

## Opis zajęć kształcenia

1. **Nazwa jednostki:** Institute of Psychology
2. **Nazwa kierunku:** Psychology
3. **Nazwa przedmiotu:** Emotions and motivation in every day social life
4. **Przedmioty wprowadzające oraz wymagania wstępne:** “The basic course on “Emotions & motivation”
5. **Liczba godzin zajęć dydaktycznych:** 30 hours during one semester
6. **Liczba punktów ECTS:**
7. **Założenia i cele przedmiotu:**  
The participants acquire the knowledge of emotions experienced in individual and social settings, their expression (body location), coping with them and some inter-cultural comparisons. The motivation part makes the doctorants more familiar with motivation of personal, entrepreneurial (in broad sense of the term) activities

### **The education effects**

Knowledge. The course accomplisher knows how to define and describe the emotions evoked in various social settings giving them descriptive terminology of reports published in journals and critical understanding the research methodologies – objective and subjective.

Abilities. Student is able to analyze & interpret the results from laboratory (psychological) and paper-and-pencil research. He/she has an ability to replicate some studies or to plan a verifying study design on controversial issues. Must know how to present and communicate own accomplishment for broader audience of conference and prepare the manuscript of publication

Social competencies. The doctorant cares for non-aggressive communicating of own attitudes or contradictory opinion. Being open to others attitudes accepts their stances with sensibility to diversity of views, but knows to defend own position by giving good evidence. Tries to solve the emotional controversies by using psychological knowledge of mechanisms governing human emotions and motivation.

### **8. Methods of work:**

The classes are kept in an active conversatorium mode. Students are supplied with appropriate texts, chosen by the lecturer & sent by e-mail, which are the bases for reflections & debates. In conclusion, proposals for similar research are expressed. Some data, models & experimental plans are presented by projector on the screen.

9. **Assignments** Each participant is due to write 3 essays on indicated topics. The final evaluations consists of 25% activity in the class and 3x25% for each essay

### **10. Themes covered by the course**

- 1) Negative asymmetry of negative and positive social emotions
- 2) Positive emotions e.g. gratitude, sympathy: theory, research models, results
- 3) Negative social emotions e.g. envy, jealousy, Schadenfreude, disgust, shame, guilt, hatred
- 4) Cross cultural approach to body location of selected emotions
- 5) Subconscious emotions experimental studies
- 6) Cognitive approach to motivation
- 7) The impact of achievement motivation on human activities in various fields
- 8) Future Time Perspective and personal goal setting. Their impact on activity
- 9) Role of effort in achievement and deservingness of rewards

### **11. Literature & reading materials**

- a) Szcześniak & Zaleski: Why are we grateful. Submitted to JPSP
- b) Zaleski Z. Psychology of future orientation
- c) Ekman P & Davidson R. The nature of emotions. Oxford Univ. Press 1994

d) Levis M & Haviland-Jones J. Handbook of emotions. Guilford Press 2000

e) J. Forgas, Weiner B. et al. In Polish Psychological Bulletin 1997, 28(2) "Motivation and emotions in social perspective"

Plus selected papers from the journals.

12. **Lecturer:** Prof. Dr hab. Zbigniew Zaleski

[www.zbigniewzaleski.pl](http://www.zbigniewzaleski.pl)

zal@kul.pl