

Motivation, Emotion, and Stress
PSY 6357-D10
Fall 2019
Course Syllabus

Instructor: Cheryl Stenmark

Office Location: A104A

Office Hours: M: 12pm-4pm; T/Th: 12:15pm-3:15pm

E-mail address: cstenmark@angelo.edu

Required Textbook:

Understanding Motivation and Emotion (6th ed.) by Johnmarshall Reeve

Course Description:

What causes people to act the way they do? Why do some people strive to improve or demonstrate their competence more than others? The motivational control of behavior depends on many things, including goals, beliefs, and experience. This course will introduce you to the processes and principles of motivation and emotion. We will review research on the psychological and physiological aspects of motivation and emotion in behavior. Topics to be covered include physiological and psychological needs, extrinsic motivation, how beliefs about the self influence motivation, and the nature of emotions.

Course Prerequisite:

Introduction to Psychology (PSY 2301)

Course Materials Online: The syllabus, announcements, and grades for this class may be found on Blackboard. I encourage students to access this site regularly for important information pertaining to the course. Thus, it is imperative that you have proficient knowledge of operating and, to some extent, troubleshooting, internet browsers, the Blackboard course management system, Respondus, word processing programs, and e-mail. Should you have any technical problems with Blackboard, Respondus, or your e-mail, it is your responsibility to get the situation resolved immediately. While I can help with a limited amount of trouble-shooting, your best resource for solving these problems is the ASU IT department. Thus, it is a good idea not to leave assignments until the last minute, in case you encounter technical problems.

Please see the “**Getting Started**” document, posted in the Information section in Blackboard for an introduction to the use of Blackboard and the components involved in this course, and refer to the Support Tab in Blackboard with questions over the use of Blackboard and Respondus.

Requirements:

The text for the course is listed above. The last page of the syllabus lists the tentative schedule of topics. The course is built around the textbook. I suggest that you read the material prior to reading the course lectures. The lectures will be related to but will not come directly from the text. There are exams, assignments, and group projects for the class; these are described below.

Learning Outcomes:

By the end of this course, you should:

- Have a foundational knowledge of the history and development of the motivation theories presented in the textbook, understanding the components of each motivation model or approach, and identifying the strengths and weaknesses of each model.
- Be able to what you have learned from the textbook, identifying practical uses of motivation theory in other contexts, and recognition of your own motivations.
- Be able to connect the concepts and behaviors learned in class to other ideas, people and realms of life.
- Understand the human dimension of motivation; learning about yourself and others. How does knowing about motivation theory help one to function and relate to others more effectively? How useful are the various motivation models and approaches for improving motivation in others?
- Develop new interests in motivation or caring about motivation to a greater extent than before. Students who care become engaged in issues outside of the classroom and continue to develop their skills.

Make-Up Work:

Late work or make-up work will not be considered unless the student is involved in a university-approved absence. Arrangements should be made with the instructor as far in advance as possible to ensure agreement on interpretation and the make additional arrangements.

Related Policies

Delivery of instruction: This course is delivered completely online. Assignments and activities will be listed on the course website on the Blackboard course management system. It is IMPERATIVE that you keep up with this class, checking Bb regularly, and noting due dates for assignments and quizzes. It is easy to forget about online classes, but be forewarned that I will not accept late work, and there is no excuse for forgetting about assignments!

Additionally, you MUST use (check daily) your ASU e-mail address for this class, as it is the best way for me to contact you.

Communications: I must be able to contact all students in this course via e-mail. It is expected that students regularly check their e-mail and Blackboard (at least once a day is preferred). The best way to contact me is via e-mail. Although I answer e-mail regularly (and relatively quickly) throughout the work week (Monday - Friday, 7:30AM to 4:30PM), I respond to it less frequently on weekends and holidays. During those times, you can expect an answer to your e-mail within 24-48 hours. There may be times during the semester, when I do not have access to email. I will be sure to notify students if such situations occur.

If you are on campus and would like to drop by my office, please feel free to do so. As I am often away from my desk, it is probably best to arrange a specific time in advance. Please email me to do so.

Student Disability Services

ASU is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefits of the services, programs or activities of the university, or be subjected to discrimination by the university, as provided by the Americans with Disabilities Act of 1990 (ADA), the Americans with Disabilities Act Amendments of 2008 (ADAAA) and subsequent legislation.

Student Disability Services is located in the Office of Student Affairs, and is the designated campus department charged with the responsibility of reviewing and authorizing requests for reasonable accommodations based on a disability. It is the student's responsibility to initiate such a request by contacting an employee of the Office of Student Affairs, in the Houston Harte University Center, Room 112, or contacting the department via email at ADA@angelo.edu.

Title IX at Angelo State University:

Angelo State University is committed to providing and strengthening an educational, working, and living environment where students, faculty, staff, and visitors are free from sex discrimination of any kind. In accordance with Title VII, Title IX, the Violence Against Women Act (VAWA), the Campus Sexual Violence Elimination Act (SaVE), and other federal and

state laws, the University prohibits discrimination based on sex, which includes pregnancy, and other types of Sexual Misconduct. Sexual Misconduct is a broad term encompassing all forms of gender-based harassment or discrimination and unwelcome behavior of a sexual nature. The term includes sexual harassment, nonconsensual sexual contact, nonconsensual sexual intercourse, sexual assault, sexual exploitation, stalking, public indecency, interpersonal violence (domestic violence or dating violence), sexual violence, and any other misconduct based on sex. You are encouraged to report any incidents involving sexual misconduct to the Office of Title IX Compliance and the Director of Title IX Compliance/Title IX Coordinator, Michelle Boone, J.D. You may submit reports in the following manner:

Online: www.angelo.edu/incident-form

Face to Face: Mayer Administration Building, Room 210

Phone: 325-942-2022

E-Mail: michelle.boone@angelo.edu

Note, as a faculty member at Angelo State, I am a mandatory reporter and must report incidents involving sexual misconduct to the Title IX Coordinator. Should you wish to speak to someone in confidence about an issue, you may contact the University Counseling Center (325-942-2371), the 24-Hour Crisis Helpline (325-486-6345), or the University Health Clinic (325-942-2171).

For more information about resources related to sexual misconduct, Title IX, or Angelo State's policy please visit: www.angelo.edu/title-ix.

STUDENT ABSENCE FOR OBSERVANCE OF RELIGIOUS HOLY DAYS

A student who intends to observe a religious holy day should make that intention known in writing to the instructor prior to the absence.

Graded Items:

As an 8-week course, this course is organized into four, two week exam periods, where three chapters are covered, and there is an exam over those three chapters (see the schedule at the end of this syllabus). There are also quizzes for each chapter, to help you make sure you understand the material for each chapter before you take the exam. All quizzes, tests, and chapter summaries for each two week period are due at the end of each exam period.

Chapter Summaries: This very interesting book has far too many chapters to cover in one course. I tried to select chapters based on a broad appeal to most students, for us to cover in class. That, however, leaves out many other interesting chapters! Thus, for each exam period, I would like you to read one additional chapter to those assigned, and summarize the chapter. Please describe the chapter's key takeaway points, and how those points can be applied (broadly), and how you might personally use what you learned in the chapter. Additionally, please discuss anything that you found surprising, or just particularly compelling from the chapter. These assignments will probably be 2-3 pages. They will be due at the time each exam is due (Sunday at 11:59pm of exam week).

Exams: There will be four (4) exams, including the final, covering material from the textbook as well as lectures and discussions. The exams are worth 100 points each. These exams will contain 50 questions, and you will have 60 minutes to complete each exam, and you will have TWO attempts; the highest grade will count. Exam items may include multiple choice, matching and true/false items. The final exam will **not** be comprehensive. **There will be NO make-ups scheduled for the exams.** You will have the entire week (beginning Monday at 12:00am, ending Sunday at 11:59pm) to complete the exams; that means that you may take the exam any time during those days, but the exam must be COMPLETED by 11:59pm on Sunday of the exam weeks.

Quizzes: Each exam period, you will have three quizzes to complete that cover the chapters in the exam unit. These are designed to help students keep up with and apply the material. You will have the entire two period week (beginning on a Monday at 12:00am, ending the Sunday two weeks later at 11:59pm) to complete all of the quizzes, and given their nature they **may not** be "made up". There will be NO exceptions. Quizzes will be multiple choice, and they will be timed. You will have TWO attempts for each quiz; the highest grade will count. Quizzes are worth 10 points each, and they will cover both material from the text and material from the Power Point lectures. There will be 12 assignments/quizzes, each worth 10 points, and I will drop your 2 lowest grades, for a total of 10 quizzes.

Weekly Discussion Board Posts: Each week, each student will be required to respond directly to two discussion questions that I have posted pertaining to the topic of the unit that is being covered that week **and respond to a colleague's post at least once**. Your discussion posts are due by Sunday of each week at 11:59pm.

The response must be substantive; more than just "I agree" discussion board posts. These posts are worth 5 points each. Be considerate and appropriate when using the discussion board. It is neither a public forum nor a limited public forum. I have the right to remove any message for the purposes of saving space, focusing attention of students on relevant materials, and avoiding material inappropriate for the classroom. On this last note, with freedom comes responsibility. Please keep in mind, as you contribute to the discussion board, that not everyone comes from the same background, or shares the same values and ideals. Please be appropriate (professional) and considerate of others. If you have any questions on this matter, contact the instructor for clarification.

Please apply this same courtesy whenever communicating with anyone in the course, whether it is myself or another student, in any way, including e-mail, discussion board responses, and any other communication.

Course Project: For the course project, I would like you to find and evaluation a motivation intervention that you find online. More details are provided in the Course Project document on Blackboard.

All assignments should be typed and presented in a professional manner. You may always turn in assignments early; I will accept them prior to their scheduled due date.

Testing via Respondus™ Monitor

Access to quizzes and exams will be through Respondus™ Lockdown Browser and will be video recorded via Respondus™ Monitor [See **Other Required Materials** below for a list of needed equipment]. Use of another electronic device is prohibited.

There are two practice quizzes: a) one is a Webcam test and b) a short 10 question practice quiz over ASU trivia that is not graded. These tools will be available to the student to assure accessibility. Students are highly encouraged to go through these practice quizzes in advance of taking a graded quiz. This process will allow you to become familiar with the technology associated with testing and improve the testing environment. These quizzes, instructional videos, and more information regarding Respondus Monitor can be found under the Respondus Monitor Help tab in your Blackboard course.

OTHER REQUIRED MATERIALS

- Computer with MAC or Windows Operating System
- High Speed Internet Access
- Ethernet adapter cable highly recommended (wireless connections can drop during tests and Collaborate sessions)
- Webcam

Refer to **Angelo State University's Distance Education** website for further technology requirements:

http://www.angelo.edu/distance_education

HELPFUL LINKS

As you may know, Respondus Monitor is a companion tool to Respondus LockDown Browser. Monitor is a tool to proctor the online exam. Here is some more information regarding Respondus LockDown Browser and Monitor:

<http://www.respondus.com/products/lockdown-browser/>

<http://www.respondus.com/products/monitor/index.shtml>

Grades will be posted on Blackboard as they become available.

Grading: The course grade will be based on:

Chapter Summaries	200 points (4 summaries @ 50 points each)
4 tests	400 points (4 tests @ 100 points per test)
Quizzes	100 points (10 quizzes @ 10 points per quiz)
Discussion Questions	40 points (8 weeks @ 5 points per week)
<u>Course Project</u>	<u>100 points</u>
Total	850 points

ACADEMIC INTEGRITY AND CONDUCT

For information on ASU's honor code, please visit the following website:

<http://www.angelo.edu/forms/pdf/honorcode5.pdf>. If you have any doubts or questions about what constitutes misconduct—inform yourself. Not knowing—is not an excuse! Academic dishonesty will not be tolerated in my class. Students involved in misconduct will be prosecuted according to University regulations and procedures.

CRITERIA FOR EVALUATION:

Writing: Substantive content and the quality of the student's writing will be considered in all written assignments, **including discussion board postings**. Substantive content includes closely following instructions for the content of the assignment. Quality of writing covers clarity of expression and organization, appropriate use of references and academic writing style, use of inclusive language, and correct grammar, spelling, and punctuation. Please contact the instructor if this is unclear or needs further explanation.

Discussion Board Participation: Elements included in the evaluation of discussion board participation will include evidence of critical thinking, clear identification of the issues, understanding problems, and the ability to propose and evaluate solutions. All participants are expected to **welcome open expression of opinions, attitudes and beliefs and to accept the legitimacy and value of dissent**. In addition to respect for the ideas of your classmates and the instructor, **common courtesy is also expected**.

Deadlines: NO LATE WORK will be accepted in this course. Exceptions will be made only for serious illness or emergency and then only after discussion with the instructor. Please contact the instructor by telephone or email if an emergency situation occurs.

Tentative Class Schedule

Week	Date	Topic	Readings/ Assignments
1	August 26- September 8	Syllabus, Introduction	1
2		Motivation in Historical Perspective The Motivated and Emotional Brain Test 1	2 3 1, 2, 3
3	September 9- September 22	Physiological Needs	4
4		Extrinsic Motivation Psychological Needs Test 2	5 6 4, 5, 6
5	September 23- October 6	Implicit Motives	7
6		Goal Setting and Goal Striving Personal Control Beliefs Test 3	8 10 7, 8, 10
7	October 7- October 18	The Self and Its Strivings	11
8		Nature of Emotion Individual Emotions Test 4	12 14 11, 12, 14

****The course ends on Friday, October 18; therefore, everything for the last module of the class (the last 3 chapters we will cover, the final test, and the final project) must be completed by FRIDAY of that week, instead of Sunday like the other weeks.**