

PSYC 3405 A : PSYCHOLOGY OF MOTIVATION AND EMOTION

Instructor	Carole Scherling
Term	Fall 2026
Course Delivery	In-Person
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Office Location	TBA
Office Hours	TBA

COURSE DESCRIPTION/INSTRUCTOR'S STATEMENT

Explore fundamental forces driving human behaviour! This course introduces students to historical and current perspectives in affective sciences, touching on what drives us to act and how we feel about it. Classes will combine traditional lecture content with paper discussions, the latter giving students a chance to exercise critical thinking abilities. Students will explore these topics through multiple lenses, including biological, neurological, behavioural, cultural, sex and developmental perspectives. Notable discussion points include anxiety and stress, biofeedback, facial coding, as well as emotional awareness and regulation.

Prerequisite: [PSYC 1001](#) and [PSYC 1002](#).

Lectures and seminars three hours a week.

EVALUATION (SUBJECT TO CHANGE)

Tests/Examinations

Paper discussions and reports

Selected individual and group activities

TEXT

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