date
Monday 1 July - Friday 12 July 2019

Course fee
€ 1200

Deadline application
1 May 2019

Discounts
• 10% discount for early bird applicants. The early bird deadline is 1 March 2019.
• 15% discount for students and PhD candidates from partner universities. Please note that these discounts can be combined if you apply before 1 March 2019.

Apply now!
What is the RSS experience?

RSS is more than just a course!

Radboud Summer School offers you a unique opportunity to meet other students and researchers from all over the world with different cultural and academic backgrounds. You will also get to know Radboud University and the city of Nijmegen. Our social programme includes a welcome reception, guest lecture and farewell drinks. And for a small fee you can join our BBQ, River Cruise on a pancake boat, a Pub Quiz, Sports Activities or a City Game.

Want to know more?
Have a look at what participants have said about their experience on our website!

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