

Psyc 332 Seminar: Personality & Motivation

Spring 2020, Gray Lot Modularity 209A, WEDNESDAYS, 1:30-4:10.

Instructor: Julie K. Norem, jnorem@wellesley.edu

Office hours: Mondays, 5:15-6:16, Wednesdays, 4:30-5:30, or by appointment

Office hours will be held in MOD 305A

Welcome to our seminar!

Whether a seminar is successful depends greatly on the active engagement of the student members. This not a typical 200-level class in which a professor lectures for much of the class. Instead, our class periods will focus on **discussion** of the readings: their methodology, and the ways they apply to daily life experience, ongoing goal-pursuit, and broader questions about why people do what they do, and how psychologists study motivation. Class attendance and participation are expected and essential in a seminar course: both the *content* of discussion and the *process* of exploring ideas are fundamental to the experience, and they cannot be made up outside of class.

READINGS: We do not have a textbook. Each week there will 1-4 readings, the majority of which are original sources. Readings will be posted on the Sakai site for the course. You are expected to read these papers before the class for which they are assigned; *otherwise, we won't have anything to discuss*. The readings and topics we cover are cumulative in the sense that we will frequently refer back to perspectives, topics, and research that we have discussed previously.

GRADING:

1. Attendance, participation, conscientiousness, attitude: 10%
2. Weekly reading summaries: 16% (8 required; 7 must be done for weeks before 4/22)
3. Discussion question posting: 14 % (7 required)
4. Self-help book review paper: 15 %
5. "Going deeper" paper: 15 %
6. "Test-driving the psychology of motivation" Paper: 30 %

Calendar:

1/29 FIRST DAY OF CLASS: What is motivation? What is personality?

What is a seminar?

*A little history: Big theories vs. focused research

*Motivational processes: self-regulation, goal-setting, etc.

*Motivational Structures: Goals and Motives

*Review of syllabus & assignments

READ!! –Two review chapters + additional reading. Keep list of concepts, and anything you don't understand.

****Start measures for first paper****

2/5 Fundamental Motive Perspectives vs. Goal-focused Approaches

- *The concept of “fundamental motives”
- *Motives as human nature
- *Motives and biology
- *Motives as personality

2/12 Fundamental Motive Perspectives: Implicit Motives

- *Motives in the Dynamic Unconscious: Sex & Aggression
- *Temperament & Motivation
- *Nonconscious/Implicit Motives
- *The “Big 4”: n ach, n aff, n power & fear of failure

2/19 Fundamental Motive Perspectives: Implicit/Explicit Congruence

- *What is congruence vs. incongruence between implicit & explicit motives
- *Consequences of congruence/incongruence
- *Can we become more congruent?

2/26 **I have to be at a conference on this day, but do the readings listed, and we will discuss these concepts next week. Also, look for posted personality measures & scoring on the Sakai site.

Fundamental Motive Perspectives: Approach and Avoidance Motivation (A/A)

- *A/A as neurobiological systems
- *A/A as personality
- *Temperament (again)

****Book Review PAPER DUE; 3/2 on Sakai at 11:55 pm****

3/4 Fundamental Motive Perspectives: Self-determination Theory (SDT)

- *Humanistic historical roots & assumptions: We're more than our biology
- *Intrinsic vs. Extrinsic Motivation
- *Autonomy
- *Mastery/Competance
- *Relatedness

3/11 The Self and Motivation: Who do you think you are, and does that influence what you can do?

- *Self structures as goals
- *Motivation and construction of the self

- *Self-concept and self-regulation
- *Affective forecasting

3/18 Motivational Processes: How do we get what we want?

- *Goal-setting
- *Self-regulation, self-control
- *Goal-pursuit strategies
- *Goal orientations

3/25 SPRING BREAK—NO CLASS

4/1 Motivational Processes: Why do we fail to do what we try to do?

- *Procrastination
- *Conflict and congruence in goal systems
- *Perfectionism
- *The planning fallacy

4/8 Motivational processes, cont.

****“Going Deeper” paper due: 4/13 on Sakai at 11:55 pm****

4/15 Relationships and Motivation: Who helps? Who hurts? Why?

- *Friends,
- *Significant others
- *Family

4/22 Culture and Motivation – Students will each summarize 1 relevant paper for the class.

- *Does cultural context influence motivation?
- *Can we talk about universal human motives?

4/29 TUESDAY SCHEDULE—NO CLASS ☹

5/6 LAST DAY OF CLASS: Wrap-up & Discussion

“TEST DRIVE” paper due at 4:30 on last day of final exams.

READINGS—posted on Sakai site; listed in Word doc on Sakai site