



**PSYO 380P – 001 (3)**  
***Special Topics in Psychology: The Psychology of Motivation***  
2018 Summer Term 1  
Mondays and Thursdays: 8:30-12:00 PM, ART 366

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**Instructor:**

Shirley Hutchinson

ART 319

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🕒 Office Hours: Tuesdays, 9:00-11:00 AM or by appointment (please email me).

**Academic Calendar Entry:**

**PSYO 380P Special Topics in Psychology - PSYC MOTIVATION**

Intensive examination of selected topics and issues in psychology. This course will not be offered each semester; check list of current offerings. May be repeated on a different topic for a maximum of 9 credits during complete program of study. [1-9 hours/week lecture]

*Prerequisite:* Two of [PSYO 219](#), [PSYO 220](#), [PSYO 230](#), [PSYO 241](#), [PSYO 252](#), [PSYO 270](#), [PSYO 271](#), [PSYO 298](#), [PSYO 299](#). (or 6 credits of 200-level Psychology.)

**Course Format:**

The contents of the lectures will be determined by the course schedule (see below). PowerPoint slides will emphasize the key points of the chapters and will provide clarification and explanation of course concepts. Lecture slides will not be posted on *Canvas*, but will be available for students to view in their entirety in office hours or by appointment.

**Course Overview and Objectives:**

This course will examine the psychological (including biological, behavioural, and cognitive) motivations of human behaviour. Students will learn about the processes that activate their own behaviour with respect to a variety of topics including sleep, stress, eating behaviours, helping behaviours, and emotional behaviours. The goal of this course is to provide students with a strong understanding of what motivates human behaviour through a biological, behavioural, and cognitive lens.

**Learning Outcomes:**

By the end of this course, students should be able to:

- Describe and measure the concept of motivation
- Understand the genetic contributors to motivated behaviour
- Describe the physiological mechanisms of arousal and regulation
- Describe the role of learned motives (i.e., classical, instrumental, and observational learning)
- Understand and describe incentive motivation
- Identify and describe hedonistic and sensory stimulation
- Understand all aspects of cognitive motivation (i.e., expectancy value approaches, consistency models, attribution approaches, and the role of competence and control)
- Understand the role of emotions as motivators



### **Evaluation Criteria and Grading:**

- 1) **Midterm Exam #1 (30% of grade).** The exam will cover Chapters 1, 2, 3, and 4 of the course, including all lecture and textbook material. This exam will cover 4 chapters and will be out of 105 marks. There will be 80 marks of multiple choice (20 questions per chapter) and 25 marks of short answer.
- 2) **Midterm Exam #2 (30% of grade).** The exam will cover Chapters 5, 6, 7, and 8 of the course, including all lecture and textbook material. Midterm Exam #2 is not cumulative. This exam will cover 4 chapters and will be out of 105 marks. There will be 80 marks of multiple choice (20 questions per chapter) and 25 marks of short answer.
- 3) **Final Exam (40% of grade).** The final exam will cover chapters 9, 10, 11, and 12 of the course, including all lecture and textbook material. The final exam is not cumulative. This exam will cover 4 chapters and will be out of 105 marks. There will be 80 marks of multiple choice (20 questions per chapter) and 25 marks of short answer.

**\*\*POTENTIAL TO EARN 2% BONUS IN THIS COURSE FOR PARTICIPATING IN SONA\*\***

Final grades will be based on the evaluations listed above and the final grade will be assigned according to the standardized grading system outlined in the UBC Okanagan Calendar. The Barber School reserves the right to scale grades in order to maintain equity among sections and conformity to University, faculty, department, or the school norms. Students should therefore note that an unofficial grade given by an instructor might be changed by the faculty, department, or school (<http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,41,90,1014>).

### **Required Materials:**

The *Motivation: Theory, Research, and Application* textbook will be used in this course. Unfortunately, due to publication availability issues the textbook has NOT been made available by the UBCO Bookstore. Instructions for how to obtain electronic access to the textbook are posted below and will be posted on *Canvas* and discussed in class. Since course material will follow the textbook in detail previous editions of this textbook may not be sufficient for success in this course.

### **Motivation: Theory, Research, and Application, 6th Edition**

**Herbert L. Petri & John M. Govern**

**ISBN-10: 1111841098 ISBN-13: 9781111841096**

Instructions for Obtaining the Electronic Version of the Textbook:

- 1) Copy and paste this link and go to the website: <https://www.vitalsource.com/products/motivation-theory-research-and-application-herbert-l-petri-v9781285401515>
- 2) Select the eTextbook option of your choice (120 day access is all that you should need) and “Add to Cart”.
- 3) Review selection and click “Begin Checkout”.
- 4) Click on “Create an Account” to create an account with Vital Source.
- 5) Enter your email, and click on “Sign Up”.
- 6) Select “I am a student or learner” and fill out the form fields. Choose “University of British Columbia” as the institution. This may require you to type it in the form field. Click on “Create Account”.
- 7) Fill out payment and billing information and click on “Place Order”. Print a copy of this receipt for your records. Click on “Read Now” to be taken to your bookshelf.



You can also download the app to aid in reading right on your Mac, PC, or Smartphone:

- 1) Copy and paste this link and go to the website:  
<https://support.vitalsource.com/hc/en-us/articles/201344733-Bookshelf-Download-Options>
- 2) Follow the directions to install the bookshelf for your required device.
- 3) Install bookshelf, sign in with your credentials, and it will download the book to your device.

**Course Schedule:**

The below course schedule is considered tentative as the content covered each class may need to be adjusted to accommodate the pace of the course. The examination dates will NOT change from what is posted in this course schedule, however.

DATE	LECTURE TOPIC	TEXTBOOK CHAPTER
Mon. May 14	Course Overview Conceptualizing and Measuring Motivation	1
Thurs. May 17	Conceptualizing and Measuring Motivation Genetic Contributors to Motivated Behaviour Physiological Mechanisms of Arousal	1, 2, & 3
Mon. May 21	<b>VICTORIA DAY – UNIVERSITY CLOSED</b>	_____
Thurs. May 24	Physiological Mechanisms of Arousal Physiological Mechanisms of Regulation	3 & 4
Mon. May 28	Physiological Mechanisms of Regulation Learned Motives: Classical, Instrumental, and Observational Learning	4 & 5
Thurs. May 31	<b>EXAM #1 (CHAPTERS 1, 2, 3, &amp; 4)</b>	_____
Mon. June 4	Learned Motives: Classical, Instrumental, and Observational Learning Incentive Motivation Hedonism and Sensory Stimulation	5, 6, & 7
Thurs. June 7	Hedonism and Sensory Stimulation Cognitive Motivation: Expectancy-Value Approaches	7 & 8
Mon. June 11	<b>EXAM #2 (CHAPTERS 5, 6, 7, &amp; 8)</b>	_____
Thurs. June 14	Cognitive Consistency and Social Motivation Cognitive Motivation: Attribution Approaches	9 & 10
Mon. June 18	Cognitive Motivation: Attribution Approaches Cognitive Motivation: Competence and Control	10 & 11
Thurs. June 21	The Emotions as Motivators	12

**EXAM PERIOD JUNE 25<sup>TH</sup> – 29<sup>TH</sup> 2018**

**Missed Graded Work:**

Students who, because of unforeseen events, are absent during the term and are unable to complete tests or other graded work, should normally discuss with their instructors how they can make up for missed work, according to written guidelines given to them at the start of the course. Instructors are not required to make allowance for any missed test or incomplete work that is not satisfactorily accounted for. If ill health is an issue, students are encouraged to seek attention from a health professional. [Campus Health](#) and [Counselling](#) will normally provide documentation only to students who have been seen previously at these offices for treatment or counselling specific to conditions associated with their academic difficulties. Students who feel that requests for consideration



have not been dealt with fairly by their instructors may take their concerns first to the Head of the discipline, and if not resolved, to the Office of the Dean. Further information can be found at:  
<http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,48,0,0>.

**IMPORTANT:** Students who miss an exam must provide written documentation (i.e., doctor's note) of the absence to the instructor and must arrange to make up the exam before the next scheduled class. Students who do not write the exam by the next scheduled class will receive a "0" for the exam.

Class attendance is not mandatory, but lecture slides will not be posted on *Canvas*. Therefore, it is the responsibility of the student to obtain notes for any missed lectures. A discussion board will be enabled on *Canvas* to allow students to communicate with fellow classmates to obtain missing notes.

### **Copyright Disclaimer:**

Diagrams and figures included in lecture presentations adhere to Copyright Guidelines for UBC Faculty, Staff and Students <http://copyright.ubc.ca/requirements/copyright-guidelines/> and UBC Fair Dealing Requirements for Faculty and Staff <http://copyright.ubc.ca/requirements/fair-dealing/>. Some of these figures and images are subject to copyright and will not be posted to *Canvas*. All material uploaded to *Canvas* that contain diagrams and figures are used with permission of the publisher; are in the public domain; are licensed by Creative Commons; meet the permitted terms of use of UBC's library license agreements for electronic items; and/or adhere to the UBC Fair Dealing Requirements for Faculty and Staff.

Access to the *Canvas* course site is limited to students currently registered in this course. Under no circumstance are students permitted to provide any other person with means to access this material. Anyone violating these restrictions may be subject to legal action. Permission to electronically record any course materials must be granted by the instructor. Distribution of this material to a third party is forbidden.

### **Final Examination:**

The examination period for Term 1 of Summer 2018 is June 25<sup>th</sup> – June 29<sup>th</sup>. Except in the case of examination clashes and hardships (three or more formal examinations scheduled within a 24-hour period) or unforeseen events, students will be permitted to apply for out-of-time final examinations only if they are representing the University, the province, or the country in a competition or performance; serving in the Canadian military; observing a religious rite; working to support themselves or their family; or caring for a family member. Unforeseen events include (but may not be limited to) the following: ill health or other personal challenges that arise during a term and changes in the requirements of an ongoing job. Further information on Academic Concessions can be found under Policies and Regulations in the *Okanagan Academic Calendar* <http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,48,0,0>. Out-of-time examination forms can be found at (<http://ikbsas.ok.ubc.ca/students/undergrad/forms.html>) and must be sent to the Dean's office.

### **Academic Integrity:**

The academic enterprise is founded on honesty, civility, and integrity. As members of this enterprise, all students are expected to know, understand, and follow the codes of conduct regarding academic integrity. At the most basic level, this means submitting only original work done by you and acknowledging all sources of information or ideas and attributing them to others as required. This also means you should not cheat, copy, or mislead others about what is your work. Violations of academic integrity (i.e., misconduct) lead to the breakdown of the academic enterprise, and therefore serious consequences arise and harsh sanctions are imposed. For example, incidences of plagiarism or cheating may result in a mark of zero on the assignment or exam and more serious consequences may apply if the matter is referred to the President's Advisory Committee on Student Discipline. Careful records are kept in order to monitor and prevent recurrences.

A more detailed description of academic integrity, including the University's policies and procedures, may be found in the Academic Calendar at



<http://okanagan.students.ubc.ca/calendar/index.cfm?tree=3,54,111,0>.

**UBC Okanagan Disability Resource Centre:**

The Disability Resource Centre ensures educational equity for students with disabilities and chronic medical conditions. If you are disabled, have an injury or illness and require academic accommodations to meet the course objectives, please contact Earllene Roberts, the Diversity Advisor for the Disability Resource Centre located in the University Centre building (UNC 214).

UNC 214 250.807.9263

email [earllene.roberts@ubc.ca](mailto:earllene.roberts@ubc.ca)

Web: [www.students.ok.ubc.ca/drc](http://www.students.ok.ubc.ca/drc)

**Ombuds Office:**

The Ombuds Office offers independent, impartial, and confidential support to students in navigating UBC policies, processes, and resources, as well as guidance in resolving concerns related to fairness.

UBC Vancouver Ombuds Office:

email: [ombuds.office@ubc.ca](mailto:ombuds.office@ubc.ca)

Web: [www.ombudsoffice.ubc.ca](http://www.ombudsoffice.ubc.ca)

**UBC Okanagan Equity and Inclusion Office:**

UBC Okanagan is a place where every student, staff and faculty member should be able to study and work in an environment that is free from discrimination and harassment. UBC prohibits discrimination and harassment on the basis of the following grounds: age, ancestry, colour, family status, marital status, physical or mental disability, place of origin, political belief, race, religion, sex, sexual orientation or unrelated criminal conviction. If you require assistance related to an issue of equity, discrimination or harassment, or to get involved in human rights work on campus, please contact the Equity and Inclusion Office.

UNC 216 250.807.9291

email: [equity.ubco@ubc.ca](mailto:equity.ubco@ubc.ca)

Web: [www.equity.ok.ubc.ca](http://www.equity.ok.ubc.ca)

**Health & Wellness:**

At UBC Okanagan health services to students are provided by Health and Wellness. Nurses, physicians and counsellors provide health care and counselling related to physical health, emotional/mental health and sexual/reproductive health concerns. As well, health promotion, education and research activities are provided to the campus community. If you require assistance with your health, please contact Health and Wellness for more information or to book an appointment.

UNC 337

Web: [www.students.ok.ubc.ca/health-wellness](http://www.students.ok.ubc.ca/health-wellness)



## SAFEWALK

*Don't want to walk alone at night? Not too sure how to get somewhere on campus?  
Call Safewalk at 250-807-8076.*

*For more information, see: [www.security.ok.ubc.ca](http://www.security.ok.ubc.ca)*

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### RESEARCH ACTIVITY (2% BONUS)

This course allows for 2% bonus to be added to your final grade. This requirement may be fulfilled either through direct participation in research through the Sona online volunteer subject pool (Option 1), by completing two written summaries of primary research articles (Option 2), or by a combination of the two types of activities.

#### Research Participation (Option 1)

As a participant in one of numerous Psychology Department Subject Pool experiments posted at <http://ubco.sona-systems.com/>, you will obtain 0.5% credit for each 0.5 hour of participation at UBCO. Hence, participation requiring a 1-hour time commitment provides a credit of 1%, 1.5 hours provides a credit of 1.5%, and 2 hours provides a credit of 2.0%, etc.

#### *Important Requirements*

You may participate in more than one experiment in order to accrue credits. In order to ensure that a variety of research methodologies are experienced, ***at least one [1] of the two [2] credit hours must be earned by participating in online questionnaires and at least one [1] of the remaining credit hours must be fulfilled by participating in the university's on-site studies.*** In the event that you participate in a single listed study offering more than 1.5 credits for participation, this regulation will be waived. A substantial number of both types of studies are typically hosted on Sona; therefore, you will have many different choices.

It is important to sign up for experiments early in the semester in order to increase the odds that a time slot is available. If you wait until late in the semester, all time slots may be taken.

#### *Logging On To The System*

Sona is only open for those students who are registered in a psychology course offering Sona credit. Please only use the request account option if you have never used the Sona system before. If you have used the Sona system before, please use the most recent login information you remember to log in.

#### *Missed Appointments & Penalties*

Missed appointments (i.e., failure to cancel the appointment at least 3 hours prior to the session) will be tracked. The consequence will be that you will not receive credit for participation in the experiment and will lose the credit value of the study from possible marks associated with participation in research.

Please email [psyc.ubco.research@ubc.ca](mailto:psyc.ubco.research@ubc.ca) with any questions or concerns that you may have regarding the Sona system, including unassigned bonus credits. Your professor does NOT have access to this information.





### Research Summary Assignment (Option 2)

As an alternative to participating in a Psychology Subject Pool experiment, you may obtain subject pool credit by completing 1 library-writing project to a satisfactory level. Each library-writing project is worth a total of two credits [i.e., 2% toward the final grade].

#### *Important Requirements*

1. This project consists of reading and summarizing (in written form) a recent, peer-reviewed, primary research article.
  - A “recent” article has been published within the past 12 months.
  - A “peer reviewed” article is one that has been reviewed by other scholars before it is accepted – for example, it **cannot** be a news item, an article from a popular magazine, a notice, or a letter to the editor.
  - A “primary” research article describes an experiment or study where data are collected by the authors. In other words, the article you choose to review **cannot** be a book review, literature review, or summary article.
2. You must choose an article published by one of the following agencies:
  - The American Psychological Society - *Psychological Science*, *Current Directions in Psychological Science*, *Psychological Science in the Public Interest*, or *Perspectives on Psychological Science*.
  - The American Psychological Association - [www.apa.org/journals/by\\_title.html](http://www.apa.org/journals/by_title.html) has a full listing.
  - The Canadian Psychological Association - *Canadian Psychology*, *Canadian Journal of Behavioural Science*, or *Canadian Journal of Experimental Psychology*.
  - The Psychonomic Society - *Behavior Research Methods, Cognitive, Affective, & Behavioral Neuroscience*, *Learning & Behavior*, *Memory & Cognition*, *Perception & Psychophysics*, or *Psychonomic Bulletin & Review*.

#### 3. Other Assignment Guidelines

The summary should be about 300-500 words in length. The source must be cited and referenced in accordance with the *Publication Manual of the American Psychological Association* (6<sup>th</sup> ed.). The review will be graded on a pass – fail basis (2% or 0%). At least **14 days before the end of classes** each term, submit the following to the course instructor:

- the article summary
- a copy of the article
- a cover page that specifies your name, student number, email address, and word count of the summary.
- the course title and number

Submitting the assignment 14 days in advance is necessary to ensure that you have an opportunity to make corrections, if required. If you do not check your email frequently, provide a phone number on the cover page.