

PSYC 3405 A : PSYCHOLOGY OF MOTIVATION & EMOTION

Instructor	Carole Scherling
Term	Fall 2026
Course Delivery	In Person
Email Address	CaroleScherling@cunet.carleton.ca
Office Location	TBD
Office Hours	TBD

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.

Individual and group activities.

TEXT

TBD.