

The University of Hong Kong
Department of Psychology

Departmental Seminar

***Self-Regulation: Understanding the Greatest
Human Strength***

Date: April 15, 2013 (Monday)
Time: 11:30 a.m. – 12:30 p.m.
Venue: Rm 8.13, 8/F, The Jockey Club Tower, Centennial Campus,
HKU
Speaker: Dr. C. Nathan DeWall
University of Kentucky,
U.S.A.

When asked to consider their personal heroes, many people list inspirational figures who overcame tremendous odds to achieve success. Maybe they are Albert Einstein, Sally Ride, Nelson Mandela, Oprah Winfrey, Martin Luther King, Jr., or the Beatles. We place these people on pedestals because they share a common human strength: self-control. This talk discusses research that links self-control to individual, relational, and societal well-being. First, I define self-control and make a case for its role in personal, relationship, and societal well-being. Second, I discuss how self-control relies on a limited energy resource that becomes depleted after prior use. Third, I demonstrate the interplay between self-control and personality, biological, and social processes.