

# PSYCHOLOGY OF MOTIVATION AND EMOTION– Code 800144

Academic Year 2018-19

## COURSE INFORMATION

**Undergraduate Studies:** 0812 – Degree in Psychology (Studies Plan 2009-10)

**Type:** Compulsory

**ECTS:** 6.0

**Module:** Basic psychological training

**Area:** Psychology

**Year:** First

**Semester:** 2

## INSTRUCTOR INFORMATION

**Name:** Stephan Moratti

**Mail:** smoratti@ucm.es

**Office number:** 1327-O

**Office hours:** upon appointment

## SYNOPSIS

### COMPETENCIES

#### General competencies

General: Knowing and understanding the experimental and theoretical approaches to the study of emotional and motivational processes and phenomena

#### Transversal competencies

Transversal: Knowing how to gather, analyse and interpret empirical data that are relevant for basic and applied work in psychology.

#### Specific competencies

Specific: Acquiring the ability to analyse and explain human behaviour based on the behavioural, cognitive and neurobiological processes underlying motivation and emotion. Being able to generalize this knowledge to applied fields in clinical, educational and work settings.

### TEACHING ACTIVITIES

Regular lectures are complemented with class demonstrations, preparation of presentations and discussion of scientific readings.

#### ECTs break-down

TEACHING ACTIVITIES	Hours	% of total credits	Attendance
Class sessions	45	30%	100%
Tutorials	10	6.6 %	50%
Students' work (class assignments and time of study)	85	56.7%	0%
Assessment activities	10	6.6%	100%

## **BRIEF DESCRIPTION:**

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The course presents the main theoretical trends and empirical work on motivation and emotion from the behavioural, cognitive and neuroscience approaches with a special emphasis on current research trends and topics.

## **PRE-REQUISITES**

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The general requisites for the Psychology degree

## **OBJECTIVES**

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The objective of the course is to teach students the main theoretical approaches and experimental evidence of emotional and motivational processes and help them to generalise this knowledge to applied fields.

## **TOPICS**

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1. Motivation and emotion as psychological processes
2. Experimental methods and assessment tools in basic and applied motivation and emotion research
3. Models and theories in the study of motivation and emotion
4. Psychobiology of motivation and emotion
5. Motivation and emotion in applied settings

## **ASSESSMENT**

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To pass the course students will have to succeed a final exam (>4.5) and to complete and submit at least the 80% of a number of laboratory activities. Some of the lab classes will involve the use of software (E-prime, Excel, Word). 80% of attendance to lab activities is required to pass the course.

**Evaluation criteria:** Final Exam: 70% Lab activities and assignments: 30% Additional points can be obtained by participation in experiments: +0.1 in the final note per 1 hour of participation. Max. 0.5 point in total can be obtained by these means and it can be use only to upgrade from 5 and above.

## **RESOURCES**

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### **Textbooks:**

Niedenthal, P. M., Krauth-Gruber, S., & Ric, F. (2006). *Psychology of emotion: Interpersonal, experiential, and cognitive approaches*. Psychology Press.

Reeve, J. (2014). *Understanding motivation and emotion*. John Wiley & Sons.

### **Basic references**

James, R., Davidson, W. (Eds.). *Handbook of affective sciences*. Oxford University Press, USA, 2002.  
LeDoux, J. (1998). *The emotional brain*. New York: Simon and Schuster.

### **Supplementary references/ material**

*Scientific journals:*

- Trends in Cognitive Sciences
- Cognition & Emotion
- Emotion