



AURORA

Online Self-Management Training

This Academic Year 2021–2022



Online (MS Teams)
In Teams per il Successo
Formativo



04 November 2021
Once a week with a cycle
starting every couple of months

Every student experiences challenging times and periods of apathy, which may impede your motivation to study and slow down your academic career. This is particularly evident during the COVID-19 pandemic. Together with Synapses, the University of Naples Federico II has put together the Group Self Management Training, to mitigate this challenge. The programme is focused on strategic skills: strategies for effective time management; strategies for increasing motivation for your work; strategies for achieving goals; and strategies for problem solving. The student group will be given a virtual space to share, compare, and mirror your academic experience, and tools to construct a learning-by-doing arena. To register, please send an email with your name, surname, institutional affiliation, course of study, and nationality to: mapper.sinapsi@unina.it. Participation is free and open to all Aurora university students. More information [here](#).



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UNIVERSITÀ DEGLI STUDI
DI NAPOLI FEDERICO II