

30433-MOTIVATION

3W1 Summer Term-2009

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May 11 to 29, MTWRF, 9:00-12:00, WSH 247.

Outline

May/11-13: Introduction

Presentation and description of this course. General review of factors that affect motivation. Philosophy of the emotions. Evolution. Learning. Neurophysiology. Theories of emotion.

May/14: **FIRST EXAM: Course procedures; Class material; Chapters 1 and 2.**

May/14-18: Basic concepts.

Drive, activation, reinforcement, and incentives.

May/19: **SECOND EXAM: Course procedures; Class material; Chapter 6.**

May/19-21: Fear.

Escape, avoidance, punishment. Cognitive aspects of fear. Phobias, panic.

May/22: **THIRD EXAM: Course procedures; Class material; Chapter 9.**

May/22-26: Frustration.

Frustration: primary and secondary. Conflict, anxiety, stress, coping. Frustration and aggression. Grief. Helplessness and depression. Suicide.

May/27: **FOURTH EXAM: Course procedures; Class material; Chapter 10.**

May/27-28: Positive emotions.

Reproduction and sexual motivation. Interpersonal attraction. Love and attachment.

May/29: **FIFTH EXAM: Course procedures; Class material; Chapter 14.**

Objectives. This class introduces you to the psychology of motivation and emotion. You will learn the behavioral, physiological, evolutionary, and philosophical basis behind the concepts of motivation and emotion. Major emotional systems will be studied in detail, including fear, frustration, and love. You will also learn how this knowledge is currently being applied in several areas, particularly in the treatment of individuals suffering from emotional disorders such as anxiety, phobia, and depression.

Textbook. Beck, R. C. (2004). *Motivation. Theory and principles. 5th Edition.* Upper Saddle River, NJ: Prentice-Hall.

Exams. There will be 5 exams, each worth a maximum of 100 points. In terms of reading material, there will be no overlap between the exams. There will be no comprehensive final. Exams will involve multiple-choice questions.

Missing Exams. You will be able to take a make-up test for missing exams on **May 29, 9:00 a.m.**, after taking the fifth exam.

Extra Points. Up to 5 extra points can be earned by correctly answering additional questions provided in each exam or participating in research studies.

Grading. Your final score will be the average of the 4 exams plus the extra points. Average grades will be round up to the next whole number (e.g., 89.1=90; 88.9=89). If your final score is between 90-100 you will receive an A, 80-89 will be a B, 70-79 a C, 60-69 a D, and below 60 an F.