

Brief Course Outline

Course Title: Theories and Methods in Emotion and Motivation

Course Number and Section:

PSYCHOL

2750E 550

Instructor Name(s):

Kathryne (Kasey) Van Hedger

Instructor Email(s):

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Disclaimer: Information in the brief course outline is subject to change. The syllabus posted on OWL 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. 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 students in this course are encouraged to share their own ideas and experiences as they relate to understanding emotion and motivation.

Learning Outcomes:

Understand theories related to emotion and motivation and apply these theories in scenarios that are reflective of daily life

Explain a variety of research methods applicable to the study of emotion and motivation and critically assess these methods

Describe the role of behavioral and physiological processes in the experience of emotion and identify cross-cultural differences and similarities in emotion and motivation

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

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 \$150.95 CAD for a paperback copy.

Note: There is also a paperback copy of this book available for 2 hr loan (i.e., in library use) at the Huron Library. If more copies of the book are needed at the library, please let me know and I will ensure that more are purchased.

Additional course materials (e.g., required readings, videos) will be posted to Brightspace as applicable.

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

Methods Of Evaluation:

Assignment	Due Date mm/dd/yy	Weight - %
Attendance and Participation (Fall Term)	11/28/25	7.5%
Attendance and Participation (Winter Term)	04/01/26	7.5%
Literature Review Part 1: Topic Overview	10/01/25	2%
Literature Review Part 2: Search Methods and Table Structure	11/12/25	2%
Fall Term Final Exam	12/11/25	28%
Literature Review Part 3: Completed Table	01/14/26	5%
Literature Review Part 4: First Draft	02/11/26	5%
Literature Review Part 5: Peer Review	03/11/26	5%
Literature Review Part 6: Final Draft	03/31/26	10%
Winter Term Final Exam	04/12/26	28%

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

Thursday, August 14, 2025