

SPECIALISTS OF SCHOOLS

and

PSCP: The Psychology Network are pleased to offer:

THE MICHIGAN SKILLS PROJECT: TEACHING STUDENTS THE SCIENCE OF SELF-CONTROL

Self-control predicts success in a variety of life domains. Can learning the science of self-control positively affect students' academic performance and well-being? Workshop participants will learn about the "Michigan Skills Project," a curriculum-based intervention project which addresses this question. Workshop participants will develop an understanding of the study design and results, in addition to the key principles of self-control that are covered in the curriculum.

Ariana Orvell (PhD) is a social psychologist and Assistant Professor of Psychology at Bryn Mawr College. She completed her PhD and Postdoctoral training at the University of Michigan. Her research centers on identifying basic mechanisms that allow people to regulate their thoughts, feelings, and behaviors. She aims to leverage this knowledge to improve well-being outside the lab.

Date: Friday, April 28, 2023

Place: Zoom Online

Time: 12:30 to 2:30 P.M.

Credits: 2 CEU Credits



LEARNING OBJECTIVES: Upon completion of this training, participants will be able to:

- Define self-control as the regulation of your thoughts, feelings and behaviors to align with your goals.
- Apply the self-control strategies: 'change your space,' 'change your focus,' and 'change your mind'.
- Identify potential applications of the content in the curriculum for the populations with whom you work.

FEES: This workshop is free for members of SOS, PSCP: The Psychology Network. There is a \$15.00 admission fee for others. CE credits and Act 48 credits are \$30.00 each. Payment must be made online, by check, or money order made out to SOS, mailed to **8537 Alicia Street, 2nd Floor, Philadelphia, PA 19111**, prior to the workshop. **NO CASH PLEASE.**

CANCELLATION POLICY: You are holding a spot so reservations for this workshop are non-refundable. If you cancel at least 48 hours before the event, you will be issued a credit memo (minus a \$10 transaction fee) to use for another SOS workshop within the year.

TO REGISTER: visit www.specialistsofschools.org (if you are a member please sign-in), click the name of the event, select the appropriate registration option and click the "Register Now" button, then follow the onscreen instructions to pay by credit card. **Registration will be closed Thursday, April 27 at 9:00 A.M. Payment is due at time of registration. If payment is not received by the date of the workshop, you will not be considered registered.**



SOS SPECIALISTS OF SCHOOLS
a forum for professionals who work with students

CE CREDITS: This program is co-sponsored by the PSCP: The Psychology Network and Specialists of Schools. PSCP: The Psychology Network is approved by the American Psychological Association to sponsor Continuing Education for psychologists. PSCP: The Psychology Network maintains responsibility for the program and its content. This program provides 2 (#) Hours of CE credits for Psychologists.