

Course title	Human Motivation				
Course code	PSY13##				
Course type	Lecture				
Level	Undergraduate				
Year / Semester	Year 3				
Teacher's name	STF				
ECTS	7.5	Lectures / week	1	Laboratories / week	0
Course purpose and objectives	<p>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.</p>				
Learning outcomes	<p>The following learning outcomes are expected, where students will:</p> <ol style="list-style-type: none"> 1. Show they have a solid grasp of the main theories and models of human motivation, including their historical evolution, essential ideas, and underlying presumptions. 2. Describe the neurological and physiological systems involved in motivation, reward processing, and the function of the brain in controlling motivated behaviors. 3. Determine and examine the effects of personal characteristics, cultural variety, and societal influences on motivation, including how these influences alter motivation in various situations. 4. Describe the interaction between emotions, motivation, and cognition and how it affects how we act and make decisions. 5. Talk about the psychological and cognitive processes involved in goal-setting, achieving them, and the part motivation plays in self-improvement and self-control. 6. Investigate and quantify various facets of human motivation using appropriate research methodologies and procedures, such as creating experiments, surveys, and observational studies. 7. Determine the advantages, disadvantages, and implications of empirical studies on human motivation by critically analyzing them. 				

	<ol style="list-style-type: none"> 8. Create concise summaries of difficult concepts relating to motivation and convey them to both academic and general audiences through clear and cogent writing, presentations, and discussions. 9. Apply motivational theories to actual situations, offering tactics and solutions to boost motivation and enhance results in fields including education, employment, and health. 10. When participating in group discussions, projects, and activities that call for the application of motivating concepts and theories, work well with your peers. 11. When discussing issues relating to motivation, exhibit ethical awareness and sensitivity while considering possible effects on both individuals and groups. 12. Gain an intellectual interest and openness toward new studies and trends in the subject of human motivation. 13. Recognize the practical importance of motivational understanding for enhancing one's personal and professional development as well as the welfare of communities and individuals. 14. Consider your own motivation and goal-setting procedures, developing self-awareness and the capacity to use your reflections for both academic and personal improvement. 		
Prerequisites	None	Required	No
Course content	<p>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.</p> <p>Week 1: Introduction to Motivation</p> <p>Week 2: Theoretical Perspectives on Motivation</p> <p>Week 3: Biological and Neural Basis of Motivation</p> <p>Week 4: Intrinsic and Extrinsic Motivation</p> <p>Week 5: Social and Cultural Factors in Motivation</p> <p>Week 6: Emotion and Motivation</p> <p>Week 7: Goal Setting and Achievement</p> <p>Week 8: Motivation in Education</p>		

	<p>Week 9: Motivation in the Workplace</p> <p>Week 10: Health and Well-being</p> <p>Week 11: Motivation in Relationships</p> <p>Week 12: Applying Motivation Theories</p> <p>Week 13: Ethical Considerations</p> <p>Week 14: Current Trends and Future Directions</p> <p>Week 15: Student Presentations and Projects</p>
Teaching methodology	Lecture
Bibliography	<p>Pink, D. H. (2018). Drive: The surprising truth about what motivates us. Canongate Books.</p> <p>Reeve, J. (2018). Understanding motivation and emotion (7th ed.). Wiley Custom.</p>
Assessment	<ol style="list-style-type: none"> 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	Greek