

Motivation and Emotion
Psych 364
M/W 3:50 - 5:10

Your Host: Rob Foels, Ph.D.

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COVID Restrictions:**You must be vaccinated.****You must wear a mask indoors at all times.****Failure to follow COVID protocols will result in removal from the course.****Office Hours and Contact:**

Office hours are posted on Canvas, and are likely to change as the semester unfolds.

I can only be contacted through email, not through Canvas.

My Goals:

- 1) To develop and improve critical thinking skills and learn how to think like a psychologist.
 - critical thinking is the dispassionate examination of factual evidence
- 2) To develop and improve writing and communication skills.
- 3) To acquire a working knowledge of the major theories and core principles related to the processes that start, guide, and maintain human behavior (motivation) and theory and principles related to the subjective feeling of aroused states (emotion).

Your Text:

- 1) The one I am writing. I will provide a chapter for each topic in pdf form. These will be posted on Canvas.

Your Work: Your grade will be determined based on the points you earn from assignments and exams. Each of these will be discussed more fully during class. Average work earns you an average grade of C, only truly excellent work will earn an excellent grade of A.

Source	Count	% of Grade
Quizzes	10	10%
Papers	3	15%
Section Exams	3	60%
Final Project	1	15%

Note: Percentages may be adjusted to best capture student performance.

A = >92% B+ = 87-92% B = 82-87% C+ = 76-82% C = 70-76% D = 60-70% F = <60%

Important Notes

Course content:

- 1) No late homework/paper is ever accepted. Ever.
- 2) If you miss class I will not spend time catching you up without a valid documented reason.
- 3) Class discussion is an integral part of this course. I expect true discourse, which means disagreement, but done in a respectful manner. Insulting language will not be tolerated.
- 4) You may be tested on anything you read, anything I say, or anything your classmates say.
- 5) Take notes on what you read. Highlighters are a complete waste of time. Throw them away.
- 6) If you cheat, which includes plagiarism, you will fail the course. Not the assignment, the course.
- 7) Electronic devices are forbidden in the classroom. First offense is removal from that class, second offense you fail.
- 8) If you are not performing as well as you would like it is your responsibility to meet with me. Grades can still change dramatically up to mid-semester, but have less chance to change after the second exam. Do not put off a meeting in the hope that you can fix your grade yourself. I am here to help you learn.

Academic Integrity:

- 1) Integrity is the quality of being honest and having strong moral principles (Oxford English Dictionary, 2016). Any form of cheating, fabrication, or plagiarism violates university rules as well as expectations for human decency. Original work is the intellectual property of the person who made the effort to create that work. Any copying or posting of any author's work is disrespectful, and violates federal law.
<http://academicintegrity.rutgers.edu/integrity.shtml>
- 2) Failure to uphold these principles of academic integrity threatens both the reputation of the University and the value of the degrees awarded to its students (Rutgers Policy 10.2.13). Even minor violations of the Academic Integrity policy allow me to fail you for the course. And I will. (See <http://policies.rutgers.edu/PDF/Section10/10.2.13-current.pdf> for specifics)
- 3) Any instance of cheating or plagiarism will earn you an "F" for the course. It is that simple.

Academic Accommodations:

Should you require academic accommodations (e.g., additional testing time, special testing conditions), you must file a request with the Office of Disability Services (Kreeger Learning Center 151 College Avenue, Suite 123, disabilityservices.rutgers.edu). It is your responsibility to self-identify with the Office of Disability Services and to provide me with the appropriate documentation from that office at least two weeks prior to any request for accommodations.

Assignments and Exams

Quizzes: You will define two terms, each in your own words. Copying a textbook definition will not get you points, you need to demonstrate fluency with the meaning of the term. Then relate the terms to each other. Quizzes are always given at the beginning of class.

Current Event: For each section of the course you will type a one page paper that explains a current event through the perspective of motivation or emotion. More info will be presented in class.

Exams: The exams will cover material from assigned readings and class discussions. Exams will be a mixture of multiple choice and short answer questions. In these exams you must be able to apply what you have learned to issues and areas that we have not explicitly discussed in class. Exams will be given during class time. Students who miss a scheduled exam for reasons other than **severe** illness or **extreme** emergency will receive zero credit and have no opportunity to take the exam.

Final Project: A 5-7 page single spaced paper in which you try to stop people from attacking the nation's capitol or explain why they did it.

Study habits that you should adopt

Chapter Definitions: Define, *in your own words*, the terms from each chapter. These definitions should be concise but complete and written to be understood by anyone (write them for your relatives). By putting a definition in your own words, you have processed it more deeply.

Chapter Mapping: Create an image of the material based on how *you* organize the chapter. Your map will be most effective if you develop your own categories rather than simply follow the book. Develop an image that you can use to envision the information for organization and recall.

Section Mapping: Create a map of all the chapters included in a section of the course. These maps should focus on links across chapters. Section maps that are simply an amalgam of chapter maps are not effective, you need to integrate the information across chapters.

All Course Material is Copyrighted

As the instructor for this course, I own the copyright for all material that I create related to the course. This includes any handouts, templates, instructions, assignments, exams, or any other materials provided to you whether in written or electronic form. This also includes the syllabus. Posting any material from this course on any website, ANY website, is a violation of federal law. I repeat: posting any material from this course anywhere on the web is a violation of federal law. Photocopying or printing any material from this course to provide to another individual is a violation of federal law. I repeat: providing any material from this course to anyone, in any form, is a violation of federal law.

Motv & Emot -- Sec 1

M/W 3:50 - 5:10 -- AB 2125

M/W	Date	Topic/Terms	Readings	Due
	Jan 17	<i>MLK Day</i>	--	---
	Jan 19	Day 1	<i>Welcome to My World! (please wipe your feet)</i>	---
	Jan 24	Overview	Ch. 1	<i>quiz 1</i>
	Jan 26	History	Ch. 2	
	Jan 31	Approach-Avoidance	<i>Elliot (2006); Roskes et al. (2014)</i>	
	Feb 2	Biological Systems	Ch. 3	<i>quiz 2</i>
	Feb 7	Brain and Motivation	Ch. 4	
	Feb 9	Biological Needs	Ch. 5	<i>quiz 3</i>
	Feb 14		<i>Ellis & Boyce (2008); Frenda et al. (2014)</i>	Event 1
	Feb 16		--> EXAM 1	EXAM 1
	Feb 21	Extrinsic Motivation	Ch. 6	<i>quiz 4</i>
	Feb 23		<i>Cimpian et al. (2007)</i>	
	Feb 28	Psychological Needs	Ch. 7	<i>quiz 5</i>
	Mar 2	Goals	Ch. 8	
	Mar 7	Mindsets	Ch. 9	<i>quiz 6</i>
	Mar 9		<i>Senay et al. (2010)</i>	
	Mar 14		Spring Break	
	Mar 16		Spring Break	
	Mar 21		paper feedback	
	Mar 23	Self and Identity	<i>Ch. 10</i>	<i>quiz 7</i>
	Mar 28		<i>Fitzsimons & Finkel (2011)</i>	Event 2
	Mar 30		--> EXAM 2	EXAM 2
	Apr 4	Concept of Emotion	Ch. 11	<i>quiz 7</i>
	Apr 6	Music and emotion	<i>Krueger (2014)</i>	
	Apr 11	Elements of Emotion	Ch. 12	<i>quiz 8</i>
	Apr 13	Types of Emotion	Ch. 13	
	Apr 18	Self-Regulation	Ch. 14	
	Apr 20		<i>Goldenberg et al. (2006); Job et al. (2010)</i>	
	Apr 25		<i>Kasser & Sheldon (2000); Hajcak & Foti (2008)</i>	Event 3
	Apr 27		--> EXAM 3	EXAM 3
	May 2			