

**DIE FAKULTÄT FÜR PSYCHOLOGIE LÄDT EIN ZUM**

***8. HECKHAUSEN KOLLOQUIUM***

**MIT DER GASTREDNERIN**

**Prof. Dr. Alexandra M. Freund  
(Universität Zürich)**



**“Motivation and Aging: The Role of Goals in Adult Development and Aging”**

Goals are central for motivating behavior over time and across situations, impacting the level of functioning and performance, well-being, as well as a sense of purpose in life. Their importance has also been acknowledged in lifespan psychology for a long time, but more recently, the field of motivated cognition has pointed to the specific role of the cognitive representation of goals for self-regulation, emotional experience, and goal achievement. In this talk, I argue that the age-related changes in the perceived availability of goal-relevant resources and assets across adulthood affect the representation of goals and their consequences for goal-relevant behaviors, achievement, and well-being. More specifically, I propose that goal representations change in response to age-related changes in opportunities and affordances, social expectations, as well as individual skills and abilities that result in an overall decline of developmental gains and an increase in developmental losses. In turn, the changes in goal representations age-differentially affect goal-relevant behavior and well-being. In line with this, I will present a recent heuristic model of healthy aging placing goals and goal representations at its center stage.

**Termin: Montag, 29. April 2024  
16 Uhr c.t. im IA 02/445**

**Im Anschluss gibt es einen kleinen Sektempfang.**

**Die Dekanin  
Prof. Dr. Maike Luhmann**