UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Motivation, Emotion and Personality

2425-3-E2401P015

Learning area

I: Knowledge and skills useful to understand, promote and change individual psychological functioning

Learning objectives

Knowledge and understanding

- Broad issues and theoretical approaches in personality psychology, psychology of motivation and emotions.
- Methodological and research alternatives in the study of individual personality, motivational processes, and emotions.
- Personality, motivation and emotions assessment.
- The role of personality, motivation and emotions in the individual overall functioning.

Applying knowledge and understanding*

- To recognize the personality factors and motivational and emotional processes involved in the individual overall functioning.
- Critical analysis and correct planning of research on personality, motivation and emotions.
- Knowing how to choice and use the main instruments aimed at assessing personality, motivation and emotions.
- Capacity to elaborate and read motivational and personality profiles.

Contents

Main issues and theoretical approaches in the study of individual personality, motivational processes, and emotions will be presented. Research strategies used in these psychological fields will be analyzed. Techniques and tools (e.g., questionnaires) used in the assessment of personality, motivation and emotions will be also presented and their practical relevance will be discussed.

Detailed program

- Personality factors and functioning.
- Methodological approaches in the study of personality: correlational and experimental approaches.
- Personality assessment: from the development of a questionnaire to the interpretation of a profile.
- Personalities and external criteria in various contexts: school, work, health.
- Motivational dimensions and processes.
- Motivation assessment: implicit and explicit techniques.
- Origins and functions of emotions.
- The measurement and the induction of emotions.
- Emotional intelligence: models and measures.

Prerequisites

Nothing specific. A good knowledge of the basis of General Psychology enables a more aware use of the course contents.

Teaching methods

Classroom lectures (50% of the course) are given in Italian. In addition to classroom lectures, part of the teaching will take place through the discussion of scientific articles, and practical exercises on the course topics, individual and in small groups (interactive delivery mode).

These methods aim to make the course contents more usable and to facilitate the acquisition of specific skills on the assessment of personality, motivation and emotions.

Attending students are given the further opportunity to deepen their knowledge of the course contents through the reading of specific papers and their presentation to the class, under the supervision of the teacher.

The material (slides and, when possible, tests/questionnaires and scientific articles) is made available on the e-learning site of the course, so that it can also be used by non-attending students.

Assessment methods

The exam includes a written test to be performed in a computer lab. It includes 30 multiple-choice questions and 4 open questions to be asked in 40 minutes. The questions are aimed at ascertaining the effective acquisition of the knowledge and skills acquired on the course contents. The answers to the questions are evaluated in terms of correctness of the answers, ability to argue, synthesis, creation of links between the different areas, and critical

reading of the studied phenomena.

Although this course is held in Italian, for Erasmus students, course material can also be available in English.

Textbooks and Reading Materials

- Cherubini P., Bricolo E., Reverberi C. (a cura di) (2021). *Psicologia generale*. Milano: Cortina (capp. Emozioni e Motivazione).

- Steca P. (2023). *Psicologia della personalità. Prospettive e applicazioni*. Milano: Cortina.

Detailed information about other materials will be published on the course webpage (e-learning website).

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING | RESPONSIBLE CONSUMPTION AND PRODUCTION