

Laurentian University

MOTIVATION: PSYC 2707EL 01

Instructor: Maria Kostakos
Office: A236
Phone: 675-1151, extension 4297
Office Hours: By appointment
E-mail:

Text: *Human Motivation* 6th Edition: Robert E. Franken

Course Description

The goal of this course is to examine human motivation from biological, emotional and cognitive perspectives. The student will gain an understanding of how internal and external influences affect motivation and human behaviour.

Grading:

Test	25%	October 12
Assignment	20%	November 9
Test	25%	November 16
Final	30%	TBA

The tests will be made up of multiple-choice, fill-in the blank, and short-answer questions. The tests in October and November will focus on the lecture material, textbook material and assigned readings. The final will cover all the material in the course with a strong emphasis on the second half material.

The assignment is designed to have you apply the various theories. A variety of choices have been provided so that you can pick the assignment that meets your future goals. The purpose of the assignment is to encourage relevant application of what you are learning in class. Complete one of the two assignments below:

1. Choose a behaviour that you would like to change. The target behaviour to change is the behaviour to be terminated. It could be personal to you such as smoking, drinking, or skipping meals. It could be another person's behaviour, such as a disinterest in purchasing advertisement or a sedentary lifestyle. Using Prochaska's Model of Change, define the current stage. Explain what needs to happen for movement to occur through the Stages of Change to termination. Remember to include motivational interviewing techniques. The goal of this assignment is to learn to apply theoretical constructs to everyday life.

2. Mindfulness meditation is a popular skill taught in clinical practice. Research the skill of mindfulness meditation and explain the reason that it is effective in clinical practice. You may want to take an educational bend and explain the research supporting the use of mindfulness (not Langer's model) in the classroom.
3. Explain goal setting and its relation to motivational psychology. Pretend that you are employed and working in your profession of choice. Come up with an example of goal setting and how you would use it (or teach it) in your profession.

Students are encouraged to seek out the instructor's help whenever they need clarification of the material that has been covered. Appointments can be made for anytime.

NOTE: If there is a student in this course who, because of a disability, may have a need for special accommodations, please come and discuss this with me.

NOTE: It is the student's responsibility to alert the instructor **AS SOON AS POSSIBLE** when aware that a test will be missed or an assignment late. Contact the instructor to discuss this matter by e-mail or telephone. Altering me after you have missed the test or after the assignment is due is **unacceptable**. Telling me the day the assignment is due is also **unacceptable**. If assignments are handed in late, or tests missed, the situation is assessed and penalties of up to 15% per day will apply.

NOTE: Computer or printer breakdowns are not acceptable excuses. Make sure to plan for the worse case scenario. It is your responsibility.

TOPICS

Issues and Organizing Principles in Motivation
Chapter 1-2

Growth Motivation and Self-Regulation
Chapter 12-14

Stages of Change and Motivational Interviewing
Lecture

Analyzing Some Basic Motivational Systems
Chapter 3-8

Emotions and Motivation
Chapter 9-11