

# Self-Regulation Dynamics Across Adulthood and Old Age: Potentials and Limits

SELF-REGULATION DYNAMICS  
ACROSS ADULTHOOD AND OLD AGE:  
POTENTIALS AND LIMITS

Structured Graduate Program  
Humboldt-Universität zu Berlin

## Seminar "Agency and Regulation in Life-Span Development"

**Instructor: Professor Dr. Jutta Heckhausen, UC Irvine**  
**April 29, 2016, 10-12 Uhr, 13-15 Uhr**

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This workshop will provide an overview of the Motivational Theory of Lifespan Development (MTD), give participants opportunity to present their own project and discuss ways in which MTD can be applied to their research projects. Professor Heckhausen will first provide an overview of the theory and major empirical evidence (see select publications listed below). Subsequently, the presented material as well as readings will be discussed. After a 15-minute break, participants will provide 10-minute presentations of their own research projects. For each project we will jointly discuss how MTD can be applied productively. Professor Heckhausen will issue a non-graded certificate of participation for this workshop. Students who want to prepare for the seminar can contact Dr. Hühnel at [isabell.huehnel at hu-berlin.de](mailto:isabell.huehnel@hu-berlin.de) for copies of the literature.

Heckhausen, J., Wrosch, C., & Schulz, R. (2010). A motivational theory of life-span development. *Psychological Review*, *117*, 32-60.

Heckhausen, J., Wrosch, C., & Fleeson, W. (2001). Developmental regulation before and after a developmental deadline: The sample case of "biological clock" for child-bearing. *Psychology and Aging*, *16*, 400-413.

Wrosch, C., & Heckhausen, J. (1999). Control processes before and after passing a developmental deadline: Activation and deactivation of intimate relationship goals. *Journal of Personality and Social Psychology*, *77*, 415-427.

Hall, N. C., Chipperfield, J. G., Heckhausen, J., & Perry, R. P. (2010). Control striving in older adults with serious health problems: A 9-year longitudinal study of survival, health, and well-being. *Psychology and Aging*, *25*, 432-445.

Heckhausen, J., Wrosch, C., & Schulz, R. (2013). A lines-of-defense model for managing health threats. *Gerontology*, *59*, 438-447.

Haase, C. M., Heckhausen, J., & Köller, O. (2008). Goal engagement during the school-to-work transition: Beneficial for all, particularly for girls. *Journal of Research on Adolescence*, *18*, 671-698.

Poulin, M. J. & Heckhausen, J. (2007). Stressful events compromise control strivings during a major life transition. *Motivation and Emotion*, *31*, 300-311.

Hamm, J. M., Stewart, T. L., Perry, R. P., Clifton, R. A., Chipperfield, J. G., & Heckhausen, J. (2013). Sustaining primary control striving for achievement goals during challenging transitions: The role of secondary control strategies. *Basic and Applied Social Psychology*, *35*, 286-297.

Tomasik, M., Silbereisen, R. K., & Heckhausen, J. (2010). Is it adaptive to disengage from demands of social change? Adjustment to developmental barriers in opportunity-deprived regions. *Motivation and Emotion*, *34*, 384-398.

Grüner, S., Silbereisen, R. K., & Heckhausen, J. (2013). Subjective well-being in times of social change: Congruence of control strategies and perceived control. *International Journal of Psychology*, *48*, 1246-1259.

Heckhausen, J., & Wrosch, C. (in press). Challenges to developmental regulation across the life course: What are they and which individual differences matter? *International Journal of Behavioral Development*.