



## ***Journal of Applied Self-Regulation Launched***

Dr. Sonia Mastrangelo (Associate Professor and Chair, Undergraduate Education Programs, Orillia) and Dr. Anne Showalter (The MEHRIT Centre) are launching a new journal: the *Journal of Applied Self-Regulation*. The journal's purpose is to provide a platform for

researchers and practitioners to share international research and knowledge about Shanker Self-Reg®.

Shanker Self-Reg is based on decades of research by Dr. Stuart Shanker distinguished research Professor Emeritus of Philosophy and Psychology and the Founder & Visionary of **The MEHRIT Centre, Ltd (TMC)**. Through TMC that research continues and grows in its application through the work of CEO Dr. Susan Hopkins.

“Self-regulation is the ability to remain calmly focused and alert during times of stress, and this knowledge can be applied to a multitude of situations,” says Sonia.

The first issue of the journal, to be published in the Spring of 2024, includes a compilation of conference proceedings from the [Applied Self-Regulation Knowledge \(ASK\) Conference](#) that took place at Lakehead University Orillia last May. The conference focused on improving the mental health of post-secondary students, and included contributions from faculty members, graduate students, and mental health professionals.

The *Journal of Applied Self-Regulation* will be part of the [ASK \(Applied Self-Regulation Knowledge\) website](#).