

## **Resources and well-being in a life course perspective**

**Doctoral Programme LIVES - February 12-15, 2024**

**University of Geneva**

Objective: Building on the LIVES vulnerability framework presented in Session 1, the interdisciplinary notions of resources/reserves, and their processes of accumulation and mobilization will be developed, with empirical illustrations taken from studies on social capital and cognitive reserves. The complementary interdisciplinary notions of subjective well-being and motivation in relation to life transitions and life stages will then be discussed, with examples from varied areas of studies and disciplines (i.e., work, political participation, emotional regulation)..

## **February 12, 2024**

### **Room M1150 (Unimail, University of Geneva)**

9:00 – 9:45. The life course cube – Prof. Johannes Huinink (University of Bremen)

9:45 – 10:30. Seminar/article discussion

Bernardi, Huinink, Settersten (2020). The life course cube, reconsidered, *Advances in Life Course Research*, 45 <https://doi.org/10.1016/j.alcr.2018.11.004>.

*10:30 – 11:00. Coffee break*

11:00 – 11:45. Distinguishing between resources and reserves in a bio-psycho-social perspective – Dr Stéphane Cullati (UNIFR/UNIGE)

11:45 – 12:30. Seminar/article discussion

Cullati, S., Kliegel, M., & Widmer, E. (2018). Development of reserves over the life course and onset of vulnerability in later life. *Nature Human Behaviour*, 2(8), 551–558

*12:30 – 14:00. Lunch*

### **Room M1150 (Unimail, University of Geneva)**

14:00 – 15:30. Social capital as Resource in the Life Course - Prof. Eric Widmer (UNIGE)

*15:30 – 16:00. Coffee break*

## **February 13, 2024**

### **Room M1150 (Unimail, University of Geneva)**

9:00 – 10:30. Family-based social capital as reserves in old age – Dre Julia Sauter (Norwegian Social Research (NOVA) at Oslo Metropolitan University, Oslo, Norway) and Dre Myriam Girardin (UNIGE)

*10:30 – 11:00. Coffee break*

11:00 – 12:00. Seminar/article discussion

Sauter J, Widmer E, Kliegel M (2023). Changes in family composition and their effects on social capital in old age: evidence from a longitudinal study conducted in Switzerland. *Ageing & Society* 43, 724–742. <https://doi.org/10.1017/S0144686X21000921>

*12:00 – 13:30. Lunch*

**Room M1150 (Unimail, University of Geneva)**

13:30 – 14:30. Reserves and vulnerability: a lifespan psychology perspective – Prof. Andreas Ihle (UNIGE) & Dre. Charikleia Lampraki

*14:30 – 15:00. Coffee break*

15:00 – 16:00. Seminar/article discussion

Ihle, A., Gouveia, É. R., Gouveia, B. R., Orsholits, D., & Kliegel, M. (2023). Ageing and Reserves. In D. Spini & E. D. Widmer (Eds.), *Withstanding Vulnerability Throughout Adult Life: Dynamics of Stressors, Resources, and Reserves* (pp. 239-252). Singapore: Palgrave Macmillan.

## **February 14, 2024**

**Room M1150 (Unimail, University of Geneva)**

9:00 – 10:30. Well-being throughout life course. Prof. Nicola Ballhausen (Tilburg University, NL)

*10:30 – 11:00. Coffee break*

11:00 – 12:00. Seminar/article discussion

Chilver, M. R., Champaigne-Klassen, E., Schofield, P. R., Williams, L. M., & Gatt, J. M. (2023). Predicting wellbeing over one year using sociodemographic factors, personality, health behaviours, cognition, and life events. *Scientific Reports*, 13(1), 5565.

*12:00 – 13:30. Lunch*

**Room M1150 (Unimail, University of Geneva)**

13:30 – 15:00. Subjective well-being and migration in older adults – Iuna Dones

*15:00 – 15:30. Coffee break*

**February 15, 2024**

**LIVES Doctoriales  
13<sup>th</sup> Edition**