

## **SYLLABUS**

PSY 468/568: Motivation and Emotion, Spring 2015  
Mondays and Wednesdays 10:00 to 11:20 AM, 229 McKenzie

Prof. Sanjay Srivastava  
Office hours: Mondays 2-3 or by appointment  
329 Straub  
Email: sanjay@uoregon.edu

GTF: Nicole Lawless DesJardins  
Office hours: Thursdays 10-12  
468 Straub  
Email: nlawless@uoregon.edu

### **Overview**

In this class we will consider questions of current interest to researchers who study motivation and emotion. Examples include “How do people control impulses?” and “Do emotions make us irrational?” Lectures and readings will address these questions from a variety of perspectives, including biological, cognitive, and social. We will emphasize current issues and areas of active investigation among researchers, which means that you should not always expect a definitive answer to each question.

### **Format**

#### ***Readings***

The readings will cover important topics related to each week’s question. In order to participate and benefit fully from lectures and discussions, you are expected to complete the readings before the Monday class meeting of the week they are assigned.

The readings vary in scope and in how they will be used in this class. Some of the readings provide a fairly comprehensive and well-rounded overview of a topic (the *Understanding Evolution* website is a good example of this). Other readings are narrower: they might present an especially interesting viewpoint, or a specific study or example for consideration. Because we are not using a textbook, you should be especially alert to these distinctions when you are doing the readings. In instances where the readings do not provide a comprehensive overview, the class meetings will be used to help fill in the gaps or identify alternative viewpoints.

#### ***Class meetings***

Class meetings will include a mixture of lectures and discussion. Class meetings will be used in several different ways: to explain or demonstrate especially important ideas covered in the readings, to explore extensions or applications of ideas, and to cover important or interesting topics that are not addressed in the assigned readings.

Not all important ideas in the readings will be covered in class meetings, and not all important ideas from class meetings will be covered in the readings. The exams will cover concepts and findings from the readings that may not be covered in class and vice versa.

#### ***Blackboard***

The Blackboard website will be used to collect assignments, make announcements, post grades, and take care of other administrative matters. The website is also where you will find all of the readings for this class. Log in at <http://blackboard.uoregon.edu>.

### **Requirements and grading for undergraduates (PSY 468)**

Your grade will be based on the following criteria:

10%	Online responses and other assignments
60%	Exams (20% each)
30%	Papers (15% each)

#### ***Online responses and other assignments***

In order to stimulate classroom discussion, each week you will need to post (to Blackboard) a response to one or more of the readings that you found interesting, provocative, confusing, controversial, etc. These postings do not need to be comprehensive, but they do need to demonstrate a substantive response to at least one of the readings (showing that you did more than just read the abstract or skim the article). You may pose a question, highlight an issue you think deserves further attention, draw connections to other material, etc. Your post should be about 100-200 words. Posts are generally due 1 hour before class; see the schedule for details.

In addition to the online responses, you may be asked to complete smaller assignments here and there, either in class or as homework. On-time completion of these assignments will count toward your grade.

#### ***Exams***

There will be 3 exams for this class. Exam 1 will be held in class on **Monday, April 20**. Exam 2 will be in class **Monday, May 11**. Exam 3 will be held in class **Wednesday, June 3**. Each exam will cover material presented since the last exam (or in the case of Exam 1, since the beginning of the course) – meaning that none of these exams are cumulative. There is no final exam.

#### ***Papers***

You will write 2 papers, one due on **Friday, May 1** and the other due on **Friday, May 29** (both are due at 5:00 PM sharp). For each paper we will post a set of empirical journal articles on Blackboard. You will select one of the posted articles, read it, and write a paper that discusses strengths and weaknesses and proposes an interesting followup study. The body of your paper should be about 5 pages (double-spaced, standard font size and margins). Additional information about this assignment will be provided in class and on a separate handout.

### **Requirements and grading for graduate students (PSY 568)**

Graduate students enrolled in PSY 568 will take the same exams and complete the same online responses and small assignments. However, instead of 2 short papers, graduate students will write a single term paper (due Friday, June 5) in which you propose a research project. These papers will be 10 to 12 pages in length, and must cite at least 10 scholarly sources from outside of the class. They will be graded to an appropriately high standard for a graduate-level course. I will provide more details in a separate handout.

## **Other information**

### ***Missed exams and late assignments***

Attendance at all exams is mandatory. If you have an emergency, you must contact me as soon as possible. That means sending me an email before the exam if it is at all possible, and otherwise within twenty-four hours. You must provide verifiable, written documentation (such as a doctor's note).

Late term papers will be penalized by a full letter grade (for example, from a B- to a C-) for every partial or whole day they are late.

If you miss a deadline for a reading response or other small assignment, you will receive a zero – there are no make-ups.

### ***Academic integrity***

For papers, you must cite all of your sources. You must clearly indicate when you are directly quoting or paraphrasing other people's words and properly attribute the source. If you are unsure about what is appropriate or allowed, please ask! The UO library website also has a helpful page on avoiding plagiarism: <http://libweb.uoregon.edu/guides/plagiarism/students/>

Students who participate in any form of academic misconduct (cheating, plagiarism, fabrication, etc.) on any assignment, no matter how small, will receive an "F" for the course. The Office of the Dean of Students has authority to impose additional sanctions. Further information is available on the Dean of Students' website: <http://uodos.uoregon.edu/StudentConductandCommunityStandards/tabid/68/Default.aspx>

All papers will be scanned by SafeAssign anti-plagiarism software.

### ***Getting the most from your class experience***

I am always interested in ways to improve my teaching and make the class better for my students. If there is something that I could do to make the course a better learning experience for you, please tell me. I recognize that talking to a professor about these kinds of things can be intimidating to some people, but please believe me when I say that I am genuinely interested in hearing your feedback.

### ***Accessibility***

My goal is to create an accessible and inclusive learning environment. Please talk to me if there are aspects of this course that will create barriers to your learning and participation. You are also encouraged to contact the Accessible Education Center in 164 Oregon Hall at 541-346-1155 or [uoaec@uoregon.edu](mailto:uoaec@uoregon.edu).

If you will need accommodations for any exams or assignments, please notify me during the first week of classes.

### ***Changes to this syllabus***

I reserve the right to change or waive any part of this syllabus at any time. Changes may be announced in class or on the Blackboard site.

## SCHEDULE

### Week 1: What is an emotion?

*Reading (for Wednesday):*

James, W. (1884). What is an emotion? *Mind*, 9, 188-205.

### Week 2: Do all people feel and want the same things?

**Online response due by 9 AM Monday, April 6**

*Readings:*

The Understanding Evolution Team (n.d.). *Evolution 101*.

[http://evolution.berkeley.edu/evolibrary/article/evo\\_01](http://evolution.berkeley.edu/evolibrary/article/evo_01)

Read the following sections:

1. An introduction to evolution
2. The history of life: looking at the patterns
3. Mechanisms: the processes of evolution

Cosmides, L., & Tooby, J. (1997). *Evolutionary Psychology: A Primer*.

<http://www.psych.ucsb.edu/research/cep/primer.html>

Rozin, P. (1999). Food is fundamental, fun, frightening, and far-reaching. *Social Research*, 66, 9-30.

### Week 3: What role do emotions play in our social lives?

**Online response due by 9 AM Monday, April 13**

*Readings:*

Ekman, P. (1999). Basic emotions. In T. Dalgleish and M. Power (Eds.), *Handbook of cognition and emotion*. Sussex, U.K.: Wiley.

Tracy, J. L., & Robins, R. W. (2007). The nature of pride. In J. L. Tracy, R. W. Robins, & J. P. Tangney (Eds.), *The self-conscious emotions: Theory and research* (pp. 263-282). Guilford Press.

### Week 4: Do emotions make us irrational?

**Exam 1: Monday, April 20 in class**

**Online response due by 9 AM Wednesday, April 22**

*Readings:*

Lerner, J. S., Gonzales, R. M., Small, D. A., & Fischhoff, B. (2003). Effects of fear and anger on perceived risks of terrorism: A national field experiment. *Psychological Science*, 14, 144-150.

Week 5: Do emotions make us behave immorally?

**Online response due by 9 AM Monday, April 27**

**Paper 1 due Friday, May 1 by 5:00 PM (uploaded to Blackboard)**

*Readings:*

Haidt, J. (2001). The emotional dog and its rational tail: A social intuitionist approach to moral judgment. *Psychological Review*, 108, 814-834.

Tangney, J. P., Stuewig, J., & Mashek, D. J. (2007). Moral emotions and moral behavior. *Annual Review of Psychology*, 58, 345-372.

Week 6: What is happiness, and do we really want it?

**Online response due by 9 AM Monday, May 4**

Diener, E., Oishi, S., & Lucas, R. E. (2003). Personality, culture, and subjective well-being: Emotional and cognitive evaluations of life. *Annual review of psychology*, 54, 403-425.

Ryff, C. D. (1989). Happiness is everything, or is it? Explorations on the meaning of psychological well-being. *Journal of personality and social psychology*, 57, 1069-1081.

Gruber, J., Mauss, I. B., & Tamir, M. (2011). A dark side of happiness? How, when, and why happiness is not always good. *Perspectives on Psychological Science*, 6, 222-233.

Week 7: What is motivation?

**Exam 2: Monday, May 11 in class**

**Class will meet on Wednesday, May 13 but there are no assigned readings**

**No online response due this week**

Week 8: How do people control impulses?

**Online response due by 9 AM Monday, May 18**

*Readings:*

Mischel, W., Shoda, Y., & Rodriguez, M. L. (1989). Delay of gratification in children. *Science*, 244, 933-938.

Gross, J. J. (2002). Emotion regulation: Affective, cognitive, and social consequences. *Psychophysiology*, 39, 281-291.

Inzlicht, M., Schmeichel, B. J., & Macrae, C. N. (2014). Why self-control seems (but may not be) limited. *Trends in Cognitive Sciences*, 18, 127-133.

Week 9: What are incentives and rewards, and how do people think about them?

**No class on Monday, May 25 (Memorial Day holiday)**

**Online response due by 9 AM Wednesday, May 27**

**Paper 2 due Friday, May 29 no later than 5:00 PM (uploaded to Blackboard)**

*Readings:*

Go back to your textbook(s) for PSY 201 and 202 and re-read the sections on classical and operant conditioning.

Ryan, R. M., & Deci, E. L. (2000). Self-determination theory and the facilitation of intrinsic motivation, social development, and well-being. *American Psychologist*, 55, 68-78.

Week 10: How can people effectively set and pursue goals?

**Online response due by 9 AM Monday, June 1**

**Exam 3: Wednesday, June 3 in class**

*Readings:*

Gollwitzer, P. M., & Brandstatter, V. (1997). Implementation intentions and effective goal pursuit. *Journal of Personality and Social Psychology*, 73, 186-199.

Exam Week

**NO FINAL EXAM**