

General Information	Title, code, and number of credits of the course:	PSYC 208, Emotion and Motivation (6 ECTS)	
	Department:	Psychology	
	Program:	Bachelor	
	Semester:	2023/24-cü tədris ilinin yaz semestri	
	Instructor:	Aytaj Nuruzada	
	E-mail:	aytaj.nuruzada@gmail.com	
	Telephone:	-	
	Location:	Neftchilar campus	
	Course Consultation:	By appointment – at the university or online (around 10-15 minutes).	
Language of Instruction	English		
Type of Course	Compulsory		
Required Textbooks and Readings	<p>Main textbooks:</p> <ul style="list-style-type: none"> • Reeve, J. (2018, January 18). Understanding Motivation and Emotion. John Wiley & Sons. • Barrett, L. F., Lewis, M., & Haviland-Jones, J. M. (2016, August 2). Handbook of Emotions, Fourth Edition. Guilford Publications. <p>Readings:</p> <ul style="list-style-type: none"> • Camras, L. A. (2022, June 6). Emotional Development across the Lifespan. Guilford Publications. • Whiting, D. (2020, September 25). Emotions as Original Existences. Springer Nature. • LoBue, V., Pérez-Edgar, K., & Buss, K. A. (Eds.). (2019). Handbook of emotional development. Springer Nature Switzerland AG. • Gross J. J. (2002). Emotion regulation: affective, cognitive, and social consequences. <i>Psychophysiology</i>, 39(3), 281–291. 		
Learning Activities and Teaching Methods	Lectures	+	
	Class discussion	+	
	Practical activities	+	
	Case studies	+	
Assessment Methods	Components	Date/deadline	Percentage (%)

	Midterm	8 th week	30
	Class Participation (Contributing to class discussions, sharing insights, integrating comments during the lecture time)	During the semester	5
	Quiz	During the semester	10
	Attendance (Not exceeding the absence limit determined by the university)	During the semester	5
	Individual Project (working on a creative project on the topic chosen by the student and presenting the project in class)	January	10
	Final exam	January	40
	Total		100
Course outline	<p>Motivation is a multifaceted psychological construct that encompasses underlying processes that initiate, direct, and maintain human behavior. Emotions are complex and multidimensional and consist of neural, response systems, and a feeling state/process that motivates and organizes cognition and action. This course looks at emotion and motivation from a range of angles, such as psychological, social, and physiological, and helps students to understand the nature of motivation and emotion, their causes, the conditions that affect them, and how motivational and emotional processes lead to productive outcomes such as learning, performance, and well-being.</p>		
Course objectives	<ul style="list-style-type: none"> • Provide students with a broad overview and general understanding of the major theoretical perspectives within the fields of motivation and emotion. • Help students to understand the complex world of motivation and emotion through different aspects. • Help students to apply theories and research on motivation and emotion across a variety of contexts, including in their lives. 		
Learning Outcomes	<p>By the end of the semester, students will be able to:</p> <ul style="list-style-type: none"> • Evaluate and analyze theories of motivation and emotion. • Describe the dynamic relationships between motivation, emotion, and human behavior. • Critique and apply theories of motivation and emotion to a variety of contexts. 		

	<ul style="list-style-type: none"> Design, implement, and critique evidence-based motivational and/or emotional interventions to improve their own behavioral outcomes. 	
Marking Criteria	<p>Activity scores: students are dependent on completing assignments and participating in general discussions.</p> <p>Practical problem scores: depends on whether they can practically apply or analyze the psychotherapies they learn.</p> <p>Presentation/Group discussion: students should focus on the following situations:</p> <ol style="list-style-type: none"> 1. Must present a presentation on the given topics. 2. The presented presentation should be related to the given topic. 3. The presentation must be submitted on time. 4. The material in the presentations must be in accordance with the standards. 5. Credible sources should be used in presentations. 	
Rules	<p>Attendance. It is important for students to attend all classes. If a student is unable to attend classes for a valid reason (illness, family status, etc.), they must report the matter to the faculty dean. It is expected students attend the class prepared and actively participate during class discussions.</p> <p>Laptops, Cell Phones, and Other Devices. Please make sure that your cell phone and other devices are set to silent or vibration during the class period. Activities using cell phones and other devices, such as text messaging, taking pictures, and using social media are not permitted in the classroom. Active use of electronic devices during discussions creates a distraction for me, and others.</p> <p>Respect and Courtesy. Unethical discussion and behavior of students in the classroom is strictly prohibited. This class may cover some controversial issues for educational purposes, and you may encounter different values and views expressed by other students or the instructor. Please remember to have respect and courtesy toward each other and appreciate the diversity in class. Any disrespectful comments or behaviors are not permitted in this class.</p> <p>Academic Ethics. Cheating or any other academic dishonesty including plagiarism will result in a serious consequence, including, but not limited to, getting zero (0) points on the given quiz, exam, or paper. The results of students engaged in academic dishonesty will be canceled.</p>	
Week	Topics	Readings
1	Introduction to Emotion and Motivation. Framework to Understand Motivation and Emotion.	Reeve, J. (2018, January 18). Understanding Motivation and Emotion. John Wiley & Sons. Pgs 1-23.
2	Motivation and Emotion in Historical Perspective. Philosophical Origins of Motivational Concepts.	Reeve, J. (2018, January 18). Understanding Motivation and Emotion. John Wiley & Sons. Pgs 24-43.

3	The Motivated and Emotional Brain. Motivation, Emotion, and Neuroscience.	Reeve, J. (2018, January 18). Understanding Motivation and Emotion. John Wiley & Sons. Pgs 44-68. Barrett, L. F., Lewis, M., & Haviland-Jones, J. M. (2016, August 2). Handbook of Emotions, Fourth Edition. Guilford Publications. Pgs 156-161.
4	Physiological Needs. Fundamentals of Regulation. Thirst. Hunger.	Reeve, J. (2018, January 18). Understanding Motivation and Emotion. John Wiley & Sons. Pgs 71-97
5	Extrinsic Motivation and Internalization. Types of Extrinsic Motivation. Internalization and Integration.	Reeve, J. (2018, January 18). Understanding Motivation and Emotion. John Wiley & Sons. Pgs 98-122.
6	Psychological Needs. Need Frustration. Relationships and Social Contexts that Support Psychological Need Satisfaction.	Reeve, J. (2018, January 18). Understanding Motivation and Emotion. John Wiley & Sons. Pgs 123-151.
7	Implicit Motives. Acquired Needs. Achievement. Power.	Reeve, J. (2018, January 18). Understanding Motivation and Emotion. John Wiley & Sons. Pgs 152-176.
8	Goal Setting and Goal Striving. Goal Disengagement. Mindsets.	Reeve, J. (2018, January 18). Understanding Motivation and Emotion. John Wiley & Sons. Pgs 179-201.
9	Midterm	
10	Nature of Emotion: Six Perennial Questions. Theories of Emotion	Reeve, J. (2018, January 18). Understanding Motivation and Emotion. John Wiley & Sons. Pgs 285-312. Camras, L. A. (2022, June 6). Emotional Development across the Lifespan. Guilford Publications. Pgs 2-26.
11	Aspects of Emotion: Biological, Cognitive, and Social.	Reeve, J. (2018, January 18). Understanding Motivation and Emotion. John Wiley & Sons. Pgs 313-338. Barrett, L. F., Lewis, M., & Haviland-Jones, J. M. (2016, August 2). Handbook of Emotions, Fourth Edition. Guilford

		Publications. Pgs 424-440.
12	Individual Emotions: Basic, Self-Conscious, and Cognitively Complex.	Reeve, J. (2018, January 18). Understanding Motivation and Emotion. John Wiley & Sons. Pgs 339-362.
13	Emotional Development across the lifespan. Emotional Intelligence. Emotion and Memory. Emotion and Attention	Camras, L. A. (2022, June 6). Emotional Development across the Lifespan. Guilford Publications. Pgs 63-64; 100-102; 136-138; 175-177; 211-214. Barrett, L. F., Lewis, M., & Haviland-Jones, J. M. (2016, August 2). Handbook of Emotions, Fourth Edition. Guilford Publications. Pgs 595-609.
14	Interventions. Applying Principles of Motivation and Emotion.	Reeve, J. (2018, January 18). Understanding Motivation and Emotion. John Wiley & Sons. Pgs 423-428.
15	Presentations	
16		Final