

Brief Course Outline

Course Title: Theories and Methods in Emotion and Motivation

Course Number and Section

PSYCHOL

2250E 550

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Disclaimer: Information in the brief course outline is subject to change. The syllabus posted on OWL Brightspace is the official and authoritative source of information for the course.

Course Description:

Emotion and motivation are separable, but related, psychological features that influence many aspects of daily life. This course provides an introductory foundation to the study of emotion and motivation and explores contemporary research approaches in these areas. We will cover topics such as a) what happens behaviorally and physiologically when someone experiences an emotion, b) how social and developmental influences impact emotion and motivation, and c) cross-cultural similarities and differences in emotional expression. Additionally, we will discuss psychological disorders that are characterized by disruptions in emotion or motivation (e.g., anxiety, depression) and the importance of self-control and emotion regulation for achieving desired goals. We will attempt to bridge competing theories, past and present, and will acknowledge the limits of current research. Students in this course are encouraged to share their own ideas and experiences as they relate to understanding emotion and motivation.

Learning Outcomes: one outcome per entry

- a) Understand theories related to emotion and motivation and apply these theories in scenarios that are reflective of daily life
- b) Explain a variety of research methods applicable to the study of emotion and motivation and critically assess these methods
- c) Describe the role of behavioral and physiological processes in the experience of emotion and identify cross-cultural differences and similarities in emotion and motivation
- d) Evaluate the impact of disruptions or alterations in emotion and/or motivation as they relate to psychopathology and neurodivergence and recognize the purposes of self-control and emotion regulation
- e) Demonstrate improved written communication and literature reviewing skills, including application of methodological approaches and synthesizing information from multiple sources

Textbooks and Course Materials:

The following textbook is required for this course:

Shiota, M., & Cavanagh, S. R. (2023). Emotion and Motivation, 4th Edition. Oxford University

Press.

The textbook is available via the Western Bookstore. The book costs \$99 CAD for a 365-day e-book or \$160.15 CAD for a paperback copy.

Note: There is also a paperback copy of this book available for 1 day loan (i.e., in library use) at the Huron Library.

All additional course materials (e.g., slide decks with links) will be posted to Brightspace as applicable.

There are no additional in-course costs required for this course.

Methods of Evaluation: one assignment per entry

Assignment	Due Date mm/dd/yy	Weight - %
Attendance and Participation (Fall Term)	12/08/26	10%
Attendance and Participation (Winter Term)	04/06/26	10%
Literature Review Part 1: Topic Overview	09/25/26	2.5%
Literature Review Part 2: Search Methods	11/20/26	2.5%
Fall Term Exam	Exam Period	25%
Literature Review Part 3: Completed Review Table	01/08/27	5%
Literature Review Part 4: First Draft	02/12/27	5%
Literature Review Part 5: Peer Review	03/19/27	5%
Literature Review Part 6: Final Draft	04/09/27	10%
Winter Term Exam	Exam Period	25%

Wednesday, August 12, 2026

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For Textbooks and Course Materials (below), you are required to include the cost of each textbook or other learning material.

Note whether there are any restrictions that would prevent a student from using a second-hand copy. Here is some suggested text:

- Required textbook: [author, title, edition, publisher, date]. Cost: [insert amount].

Or include the weblink of the textbook's publisher site that includes the cost information.

- Students need to purchase this edition. Second-hand or older editions will not be sufficient.
- OR Students are welcome to purchase second-hand or earlier editions of this textbook.
- This course has an optional field trip that costs [insert amount].
- This course has a required field component that costs [insert amount].

In solidarity with the Anishinaabe, Haudenosaunee, Lūnaapéewak, and Chonnonton peoples on whose traditional treaty and unceded territories this course is shared.