

PSY260: Motivation & Emotion

Instructor: Sharon Himmanen, Ph.D.

Class times: T,R 2:30-3:45pm

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Office Hours: Wed. 2-4pm, by appointment

Week	Date	Topic	Assignment
1	1/19	Introduction & History	1 & 2
	1/21		
2	1/26	Physiology	3
	1/28		
3	2/2	Physiological needs	4
	2/4		
4	2/9	Emotion	11
	2/11		
5	2/16	Review	
	2/18	Exam 1	Ch. 1-4, 11
6	2/23	Anger and aggression	12, Kalat & Shiota* Ch. 6
	2/25		
7	3/2	Pain, fear, and stress	Kalat & Shiota, Ch. 5
	3/4		
8	3/16	Addiction and depression	9 & 14
	3/18		
9	3/23	Review	
	3/25	Exam 2	9, 12, 14, Kalat & Shiota 5 & 6
10	3/30	Social needs	7
	4/1		
11	4/8	Goals	8
	4/13		
12	4/15	Work and Play	6 & 10
	4/20		
13	4/22	Positive psychology: The positive emotions (Happiness, Joy, Hope, and Amusement)	15
	4/27		
14	4/29	Review	
	5/4	Exam 3	Ch. 6-8, 10, 15

* On reserve in the library. It will be there all semester.

Description:

The course will cover theories of motivation and emotion from various theoretical perspectives: physiological and developmental factors, learning and cognitive factors, social and personality factors. Theories will be augmented by a careful examination of the empirical work in motivation and emotion.

Goals: The course is designed to familiarize students with the following:

- History of motivation research
- Physiological basis of emotion and motivation
- Contemporary theories of motivation and emotion
- The role of specific emotions in motivation of behavior

Prerequisites:

Psychology 100

Required textbook:

Reeve, J. (2009). *Understanding Motivation and Emotion*, (5th Ed.). John Wiley & Sons, Inc.: New York. ISBN: 978-0-470-39223-2

Recommended textbook:

American Psychological Association (2009). *Publication Manual of the American Psychological Association (6th Ed.)*. Washington, DC: Author. ISBN: 978-1-4338-0561-5

COURSE POLICIES Please read this section carefully. You are responsible for knowing this information.

Psychology Department Attendance Policy:

The Psychology Department is committed to the principle that regular and punctual class attendance is essential to the students' optimum learning and successful academic achievement. Regular class attendance is a student obligation, and students are responsible for all work, tests and written assignments. Therefore, students are expected to be present for all class sessions. The Psychology Department's attendance policy recognizes that there will be times when attendance at class is not possible. You may think of the policy as being similar to the type used in the corporate world where each employee is given a certain number of "personal/sick days." Based on the number of regularly scheduled class meetings, you will be allowed a certain number of absences (see below) with no consequences, no questions asked. In other words, there is no distinction between excused and unexcused absences. You are of course responsible for anything covered during those missed classes, and for submitting assignments on time, regardless of whether or not you attend. Beyond the allowable number of absences, there are consequences that will adversely impact your grade, much as missing too many days of work can adversely impact your employment status. Above all else, you should carefully consider each decision to not attend class, as once your allotted absences have been used, they are gone. It is important that students arrive for class on time. Late arrivals are very distracting, not only to the instructor, but also to fellow students. Repeated late arrivals are not acceptable and will be addressed. It is each student's responsibility to understand this policy and to keep track of absences throughout the semester.

Application to this Class: Formal attendance will be taken during all class sessions. This class meets twice per week (28 class meetings). You may miss **3 classes** without penalty. If you miss **4 classes**, your final grade (cumulative percentage of points) will be lowered by 5%. That means that if you have earned 84% of the available points in the class, which is a B grade, you would be lowered to 79%, which is a C+. Likewise, if you have earned 77% of the points available, the penalty would take you down to 72%, which is a C-. As a reminder, a C grade (73%) is required in all Psychology courses. If you miss **5 classes**, you will be docked an additional 5% points off of your final grade (for a total of 10%). If you miss **6 classes**, you will receive a failing grade for the course. If you miss six classes, you have missed approximately 25% of the class meetings.

Cell phones:

Cell phones ringers must be turned off for class. Vibrate mode is fine as long as students do not disrupt the class by checking their cell phones or leaving the room in the middle of the lecture or discussion unless absolutely necessary. During exams, cell phones must be placed out of sight and not taken out at any point during the exam.

Changes:

Students are responsible for knowing about changes to the syllabus. All changes will be clearly announced

in class, and an updated version of the syllabus will be available via eCollege. It is highly unlikely that any major due dates, such as paper due dates or exams, will be changed. However, not knowing about a change does not constitute an acceptable excuse for late papers or missed exams.

Cheating:

Cheating is against the college's code of conduct, and will not be tolerated. If you are caught cheating you will immediately fail the course, and I will turn over all evidence to the psychology department for further disciplinary action.

eCollege:

All students must be able to access eCollege. I post all course material there, including any updated versions of the syllabus. All questions outside of class time will be directed to the eCollege discussion boards so that all students may benefit from and participate in the discussion. Also, in the unlikely event that class will be cancelled, an announcement will be made as early as possible on eCollege. Most importantly, any handouts will be made available on eCollege. If you are having difficulty accessing eCollege, please contact IT Services for assistance.

Late papers:

Please turn all assignments in on time for full points. Beginning 15 minutes after the start of class, I will deduct five points from your final score for every day the paper is late. It is acceptable to turn in papers via email, but they will be marked on-time according to the date stamp on MY end. Please email papers well in advance of the due date to avoid problems.

Make-up exams:

If an emergency arises, and you must miss an exam, please contact me as soon as possible, I will allow students to make-up a missed exam under certain, documented circumstances, such as illness, a family emergency, etc. Make-up exams are given at my discretion, so please document the reason for your absence as thoroughly as possible.

Study guides:

I do not provide a separate study guide per se, but do provide materials and opportunities for review. I have set aside time for review prior to each exam. This will be your opportunity to ask questions, so you should come to these classes prepared to ask questions. This means, you should read through your notes that day, and jot down anything that is unclear, or for which you need further clarification. I also provided abridged versions of the lecture presentation for students to take notes on, which will also serve as an outline and study guide.

Taping:

Please do not record lectures without checking with me first. Attending class, taking notes, and doing the readings should be sufficient. My experience is that taping lectures makes students less likely to take good notes or pay attention in class.

Textbook:

The textbook is an important source of information for the course, and I recommend strongly that you buy the edition specified above. If you do buy an earlier edition, you will be responsible for any differences between the current text and the one you are using. Also, the purpose of the textbook is to extend the material of the course, not duplicate lecture material. As such, there will be things in the book that I do not discuss in class for which you will be responsible, and vice versa.

Twitter

Please go to https://twitter.com/CCC_SP10_PSY260 to follow my tweets for this course. I have to approve everyone who follows me, so make certain you drop me an email to let me know who you are. Also keep in mind that we will all see all your tweets so you may want to create a new, separate twitter account just for this course.

Grading:

Your final grade will be based on the following:

Exams – Three non-cumulative exams worth 100 points each. Each exam will be composed of multiple-choice questions and a short essay, and may also include one or more of the following: true-false-change, fill-in-the-blank, or matching. Material covered in lecture and the textbook will be on the exams.

Literature review – A 10-15 page literature review for some aspect of motivation and/or emotion. It should cite recent relevant empirical and theoretical literature related to the topic—essentially, provide some background for the problem of interest, and provide a current view of where the issue stands to date. This must be typed, and in APA format for literature reviews (please refer to the APA manual)

Paper schedule:

Topic proposal	2/9/2010	10 points	
Outline	4/1/2010	40 points	Total points = 150
Final paper	5/4/2010	100 points	

Be sure to choose a topic of interest to you, and one that is not too broad in scope. I will be happy to meet with students at any time to discuss topics, as well as assist you in search terms for your topics.

Example: I have a broad interest in the motivation for cravings, lets say. Cravings is a huge topic, so I would narrow it down to looking at cravings in terms of aversive conditioning (which is one prominent explanation). You could also address the biological deficiency angle of cravings, or social expectations of cravings (i.e. pregnant women crave pickles and ice cream).

Please use the following worksheet to track your grades:

Exam 1 (100)		Topic proposal (10)	
Exam 2 (100)		Outline (40)	
Exam 3 (100)		Final paper (100)	
Exam total (300)		Total (150)	

Grand total (450)	
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Grade breakdown:

Score	Grade	Score	Grade	Score	Grade	Score	Grade	Score	Grade
		392-404	B+	347-359	C+	302-314	D+	0-269	F
419-450	A	374-391	B	329-346	C	284-301	D		
405-418	A-	360-373	B-	315-328	C-	270-283	D-		