

EDUCATIONAL PSYCHOLOGY PHD PROGRAM COLLOQUIUM

The Educational Psychology PhD Program Presents:

“Risk, Self-Regulation, and The Promise of Education”

Monday, May 24, 2021, 2PM-2:45PM / Q&A 2:45-3PM



Dr. Steven J. Holochwost

*Associate Professor, Lehman College, City University of New York and
Director of Research for Youth & Families, WolfBrown*

In 2019, approximately 15% of children in the United States under the age of 6 were growing up in poverty. Children in poverty are more likely to encounter risk factors at multiple levels of their environment, and the cumulative weight of these factors can impair young children’s self-regulatory development: their capacity to control their thoughts, emotions, and behaviors. In this presentation, we explain why the definition of self-regulation must include not only volitional processes such as executive functions, but also the involuntary activity of the neurophysiological systems that modulate metabolic output under conditions of homeostasis and stress. We review our recent research, which attests not only to the capacity of risk to disrupt the development of these systems, but also speaks to the potential for neurophysiological activity to mitigate the effects of risk on the development of volitional self-regulatory processes. We conclude with a discussion of the promise of educational programs to foster self-regulation among children placed at risk by poverty, providing an overview of current projects that seek to understand the impacts of educational programs on both children’s volitional processes of self-regulation and their neurophysiological function.

Dr. Holochwost is a developmental psychologist whose work examines the effects of poverty and its correlates on children’s development, and how programs and policies can mitigate those effects. Over the past ten years he has worked in government, academia, and research firms as a researcher, educator, and program evaluator, focusing on child welfare services, early childhood education, and access to high-quality arts education. [[Linked in](#)]

Email edpsych@gc.cuny.edu for more information.