



**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 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](mailto:mapper.sinapsi@unina.it). Participation is free and open to all Aurora university students. More information [here](#).



Co-funded by the  
Erasmus+ Programme  
of the European Union



UNIVERSITÀ DEGLI STUDI  
di NAPOLI FEDERICO II