

PSY 332: Human Motivation and Emotion

Tues. 2:30 – 5:20 p.m., DWE Rm. 1501

Winter 2009

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OVERVIEW:

The emphasis of this course is to understand classic and contemporary theoretical perspectives of human motivation and emotion. We will draw from animal and human models and various research methods to examine how our current knowledge in these areas has evolved. Further, we will explore the applications of these theoretical perspectives to social systems (e.g., education, work, sport) and therapeutic interventions.

The course will be a balance between lectures and readings. Assigned reading will provide a basic overview of different theoretical perspectives and existing research in motivation and emotion. Lectures will provide a deeper understanding of specific research and provide a framework for understanding the current directions and controversies in the field. Assigned readings come from both texts and the research literature. The main textbook is available at the bookstore. Copies of other readings will be located on reserve at the Dana Porter library and in PAS 4028, or may be found online if available at the UW library website. Assigned readings are further outlined below in the course calendar.

COURSE REQUIREMENTS:

Exams. You will have an opportunity to demonstrate your command of the materials through 2 exams. Exam 1 will be administered in class on February 10th. Exam 2 will be held during the final exam period at a date and time TBA by the university. **NOTE:** Exam 1 will cover lectures and reading assignments from January 6th to February 3rd, and Exam 2 will cover lectures and reading assignments from February 24th to March 31st. Exams will consist of multiple choice questions, as well as a choice between essays or short answer questions. Each exam will be worth 40% of your grade. Thus, exams in total will comprise 80% of your total class grade. Make-up exams will only be issued if the student has a medical excuse accompanied by a doctor's note or other such extenuating circumstances. Students who live outside the Kitchener-Waterloo region should do all that they can to prepare in advance for difficult commuting days due to bad weather. If you anticipate the potential for such difficulties you should identify yourself to the professor early in the course (not just before the exam!). Decisions to accommodate alternative arrangements will be made in accord with university policies.

Discussion Commentaries. During the term there are 2 commentaries that you are asked to complete (February 3rd, March 31st). Although the lectures preceding each assignment will likely be helpful to you in completing the assignments, both of these assignments are already posted on UW-ACE so you may begin them at any time. Each assignment included guidelines for how to complete the assignment as well as the breakdown of marks. These exercises are designed to help you think critically about applications of the readings and lectures, thus I am searching for high quality, thoughtful comments here---not quantity. Commentaries will be evaluated on the basis of 1) a review of the social program or literature presented, 2) appropriate links to theory, and 3) clarity of arguments presented. Credit for your submissions will comprise 20% of your total grade (10% for each assignment).

NOTE: Commentaries must be submitted by 10 a.m. on the day that they are due via the UW-ACE course website. LATE ASSIGNMENTS WILL NOT BE ACCEPTED. Assignments turned in after the posted deadlines will receive a zero. That said, if extenuating circumstances arise, please inform the professor prior to the deadline to make alternative arrangements. Again, decisions to accommodate alternative arrangements will be made in accord with university policies.

Summary of grading:

Exam 1	40%
Exam 2	40%
Discussion Commentary 1	10%
Discussion Commentary 2	10%

PLEASE NOTE: If you have questions about assignments, or would like to review your standing in the class at any time during the semester, please contact the instructor for an appointment. The objective is for you to understand and learn the material, so please schedule a meeting if you are finding the information challenging or are having difficulties.

EXTRA CREDIT: Participation in Psychology Research

Experiential learning is considered an integral part of the undergraduate program in Psychology. Students may earn up to 4 percentage points toward their final mark in Psychology 332 by participating in extra credit options outlined below. *Please note: you may complete any combination of the below options to earn your credit but the maximum credit you can receive in this course will be 4 percentage points **TOTAL** (thus, the maximum possible final grade is 104%).*

1. You may participate in studies conducted by students and faculty in the Department of Psychology. Participation is worth 0.5 participation credits (percentage points) for each half-hour of participation. Researchers will record student's participation and will advise the course instructor of the total points earned by each student at the end of the term. Please note that all Psychology studies have undergone prior ethics review and clearance through the Office of Research Ethics.
2. If you do not wish to participate in research, you may choose to submit short reviews of journal articles selected by the professor (2-3 pages for each article). These articles, as well as the specific guidelines for receiving credit, are listed on the UW-ACE website. Each review article is worth 2 percentage points.

NOTE: A full description of these extra credit options as well as the guidelines for receiving credit are found in the document "PSY 332: Extra Credit" under the Lessons Section on UW-ACE.

NOTE: Please be aware of the following university policies**The Official Version of the Course Outline**

If there is a discrepancy between the hard copy outline and the outline posted on UW-ACE, the outline on UW-ACE will be deemed the official version. Outlines on UW-ACE may change as instructors develop a course, but they become final as of the first class meeting for the term.

Students with Disabilities

The Office for Persons with Disabilities (OPD), located in Needles Hall, Room 1132, collaborates with all academic departments to arrange appropriate accommodations for students with disabilities without compromising the academic integrity of the curriculum. If you require academic accommodations to lessen the impact of your disability, please register with the OPD at the beginning of each academic term.

Concerns About the Course or Instructor (Informal Stage)

We in the Psychology Department take great pride in the high quality of our program and our instructors. Though infrequent, we know that students occasionally find themselves in situations of conflict with their instructors over course policies or grade assessments. If such a conflict arises, the Associate Chair for Undergraduate Affairs (Dr. Colin Ellard) is available for consultation and to mediate a resolution between the student and instructor. Dr. Ellard's contact information is as follows: Email: cellard@uwaterloo.ca
Ph 519-888- 4567 ext 36852. A student who believes that a decision affecting some aspect of his/her university life has been unfair or unreasonable may have grounds for initiating a grievance. See Policy 70 and 71 below for further details.

Academic Integrity, Academic Offenses, Grievance, and Appeals

To protect course integrity, as well as to provide appropriate guidance to students, course outlines in the Faculty of Arts incorporate the following note on avoidance of academic offenses:

Academic Integrity: in order to maintain a culture of academic integrity, members of the University of Waterloo community are expected to promote honesty, trust, fairness, respect and responsibility.

Grievance: A student who believes that a decision affecting some aspect of his/her university life has been unfair or unreasonable may have grounds for initiating a grievance. Read Policy 70 - Student Petitions and Grievances, Section 4, <http://www.adm.uwaterloo.ca/infosec/Policies/policy70.htm>

Discipline: A student is expected to know what constitutes academic integrity, to avoid committing academic offenses, and to take responsibility for his/her actions. A student who is unsure whether an action constitutes an offense, or who needs help in learning how to avoid offenses (e.g., plagiarism, cheating) or about 'rules' for group work/collaboration should seek guidance from the course professor, academic advisor, or the Undergraduate Associate Dean. When misconduct has been found to have occurred, disciplinary penalties will be imposed under Policy 71 - Student Discipline. For information on categories of offenses and types of penalties, students should refer to Policy 71 - Student Discipline, <http://www.adm.uwaterloo.ca/infosec/Policies/policy71.htm>

Appeals: A student may appeal the finding and/or penalty in a decision made under Policy 70 - Student Petitions and Grievances (other than regarding a petition) or Policy 71 - Student Discipline if a ground for an appeal can be established. Read Policy 72 - Student Appeals, <http://www.adm.uwaterloo.ca/infosec/Policies/policy72.htm>

DATE	TOPIC	Readings & Activities
January		
6	I. Introduction to motivation & emotion	Reeve pp.1-23
13	I. Psychodynamic perspectives II. Physiological Needs & Drive theories	Reeve pp. 391-416 Reeve pp. 76-106, 29-33
20	I. Behaviorism II. Psychological Need Theories	LB pp. 23-33 Reeve pp. 421-430, 142-168
27	I. Intrinsic & Extrinsic Motivation II. Attribution and expectancy theories	Reeve pp. 108-139 IM, pp. 189-211. Reeve pp. 353-357, 230-259
February		
3	I. Goals, Motives, & Self-Regulation QUESTION & ANSWERS re EXAM 1	Reeve pp. 178-198, 205-227 DISCUSSION 1 COMMENTARY DUE
10	*****EXAM 1*****	
17	*****NO CLASS --- READING WEEK*****	
24	I. Introduction to emotion II. Neurobiology of Emotion	Reeve pp. 297-327 Reeve pp. 47-72
March		
3	I. Darwinian Tradition: Evolution, Emotional Expression, Universality II. Jamesian Tradition: Physiology, facial feedback, autonomic specificity	Reeve pp. 27-29, [optional: RC pp. 18-57] Reeve pp. 330-343, [optional: RC pp. 58-111]
10	I. Emotion, Cognition & Memory II. Emotional development & individual differences	Reeve pp. 344-353, [optional: RC pp. 112-148] ED pp. 347-375, 321-343
17	I. Social function of emotions II. Emotion Regulation	Keltner & Kring (1998) GT (pp. 3-24)
24	Emotion & psychopathology	No readings
31	Emotion & physical health	Kiecolt-Glaser et al. (2002)

	QUESTION & ANSWERS re EXAM 2	DISCUSSION COMMENTARY 2 DUE
	*****EXAM 2 TBA: SCHEDULED BY UNIVERSITY DURING EXAM PERIOD*****	

COURSE READINGS:

Textbook: The textbook is available for purchase in the bookstore. Copies are also available at the UW Porter library for short-term loan.

Reeve, J. (2009). *Understanding Motivation and Emotion*, 5th Edition. New York: John Wiley & Sons, Inc.

Chapters: Selected chapters are drawn from the following books. Please note: I have created an abbreviation for each book (e.g., IM) to use on the calendar above. Specific pages are indicated on the list above.

- ED Ekman, P. & Davidson, R. L., Eds. (1994). *The Nature of Emotion: Fundamental Questions*. Oxford University Press.
- IM Deci, E.L., & Ryan, R.M. (1985). *Intrinsic motivation and self-determination in human behavior*. New York: Plenum.
- GT Gross, J. J. & Thompson, R. A. (2007). Emotion regulation : Conceptual foundations. In J. J. Gross (Ed.) *Handbook of Emotion Regulation* (pp. 3-24). New York : The Guilford Press.
- LB Schwartz, B. (1984). *Psychology of Learning and Behavior*. New York: W.W. Norton & Company, Inc.
- RC Cornelius, R. R. (1996). *The Science of Emotion : Research and Tradition in the Psychology of Emotion*. New Jersey: Prentice-Hall.

Journal Articles: All of the articles listed may be obtained online from the UW library system.

Keltner, D. & Kring, A. M. (1998). Emotion, social function, and psychopathology. *Review of General Psychology*, 2, 320-342.

Kiecolt-Glaser, J. K., McGuire, L., Robles, T., & Glaser, R. (2002). Emotions, morbidity, and mortality: New perspectives from psychoneuroimmunology. *Annual Review of Psychology*, 53, 83-107.