

BEYOND PERFORMANCE

Prorectorate for People
and the Right to Education,
University of Pavia

*Understanding and managing
anxiety in university and
professional life*

16 – 09 – 2026

2:30 p.m.

Aula del '400 - University of Pavia
Corso Strada Nuova 65

One-to-One Space:

Throughout the afternoon, in the Cortile delle Magnolie, professionals from the University Psychological Counselling Service will be available for brief information sessions and individual conversations.



14:30 - 15:00

Welcome coffee

Cortile delle Magnolie

15:00 - 15:30

Institutional greetings

C. Campiglio, Rector's Deputy for Legal Affairs

C. Zizza, Prorector for People and the Right to Education ·

P. Renon, Director of the School of Advanced Doctoral Training

15:30 - 15:50

Well-being on the UniPV campus

Presentation of the PRO-BEN project on the mental health of students and PhD students ·

Prof. Anna Odone

15:50 - 16:10

Anxiety among university students

The experience of the University Psychological Counselling Service ·

Dr. Diego Liccione

16:10 - 16:40

Anxiety, failure and the transition to adulthood

Prof. Luca Capone

16:40 - 17:10

Anxiety reactivity and regulation

Prof. Francesca Lionetti

17:10 - 17:40

Substance use: the illusion of self-regulation

Dr. Stefano Damiani

17:40 - 18:00

Presentation

Dr. Luca Ronchi and Dr. Marta Colombo

18:00 - 18:15

Questions · Q&A

18:15

Screening of the short film Notte in prestito (10'16")

Directed by Claudia Palermi, starring Sabrina Lo Giudice and Pietro De Nova.
Produced as part of the seminar Girare un corto con lo Smartphone (Making a Short Film with a Smartphone) with cinematographer Luca Bigazzi, organised by Videoslam / Liberi Saperi in collaboration with Officine Creative/Auditorium San Tommaso.
Screenplay: Claudia Palermi and Pia La Sala.



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