



### COURSE UNIT (MODULE) DESCRIPTION

Course unit (module) title	Code
Emotions and Motivation	14895

Lecturer(s)	Department(s) where the course unit (module) is delivered
Coordinator: dr. Monika Skerytė-Kazlauskienė	Institute of Psychology, Vilnius university

Study cycle	Type of the course unit (module)
Bachelor	Optional

Mode of delivery	Period when the course unit (module) is delivered	Language(s) of instruction
Lectures and seminars	Spring	English

Requirements for students	
Prerequisites: -	Additional requirements (if any): -

Course (module) volume in credits	Total student's workload	Contact hours	Self-study hours
5 ECTS	135	48	87

**Purpose of the course unit (module): programme competences to be developed**

The course focuses on the introduction and basic knowledge of emotions and motivation. Students are introduced to the main theories and recent research of emotions and motivation. During the course students learn the fields of application of the information; practice some skills from the field. As the result of the course students will be familiar with the main principals and concepts related with psychology of emotions and motivation, students will be able to use these knowledge in everyday life or career situations.

Learning outcomes of the course unit (module)	Teaching and learning methods	Assessment methods
After completing the course, students will understand main theories of emotions and motivation.	Lectures, readings of literature, discussions in the seminars, preparation of essay and presentation.	Written exam, written essay, presentation in the seminar.
After completing this course, students will understand the role of research in psychology, its application in everyday life.	Lectures, readings of literature, discussions in the seminars, preparation of presentation.	Written exam, written essay, presentation in the seminar.
After completing this course, students will be able to use some skills related with emotions and motivation to solve different problems.	Lectures, readings of literature, discussions in the seminars, essay and presentation.	Written exam, written essay, presentation in the seminar.

Content: breakdown of the topics	Contact hours							Self-study work: time and assignments	
	Lectures	Tutorials	Seminars	Exercises	Laboratory work	Internship/work placement	Contact hours	Self-study hours	Assignments
1. Basic concept, theories and research of emotions.	8		2				10	20	Readings and

									activities selected and recommended by the course lecturer. Presentation and analysis.	
2. Application of theoretical knowledge and research findings of emotions to everyday and vocational situations.	8		6					14	24	Readings and activities selected and recommended by the course lecturer.
3. Basic concept, theories and research of motivation.	8		2					10	20	Readings and activities selected and recommended by the course lecturer. Presentation and analysis.
4. Application of theoretical knowledge and research findings of emotions to everyday and vocational situations.	8		6					14	23	Readings and activities selected and recommended by the course lecturer. Presentation and analysis.
<b>Total</b>	<b>32</b>		<b>16</b>					<b>48</b>	<b>87</b>	

Assessment strategy	Weight, %	Deadline	Assessment criteria
Presentation in a seminar	25	Throughout the first half of semester	Students prepare a presentation on a chosen topic from psychology of emotions. The topic of the presentation is approved by the course lecturer in the beginning of the course. Presentation is evaluated on a 10-point scale, where 10 represent that student is able to present the chosen question of emotions in the seminar excellently. It is obligatory to make a presentation during the seminar to be eligible to take an exam.
Written essay	25	End of semester, before the exam.	Students prepare an essay on a chosen topic from psychology of motivation. The topic of the essay is agreed with the course lecturer during the course. Essay is evaluated on a 10-point scale, where 10 represent that student is able to describe and analyze the chosen question of counselling excellently and use scientific literature for his/her work. It is obligatory to write an essay and deliver it to the lecturer to be eligible to take an exam.
Written exam	50	End of semester.	Questions on emotion and motivation theories, research and its application in everyday life are given. To answer questions students must apply knowledge gained during the course at lectures, seminars and readings. Exam is evaluated on a 10-point scale, where 10 represent that student is able to understand main topics of counselling field and can apply its knowledge to the practical situations excellently.

Readings
<ol style="list-style-type: none"> <li>1. Reeve, J. (2014). <i>Understanding motivation and emotion</i>. John Wiley &amp; Sons.</li> <li>2. Oatley, K., Keltner, D., &amp; Jenkins, J. M. (2006). <i>Understanding emotions</i>. Blackwell publishing.</li> </ol> <p style="text-align: center;">Scientific articles selected by the lecturer.</p>