



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

Periods of critically and impasse can sometimes cause you to interrupt your goals and undermine your motivation to study, creating a slowdown in academic careers. This is particularly evident during the pandemic of Covid-19. Together with Sinapsi, the University of Naples Federico II organises the group self management training that aims to work on the transversal strategic skills: strategies for effective time management, strategies for motivation in one's training and professional project; strategies for achieving goals; and strategies for problem solving. The group of students will be in a space of mirroring and sharing each academic experience and a space to construct a learning by doing arena. To register, please send an e-mail with your name, surname, university to which you belong, 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