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PERSONAL AND REGULATORY RESOURCES IN ACHIEVING EDUCATIONAL AND PROFESSIONAL GOALS IN THE DIGITAL AGE

Selected, peer-reviewed papers from the
Personal and Regulatory Resources in Achieving Educational and Professional Goals in the
Digital Age (PRRAEPGDA 2020), 22-23 October 2020, Stavropol, Russia

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PERSONAL AND REGULATORY RESOURCES IN ACHIEVING EDUCATIONAL AND PROFESSIONAL GOALS IN THE DIGITAL AGE

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Preface

On behalf of the organizing committee, I am pleased to present materials containing selected, peer-reviewed reports of the 6th International scientific and practical conference: Regulatory and Personal Resources for Achieving Educational and Professional Goals in the Digital Age (PRRAEPGDA 2020), which was held on October 22-23, 2020 in Stavropol, Russia (<http://lrst.ncfu.ru/>).

The conference was interdisciplinary and was devoted to the discussion of fundamental problems of general, pedagogical psychology, educational psychology, labor psychology, and organizational psychology. The conference was conceived as a platform for discussing the latest global trends in the field of relationships between categories of mental phenomena, a space for demonstrating the importance and productivity of interdisciplinary connections in the study of personal and regulatory resources; a tool for expanding fundamental scientific ideas about the role of regulatory and personal resources in determining academic success and professional achievements.

The main purpose of the conference was to get acquainted with the latest world results of fundamental and applied research, a free exchange of information and opinions, search for new approaches to solving such important problems as mechanisms of the resource development of the subject of work, as the role of self-regulation in determining academic performance and academic involvement, as the role of conscious self-regulation in the personal changes management, in the circumstances of adaptation to dynamically changing life conditions.

The conference included the work of three sections on topical issues of self-regulation psychology: "Self-regulation as a meta-resource of education and self-development of a person", "Self-regulation of states and goals achievement in the professional sphere", "Development of self-regulation and mental health".

Fundamental scientific problems were discussed:

- mechanisms of regulation of functional states, general patterns and individual features of self-regulation of voluntary activity and human behavior;
- self-regulation as a meta-resource of self-development and human well-being;
- regulatory and personal resources in achieving educational and professional goals;
- opportunities for self-regulation of activities and states that ensure successful adaptation to new conditions and organizational environments caused by global factors, including the widespread transition to the performance of work and training tasks in remote work conditions;
- actualization of psychological resources due to the emergence of a pandemic and struggle of people for their survival.

The conference was attended in various formats by 179 people from 31 cities of Russia, the United Kingdom, the Republic of Belarus, and the Republic of Armenia.

The conference submission management system was provided by using email and google-forms. 117 papers were submitted, and 41 papers were presented at the conference. Each author was given 10 minutes to report and 5 minutes to answer questions. 20 minutes were provided for the plenary report. At the stage of preliminary selection of papers, the Russian online system for identifying text borrowings was used (<https://ncfu.antiplagiat.ru/>, <https://www.antiplagiat.ru/>), the open peer review has been used. The total

number of reviewers involved was 7. So the Acceptance Rate constituted $(41*100/117)$: 35.0 and the average number of reviews per paper was 2.3.

The 6th International scientific and practical conference: Regulatory and Personal Resources for Achieving Educational and Professional Goals in the Digital Age Management was hosted by North-Caucasus Federal University, Stavropol, Russia, and organized by Scientific and Educational Center of psychological support for personal and professional development at North-Caucasus Federal University, in collaboration with the Russian Academy of Education and Psychological Institute of Russian Academy of Education. This conference was carried out with the financial support of the Russian Foundation for Basic Research, project no. 20-013-22001.

The conference chair and co-chairs express their sincere appreciation to all the organizing institutions. Special thanks are due to the two riveting keynote speakers, Professor Yuri Petrovich Zinchenko (Moscow State University, Russian Federation) and Professor Varvara Ilyinichna Morosanova (Psychological Institute of the Russian Academy of Education, Russian Federation), the panelists at the discussion on the conference theme and sub-themes for 2020 – Professor Yulia Vladimirovna Kovas (Goldsmiths University, United Kingdom), Professor Grant Mikhailovich Avanesyan (Yerevan State University, Armenia), Professor Igor Alexandrovich Fourmanov (Belarusian State University, Belarus), Dr. Olesia Vladimirovna Bubnovskaia (Far Eastern Federal University, Russian Federation), Dr. Tatyana Nikolaevna Banshchikova for her enthusiasm and energy in conference organising, to the team of European Proceedings publisher for intellectual support and help in work with conference manuscript and personally to Dr. Zafer Bekirogullari and Melis Yagmur Minas, and finally, to all the session chairs, members of the organizing committee, scientific committee, and peer review committee.

23 October, 2020

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Keynote Speakers

The Psychology of Self-regulation: An Evolutionary Approach and the Challenges of the Time

Yuri Petrovich Zinchenko, Chairman of the Program Committee, PhD in Psychology, Professor, Member of the Russian Academy of Education, Dean of the Faculty of Psychology of Moscow State University, President of the Russian Academy of Education, President of the Russian Psychological Society (Moscow) Moscow State University, Russian Federation

Conscious Self-Regulation as a Meta Resource of Education in the Conditions of Digitalization of Society

Varvara Ilyinichna Morosanova, PhD in Psychology, Professor, Corresponding Member of the Russian Academy of Education, Head of the Laboratory of Psychology of Self-Regulation Psychological Institute of the Russian Academy of Education, Russian Federation

Plenary Speakers

The Relationship of Self-Regulation Development with the Educational Environment in Preschool Age

Alexander Nikolaevich Veraksa, PhD in Psychology, Professor, Corresponding Member of the Russian Academy of Education, Head of the Department of Educational Psychology and Pedagogy Moscow State University, Russian Federation

Personality Systems and Educational Achievement: Research Involving Students with Outstanding Academic Achievements and Twins

Yulia Vladimirovna Kovas, PhD in Psychology, Professor in Genetics and Psychology at Goldsmiths-University London, Director of the International Laboratory for Interdisciplinary Studies of Individual Differences in Learning Goldsmiths University, United Kingdom

Psychological Criteria for Assessing Personality and Behavioral Strategies in the Face of Overcoming Problematic Interactions

Grant Mikhailovich Avanesyan, PhD in Psychology, Professor, Head of the Department of General Psychology of Yerevan State University
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A Systemic Methodology for Analyzing the Mechanisms for Regulating Human Functional States in a Dynamic Organizational Environment

Anna Borisovna Leonova, PhD in Psychology, Professor, Head of the Department of Labor Psychology and Engineering Psychology of the Department of Psychology
Moscow State University

Stress in a New Health Threat (COVID-19 Pandemic) and Coping with it

Tatyana Leonidovna Kryukova, PhD in Psychology, Professor
Kostroma State University, Russian Federation

A Conceptual Model of the Mental Mechanisms of Self-Regulation of Mental States

Alexander Oktyabrinovich Prokhorov, PhD in Psychology, Professor, Head of the Department of General Psychology of the Institute of Psychology and Education
Kazan (Volga Region) Federal University, Russian Federation

Affective-dynamic Model of Regulation of Aggression

Igor Alexandrovich Fourmanov, PhD in Psychology, Professor, Head of the Department of Psychology
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Conscious Self-regulation of Aggression: Common Patterns, Cross-cultural Differences

Tatyana Nikolaevna Banshchikova, Kandidat nauk (PhD equivalent) in Psychology, Associate Professor, Head of the Scientific and Educational Center of psychological support for personal and professional development at Institute of Education and Social Sciences
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Sponsors

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