

## SYLLABUS for PSYCHOLOGY OF MOTIVATION

DATE: Spring 2022

COURSE NUMBER AND TITLE: PSYC 455.01 Psychology of Motivation

CREDIT HOURS: 3

TIME AND PLACE: 9:00 a.m. - 10:15 a.m. Tues/Thurs, ACW 133

INSTRUCTOR: Teri Rust, Ph.D.

OFFICE: Spalding Hall 273, phone: 792-2276, e-mail: trust@lcsc.edu

OFFICE HOURS: Mon: 12:00-1:15, Tues, Wed, Thurs: 1:30-2:45, *and by appointment*

**Course Description:** This course involves a study of various theoretical perspectives psychologists have used to explain and predict the relationships between state/trait motivation and human behavior. Special emphasis is given to the development of strategies to positively affect motivation and models for self-motivation in applied settings.

**Prerequisite:** PSYC 101 or PSYC 205 or permission

**Text:** *Motivation: Theory, Research, & Applications*, 6th ed., (2013), by H. L. Petri & J. M. Govern.

Selected Readings: *Born to be Good*, (2009). By D. Keltner.

Chpt 1: Posted in Canvas

Chpt 11: Posted in Canvas

**A note to persons with disabilities.** If you need course adaptations or accommodations because of a disability, if you have emergency medical information to share with me, or if you need special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible. My office location and office hours are printed above.

### **General Course Objectives**

Upon completion of the course, the student:

1. will be able to define motivation and discuss its assessment;
2. will be familiar with the motivation for arousal and sleep, its stages, and consequences of deprivation;
3. will be able to discuss stress reactions and methods for buffering against stress;
4. will be familiar with the regulation of eating and disregulation including anorexia, bulimia, and obesity;
5. will be familiar with the concepts and applications of classical and operant conditioning;
6. will be familiar with the opponent-process theory of hedonistic behavior;
7. will be familiar with expectancy-value theories and the need for achievement;
8. will be able to discuss the social effects on performance, conformity, obedience, and bystander interventions;
9. will be familiar with cognitive dissonance;
10. will be familiar with attribution theory and applications for success and failure;
11. will be able to discuss the concept of self-esteem, its sources and impacts;
12. will be familiar with the motivations for positive emotions and behaviors.

**Diversity Vision Statement:** Regardless of race, color, age, sex, religion, national origin, disability, veteran status, or sexual orientation, you will be treated and respected as a human being.

**Program requirements:** Students have the responsibility for knowing their program requirements, course requirements, and other information associated with their enrollment at LCSC. Students should review the LCSC General Catalog and the LCSC Student Handbook for more information.

**Academic Dishonesty:** Academic dishonesty, which includes cheating and plagiarism, is not tolerated at LCSC. Individual faculty members may impose their own policies and sanctions regarding academic dishonesty after offering the student an opportunity to explain his or her actions. Sanctions imposed by the faculty member are limited to grades on the assignment(s) in question and/or on the course grade. On matters of academic dishonesty, faculty members do not have the authority to dismiss a student from class indefinitely nor to disenroll a student from a program without corroboration from a Division Chair (or program ethics committee where applicable), the appropriate instructional dean, and the Vice President for Student Affairs. Students who are accused of being academically dishonest may be referred to the VP for Student Affairs for official disciplinary action.

**Masks:** Face covering expectations at Lewis-Clark State College:

- Faculty, staff and students are required to properly wear cloth or disposable face coverings (over mouth and nose) while on campus unless alone in a private office or outside where physical distancing is possible.
- Vaccination is encouraged, and there are opportunities to get conveniently vaccinated/boosted in our community.
- Like any other job expectation or student conduct expectation, **disregarding this requirement can lead to disciplinary action.**
- I intend to require masks throughout the semester in my classes and office, even if the college moves to a less stringent requirement.
- If you test positive, have been exposed to someone who is COVID positive, or have COVID-type symptoms, please stay home and contact the LCSC COVID reporting line: 208-792-2002 for assistance.

**Attendance:** Attendance is expected. It will be YOUR responsibility to sign in each day you attend in-person. If you know ahead of time that you will be gone, please let me know in writing (on the sign-in sheet or via e-mail). Eight (8) absences will result in an F regardless of points earned or the reasons for the absences. If there are circumstances that will interfere with your regular attendance, please register for an alternative course.

This is an in-person class. I do not have plans to offer Zoom as an option for attendance. It is NOT an optimal way to attend or learn, for those on Zoom or for those in the classroom.

**No texting, cell phones, or internet activity** during class. You may NOT use a computer during class without FIRST sending me an **e-mail** to request permission, present your reasons, and receive my approval, which is not guaranteed.

**Withdrawing:** The deadline for withdrawing from the class with a W on your transcript is Thursday, **April 7, 2022**. After that, a petition is required, it costs money, and it is not necessarily approved. Withdrawing can negatively impact your financial aid, so please be aware of all consequences.

**Assignments:** There will be two concept papers in this course. For each unit there will be an optional crossword puzzle (extra credit) to help you review and learn vocabulary. There will also be a **required** worksheet (Frame Game) to help you learn to integrate concepts. The answers for these will be submitted in Canvas and are due by 9:00 a.m. on the day of the exam.

**Late Assignments:** Frame games and writing assignments may be submitted for up to 1 week after the due date. Assignments lose 10% for each day, or part of day, they are late. After one week they are not accepted. Extra credit assignments may not be submitted late. "In-class quizzes" and e-mail quizzes regarding the tests are not accepted late.

**Quizzes:**

- There are 4 e-mail quizzes worth 5 points each. I will send them after tests 1, 2, 3, and 4.
- Research shows that testing/quizzing improves retention of information (McDaniel, Anderson, Derbish, & Morrisette, 2007). There will also be multiple (at least 12) in-class quizzes, and I will count your 5 highest scores. If you are absent on a day we have an in-class quiz, that will just be a quiz that “drops out” and won’t be counted as one of your best 5.

**Tests:** There will be four tests in this course. They will be a combination of multiple choice and short-answer items. The only acceptable reasons to miss an exam are extreme illness, absence while representing the college, or death in the family. In any case, I **MUST** be notified prior to the beginning of class for a make-up to be possible. See the schedule for tentative dates. Do **NOT** plan to leave for home or vacation before the final and expect to take it early. I do not allow tests to be taken early.

**Grading:** Your final grade will be assigned based on your performance on exams, quizzes, and assignments. You may figure 90%, 80%, 70% cut-offs. I reserve the option of using +/- grading for those scores that fall close to the cutoffs. Other grading criteria include outside assignments and your mature approach to the subject as evidenced by attendance, classroom behavior, and attitude. You can monitor your grades through Canvas.

Grades and what they mean:

- A** Distinguished (Exceptional)
- B** Superior
- C** Average (Basic Expectation)
- D** Below Average
- F** Failing

**Please feel free to stop by my office, call, or e-mail, if you need any assistance.**