

Motivation and Emotion

Psychology 235
Spring Quarter, 2016
Mondays 1:30-3:15

Instructors: Carol Dweck and James Gross
Email: dweck@stanford.edu / gross@stanford.edu

This graduate seminar will explore social-cognitive perspectives on motivation and emotion. Meetings will be discussion based. Prerequisites: Psychology 207 and consent of instructor.

COURSE REQUIREMENTS

Course requirements include reading assigned readings carefully, writing reading responses for each class, contributing to class discussion, writing a 2 page single-space paper, and helping lead one class discussion.

<u>What</u>	<u>When</u>	<u>Weight</u>
Class participation	--	20%
Reading responses	--	20%
Paper	May 6	50%
Class leadership	--	10%

Students with Documented Disabilities: Students who may need an academic accommodation based on the impact of a disability must initiate the request with the Office of Accessible Education (OAE). Professional staff will evaluate the request with required documentation, recommend reasonable accommodations, and prepare an Accommodation Letter for faculty dated in the current quarter in which the request is made. Students should contact the OAE as soon as possible since timely notice is needed to coordinate accommodations. The OAE is located at 563 Salvatierra Walk (phone: 723-1066, web: <http://studentaffairs.stanford.edu/oae>).

**MOTIVATION AND EMOTION
COURSE SCHEDULE
Spring, 2016**

Monday, March 28

Meeting 1: Setting the stage

Reeve, J. (2005). *Understanding motivation and emotion* (4th ed.). New York: Wiley.
Chapters 1-2 (pp. 1-44).

Carver, C. S. (2006). Approach, avoidance, and the self-regulation of affect and action.
Motivation and Emotion, 30, 105-110.

Monday, April 4

Meeting 2: Attributions and implicit theories

Weiner, B. (1985). An attributional theory of achievement motivation and emotion.
Psychological Review, 92, 548-573.

Dweck, C.S. (2012). Mindsets and human nature: Promoting change in the Middle East, the
schoolyard, the racial divide, and willpower. *American Psychologist, 67*, 614-622.

Monday, April 11

Meeting 3: Needs, goals, and representations

Dweck, C.S. (in preparation). From needs to goals and representations: Foundations for
a unified theory of motivation, personality, and development.

Monday, April 18

Meeting 4: Motivation, emotion, and decision making

Rangel, A., Camerer, C., & Montague, P. R. (2008). A framework for studying the neurobiology
of value-based decision making. *Nature Reviews Neuroscience, 9*, 545-556.

Suri, G., & Gross, J. J. (in preparation). Why do we do what we do? The role of attention in motivated
action.

Monday, April 25

Meeting 5: Grit and self-control

Duckworth, A.L., & Gross, J.J. (2014). Self-control and grit: Related but separable
determinants of success. *Current Directions in Psychological Science, 23*, 319-
325.

Duckworth, A.L., Gendler, T.S., & Gross, J.J. (2015). Situational strategies for self-control. *Perspectives on Psychological Science*, 11, 35-55.

Monday, May 2

Meeting 6: Harnessing emotion

Jamieson, J. P., Mendes, W. B., Blackstock, E., & Schmader, T. (2010). Turning the knots in your stomach into bows: Reappraising arousal improves performance on the GRE. *Journal of Experimental Social Psychology*, 46, 208-212.

Brooks, A.W. (2014). Get excited: Reappraising pre-performance anxiety as excitement. *Journal of Experimental Psychology: General*, 143, 1144-1158.

Monday, May 9

Meeting 7: Self-regulation: Capacity or motivation?

Job, V., Dweck, C.S., & Walton, G.M. (2010). Ego depletion – Is it all in your head? Implicit theories about willpower affect self-regulation. *Psychological Science*, 21, 1686-1693.

Inzlicht, M., & Schmeichel, B.J. (2012). What is ego depletion? Toward a mechanistic revision of the resource model of self-control. *Perspectives on Psychological Science*, 7, 450-463.

Monday, May 16

Meeting 8: The self and motivation

Bryan, C.J., Walton, G.M., Rogers, T., & Dweck, C.S. (2011). Motivating voter turnout by invoking the self. *Proceedings of the National Academy of Sciences*, 108, 12653-12656.

Berkman, E.T., Livingston, J.L., & Kahn, L.E. (in preparation). Finding the “self” in self-regulation: The identity-value model.

Monday, May 23

Meeting 9: PRESENTATION OF PROJECTS