

## SYLLABUS

**1. Course title:**

PSYCHOLOGY OF EMOTIONS AND MOTIVATION

**2. Code:****3. Cycle of study:**

1

**4. ECTS credits:**

6

**5. Type of course:** Mandatory  Elective**6. Prerequisites:**

none

**7. Class restrictions:**

none

**8. Duration / semester:** 1 2**9. Weekly contact hours:**

9.1. Lectures:

3

9.2. Seminars:

2

9.3. Laboratory/Practice classes:

0

**10. Faculty:**

Humanities and Social Sciences

**11. Department/study program:**

Psychology

**12. Lecturer:**

Melisa Husaric

**13. Lecturer's e-mail:**

melisa.husaric@unitz.ba

**14. Web site:**

www.untz.ba; www.unitz.ba

**15. Course aims:**

The aim of the course is to get acquainted with the basic concepts in the field of psychology of motivation and emotions; theoretical concepts, methods and results of modern scientific research, with special emphasis on understanding the interaction of biological, behavioral, cognitive and social aspects of these processes, as well as the close connection between motivation and emotions.

**16. Learning outcomes:**

Students will be trained to:

- recognizing and understanding the nature of emotions and motivation and their importance for optimal functioning in human life;
- critical reflection on problems and research results in the field of emotions and motivation, and related areas;
- application of the principle of motivation in various fields of activity (schools, work organizations, sports associations, counseling centers)
- improving the process of analysis and management of their aspects of motivation and emotions in order to self-regulate behavior.

**17. Course content:**

- Introduction to understanding the study of motivation;
- Motivation in historical and contemporary perspective (review of motivation theories);
- Emotional brain;
- Physiological and psychological needs;
- Social needs;
- Cognition and motivation: (cognitive approach to motivation, plans, goals, feedback);
- Intrinsic motivation and types of extrinsic motivation;
- Introduction to the psychology of emotions;
- What are emotions? Causes and number of emotions. Emotion function;
- Biological aspects of emotions;
- Cognitive, social and cultural aspects of emotions;
- Individual differences in emotional experience (the role of personality traits);
- Unconscious motivation;
- Motivation for growth and development and positive psychology.

**18. Learning methods:**

Lectures and practical classes with the use of various multimedia teaching aids, including active participation of students.

The following learning methods will be used in teaching:

method of oral presentation,  
method of demonstration and illustration,  
seminar discussions,  
interactive teaching methods  
collaborative forms of learning.

**19. Assessment methods:**

To check the acquired knowledge will be used:

- letters (NZOT, essay) and
- oral form

Final exam

The written form of the final exam implies the NZOT form of questions that cover topics that are covered throughout the semester. Students can win a maximum of 40 points in the written final exam, and 10 points in the oral final. The criterion for passing the written part of the exam is 60% of what was done on the test (24 points). Pre-examination points amount to a total of 50 points (30 points for individual and group projects, 10 points for attending classes and 10 points for active participation in classes). The final grade is formed as the sum of all points won in teaching and the final exam.

**20. Assessment components:**

Attendance in lectures and practical classes: 10 points

Active participation in lectures and practical classes: 10 points

Individual project: 20 points

Group project: 10 points

Final written exam: 40 points

Final oral exam: 10 points

Total points: 100

The following is the grading scale, showing the points, numerical grade, descriptive grade and letter grade:

0-53 5 (five) fail F

54-63 6 (six) satisfactory E

64-73 7 (seven) good D

74-83 8 (eight very good C

84-93 9 (nine) excellent B

94-100 10 (ten) outstanding A

**21. Required reading list:**

-Reeve, J. (2010). Razumijevanje motivacije i emocija. Jastrebarsko: Naklada Slap.

-Beck, R. (2003). Motivacija: teorija i načela. Jastrebarsko: Naklada Slap.

-Oatley, K. i Jenkins, J. M. (2003). Razumijevanje emocija. Jastrebarsko: Naklada Slap.

**22. Web sources:**

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**23. Applicable starting from the academic year:**

2022/2023

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**24. Adopted in the Faculty/Academy session:**

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