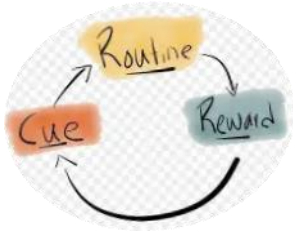


"Steps to take to Overcome Our Habits"



In this class we will examine the neural processes underlying habit formation, maintenance, and change.

Then, we will explore how brain systems such as the basal ganglia and prefrontal cortex contribute to automatic behaviors (habits). Finally, we will also translate these scientific insights into practical applications, focusing on strategies for establishing beneficial habits and reducing maladaptive ones.

Tuesday, October 14, 2025

10:00 a.m. – 12:00 p.m.

Hybrid class: Online through Yuja and In-person at Tallent Hall, Room 182



ABOUT OUR PRESENTER: Dr. Covelo is a neuroscientist interested in motivation. In his laboratory, Dr. Covelo uses non-human animal models to study the neurobiological mechanisms underlying motivated behaviors (v. g. feeding, drinking, sex, drug intake, etc.). His main interest is the study of brain circuits that control overeating or non-homeostatic feeding. Before joining the University of Wisconsin-Parkside, Dr. Covelo was a researcher at the Psychiatric Institute studying schizophrenia and obtained a Ph.D. in Neuroscience from the University of Illinois at Chicago studying the neural control of non-homeostatic feeding. After defending his doctoral dissertation, Dr. Covelo completed a postdoctoral fellowship in the Neuroscience

Institute at the University of Michigan studying pre-clinical models of addiction. Finally, Dr. Covelo moved to Wisconsin, taught biology and psychology courses at Marquette University, and joined the department of Psychology, Professional Counseling, and Neuroscience at Parkside in 2019 where he conducts research and teaches psychology and neuroscience courses.

Questions? Contact Linda Campeau @ lcampeau@wi.rr.com

Register by: 10/10/2025

To register [click here](#)