

Resources and well-being in a life course perspective

Doctoral Programme LIVES - February 10-11, 2026

University of Geneva

Objective: Building on the LIVES vulnerability framework, 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).

Tuesday, February 10, 2026

Room M6020 (UniMail, University of Geneva)

9:00 – 9:45. The life course cube – Richard Settersten (Oregon State University)

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 – Stéphane Cullati (University of Fribourg)

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 – 13:30. Lunch

13:30 – 15:00. Social capital as Resource in the Life Course - Eric Widmer (University of Geneva)

15:00 – 15:30. Coffee break

15:30 – 17:00. Family-based social capital as reserves in old age – Julia Sauter (University of Lausanne) and Myriam Girardin (University of Geneva)

Wednesday, February 11, 2026

Room M6020 (UniMail, University of Geneva)

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

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

13:30 – 14:30. Reserves and vulnerability: a lifespan psychology perspective – Andreas Ihle (University of Geneva) & Charikleia Lampraki (University of Geneva)

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.