

# PSY 363: Motivation and Emotion

Tues. & Thurs. 2:30 - 3:50 p.m., AL 208  
Winter 2006

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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 4026, 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 9<sup>th</sup>. 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 3<sup>rd</sup> to February 7<sup>th</sup>, and Exam 2 will cover lectures and reading assignments from February 16<sup>th</sup> to March 30<sup>th</sup>. 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. Decisions to accommodate alternative arrangements will be made in accord with university policies.

**Discussion Commentaries.** During the term there will be 4 occasions where discussion questions will be posted to the class (January 12<sup>th</sup>, 26<sup>th</sup>, March 2<sup>nd</sup>, 16<sup>th</sup>). You will have 1 week to complete each commentary (thus commentaries are due on January 19<sup>th</sup>, February 2<sup>nd</sup>, March 9<sup>th</sup>, and March 23<sup>rd</sup>, respectively). Postings and due dates are outlined again on the course calendar below.

This exercise is designed to help you think critically about the readings and lectures. As a note, I am searching for high quality, thoughtful comments here---not quantity. Commentaries may not exceed 1 page and must be written in essay form (e.g., complete sentences, organized paragraphs). Thus, point format will not be accepted. Commentaries will be evaluated on the basis of 1) appropriate links to theory or the existing literature and 2) clarity of arguments presented. An outline of the format for commentaries and marking schema is located on the UW-ACE course website. Credit for your submissions will be calculated across the term and will comprise 20% of your total grade.

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 instructor immediately (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 Commentaries	20%

**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.

**NOTE: Please be aware of the following university services and policies**

- **Note for 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.
- All students registered in the courses of the Faculty of Arts are expected to know what constitutes an academic offence, to avoid committing academic offences, and to take responsibility for their academic actions. When the commission of an offence is established, disciplinary penalties will be imposed in accord with Policy #71 (Student Academic Discipline). For information on categories of offences and types of penalties, students are directed to consult the summary of Policy #71 which is supplied in the Undergraduate Calendar (section 1; on the Web at *section 1*; on the Web at <http://www.adm.uwaterloo.ca/infosec/Policies/policy71.htm>). If you need help in learning how to avoid offences such as plagiarism, cheating, and double submission, or if you need clarification of aspects of the discipline policy, ask your TA or course instructor for guidance or consult "Avoiding Academic Offences" ([http://arts.uwaterloo.ca/arts/ugrad/academic\\_responsibility.html](http://arts.uwaterloo.ca/arts/ugrad/academic_responsibility.html)). Other resources regarding the discipline policy are your academic advisor and the Undergraduate Associate Dean.
- Students who believe that they have been wrongfully or unjustly penalized have the right to file a grievance. Please refer to Policy #70 (Student Grievance) at <http://www.adm.uwaterloo.ca/infosec/Policies/policy70.htm>.

<b>DATE</b>	<b>TOPIC</b>	<b>Readings &amp; Activities</b>
<b>January</b>		
3	Introduction to motivation & emotion	Reeve pp.1-21
5	Psychodynamic perspectives	Reeve pp. 383-407
10	Physiological Needs & Drive theories	Reeve pp. 71-100, 25-33
12	Behaviorism	LB pp. 23-33 <b>DISCUSSION QUESTIONS POSTED</b>
17	Psychological Need Theories	Reeve pp. 412-420, 184-193, 101-128
19	Intrinsic & Extrinsic Motivation	Reeve pp. 130-161 <b>DISCUSSION COMMENTARY DUE</b>
24	Attribution and expectancy theories	Reeve pp. 347-349, IM, pp. 189-211 Reeve pp. 226-257
26	Achievement Motivation	Reeve pp. 167-184 <b>DISCUSSION QUESTIONS POSTED</b>
31	Goals, Motives, & Self-Regulation	Reeve pp. 197-224
<b>February</b>		
2	Applications to social systems	No readings <b>DISCUSSION COMMENTARY DUE</b>
7	Applications to social systems	No readings
9	*****EXAM	1*****
14	Introduction to emotion	Reeve pp. 291-321
16	Neurobiology of Emotion	Reeve pp. 45-68
21	*****NO CLASS	READING WEEK*****
23	*****NO CLASS	READING WEEK*****
28	Darwinian Tradition: Evolution, Emotional Expression, Universality	Reeve pp. 25-28, [optional: RC pp. 18-57]
<b>March</b>		
2	Jamesian Tradition: Physiology , facial feedback, autonomic specificity	Reeve pp. 323-336, [optional: RC pp. 58-111] <b>DISCUSSION QUESTIONS POSTED</b>
7	Emotion, Cognition & Memory	Reeve pp. 337-347, [optional: RC pp. 112-148]
9	Emotional development & individual differences	ED pp. 347-375, 321-343 <b>DISCUSSION COMMENTARY DUE</b>
14	*****NO CLASS---ARTS LECTURE HALL	USED FOR CAMPUS DAY*****
16	Social function of emotions	Keltner & Kring (1998) <b>DISCUSSION QUESTIONS POSTED</b>
21	Emotion Regulation	Gross (1998)
23	Emotion & psychopathology	No readings <b>DISCUSSION COMMENTARY DUE</b>
28	Emotion & physical health	Kiecolt-Glaser et al. (2002)
30	Applications to psychotherapy & intervention	No readings
	*****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. (2005). *Understanding Motivation and Emotion*, 4<sup>th</sup> 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.

IM Deci, E.L., & Ryan, R.M. (1985). *Intrinsic motivation and self-determination in human behavior*. New York: Plenum.

ED Ekman, P. & Davidson, R. L., Eds. (1994). *The Nature of Emotion: Fundamental Questions*. Oxford University Press.

RC Cornelius, R. R. (1996). *The Science of Emotion : Research and Tradition in the Psychology of Emotion*. New Jersey: Prentice-Hall.

LB Schwartz, B. (1984). *Psychology of Learning and Behavior*. New York: W.W. Norton & Company, Inc.

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

Gross, J. M. (1998). The emerging field of emotion regulation: An integrative review. *Review of General Psychology*, 2, 271-299.

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.