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| **Course title** | Human Motivation | | | | | |
| **Course code** | PSY303 | | | | | |
| **Course type** | Elective | | | | | |
| **Level** | Undergraduate | | | | | |
| **Year / Semester** | Year 3 | | | | | |
| **Teacher’s name** | Maria Charalampous | | | | | |
| **ECTS** | 7.5 | **Lectures / week** | 1 | **Laboratories / week** | | 0 |
| **Course purpose and objectives** | This course seeks to give students a thorough understanding of the psychological mechanisms that underlie and shape human behavior, with a particular emphasis on the notion of motivation. The different theoretical stances, empirical studies, and practical applications connected to comprehending why people engage in particular behaviors, create goals, and pursue objectives will be explored by students throughout this course. Students will gain research skills, critical thinking abilities, and a deeper understanding of the complicated nature of human behavior through exploring the complexity of human motivation. | | | | | |
| **Learning outcomes** | The following learning outcomes are expected, where students will:   1. Understand major theories and models of human motivation and their historical evolution. 2. Describe the neurological and physiological systems involved in motivation and reward processing. 3. Analyze the effects of personal, cultural, and societal influences on motivation. 4. Apply motivational theories to real-world situations in education, workplace, and health contexts. 5. Discuss ethical considerations in motivation research and applications. | | | | | |
| **Prerequisites** | None | | **Required** | | No | |
| **Course content** | This course seeks to give students a thorough understanding of the psychological mechanisms that underlie and shape human behavior, with a particular emphasis on the notion of motivation. The different theoretical stances, empirical studies, and practical applications connected to comprehending why people engage in particular behaviors, create goals, and pursue objectives will be explored by students throughout this course. Students will gain research skills, critical thinking abilities, and a deeper understanding of the complicated nature of human behavior through exploring the complexity of human motivation.  Week 1: Introduction to Motivation  Week 2: Theoretical Perspectives on Motivation  Week 3: Biological and Neural Basis of Motivation  Week 4: Intrinsic and Extrinsic Motivation  Week 5: Social and Cultural Factors in Motivation  Week 6: Emotion and Motivation  Week 7: Goal Setting and Achievement  Week 8: Motivation in Education  Week 9: Motivation in the Workplace  Week 10: Health and Well-being  Week 11: Motivation in Relationships  Week 12: Applying Motivation Theories  Week 13: Ethical Considerations  Week 14: Current Trends and Future Directions  Week 15: Student Presentations and Projects | | | | | |
| **Teaching methodology** | Lecture | | | | | |
| **Bibliography** | Pink, D. H. (2018). Drive: The surprising truth about what motivates us. Canongate Books.  Reeve, J. (2018). Understanding motivation and emotion (7th ed.). Wiley Custom. | | | | | |
| **Assessment** | 1. Midterm & Final Exam (30% & 30%): Mid-term and final exams will be conducted covering the entire course. Both exams will include multiple-choice, short-answer, and essay questions. 2. Group assignment and presentation (20%): : Collaborative projects can involve designing interventions to enhance motivation in various settings, such as education, workplace, or health. 3. Individual assignments (10%): Assign each student a specific motivational theory or topic to research and present to the class. 4. Presence & Participation (10%): Students should be present and actively participate in in-class discussions. | | | | | |
| **Language** | English | | | | | |