

## 25903 - Psychology of motivation and emotion

### Información del Plan Docente

Academic Year	2017/18
Faculty / School	301 - Facultad de Ciencias Sociales y Humanas
Degree	270 - Degree in Psychology
ECTS	6.0
Year	1
Semester	Second Four-month period
Subject Type	Basic Education
Module	---

### **1.General information**

#### **1.1.Introduction**

#### **1.2.Recommendations to take this course**

#### **1.3.Context and importance of this course in the degree**

#### **1.4.Activities and key dates**

### **2.Learning goals**

#### **2.1.Learning goals**

#### **2.2.Importance of learning goals**

### **3.Aims of the course and competences**

#### **3.1.Aims of the course**

#### **3.2.Competences**

### **4.Assessment (1st and 2nd call)**

#### **4.1.Assessment tasks (description of tasks, marking system and assessment criteria)**

### **5.Methodology, learning tasks, syllabus and resources**

#### **5.1.Methodological overview**

The methodology followed in this course is oriented towards achievement of the learning objectives. It is based on an active methodology that favors the development of critical thinking. A wide range of teaching and learning tasks are implemented, such as lectures, practice sessions, autonomous work and assessment tasks.

Students are expected to participate actively in the class throughout the semester.

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Further information regarding the course will be provided on the first day of class.

### 5.2.Learning tasks

The course includes 6 ECTS organized according to:

- Lectures (3 ECTS): 30 hours.
- Practice sessions (2 ECTS): 20 hours.
- Autonomous work (- ECTS): 90 hours.
- Assessment tasks (1 ECTS): 10 hours.

Practice sessions: students are expected to use ICTs for their assignments, and create documents individually and collaboratively.

Assessment: self-assessment and peer-assessment activities are promoted.

### 5.3.Syllabus

#### PART I: INTRODUCCIÓN

Topic 1. Introduction.

Topic 2. Motivation in historical and contemporary perspectives.

Topic 3. The motivated and emotional brain.

#### PART II: NEEDS

Topic 4. Physiological needs.

Topic 5. Intrinsic and extrinsic motivations.

Topic 6. Psychological needs.

Topic 7. Social needs.

#### PART III: COGNITIONS

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Topic 8. Goal setting and goal striving.

Topic 9. Personal control beliefs.

Topic 10. The Self and its strivings.

### **PART IV: EMOTIONS**

Topic 11. Nature of emotion.

Topic 12. Aspects of emotion.

### **PART V: INDIVIDUAL DIFFERENCES**

Topic 13. Personality characteristics.

Topic 14. Unconscious motivation.

Topic 15. Growth motivation and positive psychology.

### **5.4.Course planning and calendar**

For further details concerning the timetable, classroom and further information regarding this course please refer to the "Facultad de Ciencias Sociales y Humanas" website (<http://fcsh.unizar.es/psicologia/>)

### **5.5.Bibliography and recommended resources**