

PSYCH 3405 A : PSYCHOLOGY OF MOTIVATION AND EMOTION

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Instructor	Marina Milyavskaya
Term	Fall 2025
Course Delivery	In person
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Office Hours	TBA

COURSE DESCRIPTION/INSTRUCTOR'S STATEMENT

This course provides an overview of theory and recent research on motivation and emotion, including the pursuit of person goals. Are New Year's resolutions useful? Is willpower the key to success? Why is learning from failure so hard? How can you get yourself (and others) to make lasting behavioural changes? These are some of the questions that we will address in this course.

EVALUATION (SUBJECT TO CHANGE)

Evaluation will consist of weekly quizzes, regular assignments, and a final research paper applying what you learned in class.

TEXT (SUBJECT TO CHANGE)

Barrett, L. F. (2017). *How emotions are made: The secret life of the brain*. Pan Macmillan.

Milkman, K. (2021). *How to Change: The Science of Getting from where You are to where You Want to be*. Penguin.