



## **Self-Regulation in Adolescence (The Jacobs Foundation Series on Adolescence)**

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# Self-Regulation in Adolescence (The Jacobs Foundation Series on Adolescence)

## Self-Regulation in Adolescence (The Jacobs Foundation Series on Adolescence)

During the transition from childhood to adulthood, adolescents face a unique set of challenges that accompany increased independence and responsibility. This volume combines cutting-edge research in the field of adolescence and the field of motivation and self-regulation to shed new light on these challenges and the self-regulation tools that could most effectively address them. Leading scholars discuss general principles of the adolescent period across a wide variety of areas, including interpersonal relationships, health and achievement. Their interdisciplinary approach covers perspectives from history, anthropology and primatology, as well as numerous subdisciplines of psychology - developmental, educational, social, clinical, motivational, cognitive and neuropsychological. Self-Regulation in Adolescence stresses practical applications, making it a valuable resource not only for scholars, but also for adolescents and their family members, teachers, social workers and health professionals who seek to support them. It presents useful strategies that adolescents can adopt themselves and raises important questions for future research.

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