



Online Self-Management Training

This Academic Year 2021–2022



Online (Ms Teams)

Sinapsi International
Self Management Training



04 May 2022

A cycle of 4 sessions once a week: 5th, 12th, 19th & 26th May

Every student experiences challenging times and difficulties, which may impede motivation to study and slow down in academic career. This is particularly evident during the COVID-19 pandemic. Together with Sinapsi, 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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