

# **JASR Volume 1, Issue 1: Supporting the Well-Being of University Students**

## **Welcome from the Editors**



Welcome to the inaugural issue of the Journal of Applied Self-Regulation. We are thrilled to embark on this scholarly journey dedicated to exploring the intricate mechanisms and profound implications of Shanker Self-Reg®.

In this journal, we aim to provide a platform for cutting-edge research that advances our understanding of self-regulation from diverse perspectives. Whether investigating the 5 steps of Shanker Self-Reg, examining the five domains of stressors, or exploring the socio-cultural factors shaping our self-regulatory capacities, our goal is to foster interdisciplinary dialogue and promote rigorous inquiry into this fundamental aspect of human nature.

As editors, we are committed to maintaining the highest standards of scholarship and fostering a supportive and inclusive academic community. We welcome empirical studies, theoretical analyses, methodological innovations, and integrative reviews that contribute to the advancement of knowledge in the field of self-regulation.

We invite researchers, practitioners, and students alike to join us in this exciting endeavor. Together, let us delve into the complexities of self-regulation, uncover new insights, and pave the way for a deeper understanding of human agency and flourishing.

Thank you for your interest in the Journal of Applied Self-Regulation. We look forward to your contributions and to the stimulating conversations that lie ahead.

If you wish to receive updates about JASR or ASK please email [anne@self-reg.ca](mailto:anne@self-reg.ca).

Warm regards,

Sonia and Anne

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