

## 25903 - Psychology of motivation and emotion

### Syllabus Information

**Academic Year:** 2019/20

**Subject:** 25903 - Psychology of motivation and emotion

**Faculty / School:** 301 -

**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.Aims of the course

#### 1.2.Context and importance of this course in the degree

#### 1.3.Recommendations to take this course

### 2.Learning goals

#### 2.1.Competences

#### 2.2.Learning goals

#### 2.3.Importance of learning goals

### 3.Assessment (1st and 2nd call)

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

### 4.Methodology, learning tasks, syllabus and resources

#### 4.1.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.

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

#### 4.2.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.

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

### 4.3.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**

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.

### 4.4.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/>)

### 4.5.Bibliography and recommended resources

<http://psfunizar7.unizar.es/br13/egAsignaturas.php?codigo=25903&Identificador=1088>