

San José State University
Department of Psychology
Psyc 190, Current Issues Capstone: Motivation
Section 9, Spring 2023

Course and Contact Information

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|----------------------------|---|
| Instructor: | Patrick F. Cravalho, PhD |
| Email: | patrick.cravalho@sjsu.edu |
| Office Hours: | Held in-person & via Zoom on Wednesdays from 3:00pm to 5:00pm (Zoom link: https://sjsu.zoom.us/j/84959346835) OR email me to set up a day/time for an appointment that works for you. NOTE: for office hours or appointments via Zoom, you need to use your SJSU Zoom account to attend the meeting. |
| Office Location: | Dudley Moorhead Hall, Room 319 |
| Class Days/Times: | Held in person on Tuesdays & Thursdays from 12:00pm to 1:15pm. |
| Classroom Location: | Dudley Moorhead Hall, Room 167 |
| Prerequisites: | PSYC 100W & senior standing, Co/Prerequisite PSYC 118 or PSYC 120 |

Course Description

Integrative survey of current issues in psychology, how they developed and likely future directions. Completion of the research methods requirement prior in enrollment in this course is recommended.

Course Goal

The goal of this course is to provide you with the knowledge and skills to assume a service position rooted in psychology (e.g., teacher, counselor) in order to motivate people to improve their life trajectories.

Course Learning Outcomes (CLO)

Upon successful completion of this course, students will be able to:

- CLO1* – Display knowledge of the psychological concepts and theories relevant to help motivate people.
- CLO2* – Describe various concepts within the fields of motivation and educational psychology.
- CLO3* – Design research methods for testing one’s hypothesis about a population’s motivation.

Program Learning Outcomes (PLO)

Upon successful completion of the psychology major requirements... **(Psyc 190 meets each PLO.)**

1. *PLO1 – Knowledge Base of Psychology* – Students will be able to identify, describe, and communicate the major concepts, theoretical perspectives, empirical findings, and historical trends in psychology.
2. *PLO2 – Research Methods in Psychology* – Students will be able to design, implement, and communicate basic research methods in psychology, including research design, data analysis, and interpretations.

3. *PLO3 – Critical Thinking Skills in Psychology* – Students will be able to use critical and creative thinking, skeptical inquiry, and a scientific approach to address issues related to behavior and mental processes.
4. *PLO4 – Application of Psychology* – Students will be able to apply psychological principles to individual, interpersonal, group, and societal issues.
5. *PLO5 – Values in Psychology* – Students will value empirical evidence, tolerate ambiguity, act ethically, and recognize their role and responsibility as a member of society.

Materials

1. Laptop/desktop/tablet, and Internet access. SJSU has a free equipment loan program for students: <https://www.sjsu.edu/learnanywhere/equipment/index.php>.
2. Access to Google documents, sheets, & slides or to Microsoft Word, Excel, & PowerPoint or to Apple Pages, Numbers, & Keynote. **NOTE:** SJSU students can utilize Microsoft Word, Excel, and PowerPoint online for free (see <https://www.sjsu.edu/it/services/collaboration/software/instructions.php>).

Library Liaison: Christa Bailey (christa.bailey@sjsu.edu) Libguide: <http://libguides.sjsu.edu/psychology>

Office Hours

I expect you to have a specific agenda (e.g., discuss accommodations) and/or questions about our Psyc 121B course ready before you visit office hours. Please email me at patrick.cravalho@sjsu.edu to let me know why you want to come to office hours, so I can prepare for your visit.

Email Communication

All email communications to me need to be sent to patrick.cravalho@sjsu.edu and include “Psyc 190” in the subject line. **Please DO NOT message me through Canvas.** As a rule of thumb, write separate emails for communicating different topics, rather than writing about multiple topics in one email. This helps me to not miss reading/replying to important information that you share with me.

Checking your SJSU email regularly

If I need to contact you or send you feedback on an assignment, but I have not received any prior email communication from another one of your email accounts, I will contact you via your sjsu.edu email address. Therefore, you need to regularly check your sjsu.edu email address.

Checking Canvas regularly

I will regularly post materials, information, etc. on the following links on our Psyc 190 Canvas webpage: Announcements, Assignments, Files, and Grades. Therefore, you need to regularly check our Psyc 190 Canvas webpage (all of the links listed above are on the left side of our Psyc 190 Canvas webpage).

Classroom Protocol

It is university policy F69-24 (<http://www.sjsu.edu/senate/docs/F69-24.pdf>) that students should attend all meetings of their classes. Arrive to class on time. Arriving late disrupts other students and interferes with the continuity of the lectures and class activities. If for any reason you cannot avoid being late, please enter the

class through the least noticeable door and take a seat quietly. Do not start a conversation to catch up on information you missed or expect information you missed to be repeated. Leaving early is equally disruptive. However, if you must, please leave through the least noticeable door. If you miss a class, you are responsible for contacting your instructor to inquire about the information you missed from that class. Food and drinks are permitted during class, but you must be sure that your space is clean when you leave the classroom.

Your attention is expected during class. Therefore, phones, music players, etc. are not allowed to be used during class (i.e., all devices should be put away and set to not make any noise) so that one stays focused on our class discussions. If you are using your phone or another device during class, you may be asked to put it away. If you are using your phone or another device repeatedly after being asked to put it away, you may be asked to leave. In addition, do not sleep, carry on conversations, or work on course material (including studying or reading for other classes) during class. These rules are not only so you will not distract yourself, but also so you will not distract your classmates or your instructor. Be polite and respectful to your classmates and to your instructor.

Laptops/Tablets

In-person class laptop/tablet use is allowed, but you must first talk to your instructor to get permission to use your laptop/tablet. Students using laptops/tablets will be asked to sit in the back or the side of the classroom. Allowed laptop use will be restricted to note-taking. One shall never connect to the internet and use class time to check email, visit social networking sites, surf the web, work on other coursework, etc. If you are seen engaging in any other activity other than note-taking, your laptop/tablet privileges will be revoked for the remainder of the semester.

Diversity Statement

We will create a safe and diversity-sensitive learning environment that respects the rights, dignity, and welfare of all students, faculty, and staff. Diversity means the fair representation of all groups, the inclusion of minority perspectives and voices, and appreciation of different cultural and socioeconomic group practices. I aspire to foster and maintain an atmosphere that is free from discrimination, harassment, exploitation, or intimidation.

Student Athletes

If you are a student athlete, please inform me at the beginning of the semester of any team obligations. If there are any conflicts between your obligations and class participation/assignment, we may need to figure out alternative arrangements for you to participate or complete an assignment.

Course Requirements and Assignments

Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 45 hours over the length of the course (normally three hours per unit per week) for instruction, preparation/studying, or course related activities, including but not limited to internships, labs, and clinical practice. Other course structures will have equivalent workload expectations as described in the syllabus. More details about student workload can be found in [University Policy S16-9](#).

Quizzes

There will be twelve quizzes, worth a total of 115 points. All quizzes will include only multiple-choice questions and will be taken through the Canvas Quizzes link. There is no comprehensive midterm or final.

The first quiz you will take (i.e., Quiz 0) covers the material in this syllabus and the Course Overview & Schedule Primer videos posted now on Canvas *Pages* link. You have until 11:59pm on Thursday (2/3) to

complete Quiz 0 (i.e., the syllabus quiz). However, if you complete the syllabus quiz by 11:59pm on Sunday (1/30), you will be credited full points for the quiz regardless of your Quiz 0 score.

Students are responsible for ensuring that they have access to reliable Wi-Fi during quizzes. If you will not have reliable Wi-Fi for a quiz, inform the instructor at least one week before the quiz date in order for an alternative plan to be made. See the following link for current Wi-Fi options on SJSU campus: <https://www.sjsu.edu/learnanywhere/equipment/index.php>

If you have difficulties with Canvas during a quiz, *first* contact SJSU technical support for Canvas (see contact information below) and complete the quiz if possible. *Then* contact the instructor to explain your situation.

Email: ecampus@sjsu.edu **Phone:** (408) 924-2337 **Webpage:** <https://www.sjsu.edu/ecampus/support/>

Self-tests and Quiz Reviews

A self-test will be available for each quiz (except for Quiz 0, which covers the syllabus) beginning about a week before the quiz date. You may submit your self-tests as Word documents or PDFs via uploads to the Canvas *Assignments* link. You will be able to review every quiz via a video posted on the Canvas *Pages* link.

Make-up Quizzes

If you do not complete a quiz by the specified due date, you will receive zero points for that quiz. If you have a legitimate reason for missing the quiz, a make-up quiz may be permitted. However, you will need to contact me via my SJSU email (listed above) as soon as you can to alert me that you will miss the quiz and let me know your legitimate reason for missing the quiz. You will also need to email me some proof verifying the legitimate reason, so that we can schedule the make-up quiz as quickly as possible and not delay the posting of the quiz review video. Make-up quizzes must be completed before the next quiz is taken. Check the schedule before classes start and if you know you will have to miss a quiz now, contact me well before the quiz is scheduled so we can figure out the best way for you to make it up ahead of time.

Facility Design (FD) Assignments

You will design a facility to serve a particular group of people you are interested in motivating. The instructions for these assignments will be discussed in detail in class and via posted announcements, and example facility designs will also be shared. There are four FD assignments that are worth a total of 67 points: 1) your **Facility Pitch (5 points)**, 2) your **Motivation Research Plan (10 points)**, 3) your **Presentation Rough Draft (5 points)**, 4) your **Presentation Final Draft (37 points)**, and 5) (*brief*) **Peer Evaluations (10 points)**.

You will submit the first four FD assignments as PDFs via uploads to the Canvas *Assignments* link and I will provide you with feedback on all of these assignments. Peer evaluations will be completed in class. After completing the Facility Pitch, you are NOT allowed to change the major features of your facility without consulting me first, if you do, points may be subtracted from your FD assignments.

Late FD Assignment Submission Policy

For each 24-hour period that you submit an assignment after the due date/time, I will subtract 25% off of your grade. No assignment will be accepted 48 hours after the due date/time. If you fail to turn in a Facility Pitch and/or a Presentation Rough Draft within the parameters outlined in the “FD Assignments” and the “Late FD Assignment Submission Policy” sections of this syllabus, you will receive a zero, but still must complete the assignment in order to be eligible to turn in your Motivation Research Plan and/or Presentation Final Draft.

Online Participation (OP) Assignments

You will complete nine online participation assignments via Canvas submission, worth a total of 18 points (2 points each). You will only receive credit for an OP assignment if you submit your work on the assignment before the scheduled due date.

Online Participation Assignment Make-up Policy

If you have a legitimate reason for missing an OP assignment, you may be permitted to make up the online assignment. However, you will need to contact me as early as you can, let me know your legitimate reason for missing the assignment, and provide some proof of the legitimate reason you missed the assignment. If you miss the assignment due to an unanticipated reason, contact me as soon as you can to explain your reason and to provide some proof of why. If you don't contact me at least 24 hours after the assignment took place, you will not be allowed a make-up, regardless of whether you have a legitimate excuse.

Extra Credit Opportunities

A total of ten extra credit points may be added to your final point total if you take advantage of the following opportunities. Ten points is a substantial amount (i.e., 5% of your final grade), ***but the points must be earned and are being made available to encourage specific learning behaviors.***

The first opportunity will be to earn three points for completely filling out (i.e., ALL concepts on the self-test are clearly addressed with text) and submitting (via Canvas) a copy of each self-test at least a day before the corresponding quiz is taken. (**NOTE:** this opportunity is for Quizzes 1-11, there is no self-test for Quiz 0 on the syllabus.) For example, Quiz 1 is scheduled to open on Friday (2/3), so you must turn in the Quiz 1 self-test by 11:59pm on Thursday (2/2). You may submit your self-tests as Word doc or PDF uploads to the Canvas *Assignments* link. You can only earn the full four points by submitting **ALL 11 self-tests** (i.e., you earn 0.25 of a point for each self-test submitted by the deadline, then an extra 0.25 of a point if you submit all 11 self-tests by their deadlines). These points are tiered if you do not submit all 11 self-tests by the deadlines (i.e., if you submit 10/11 self-tests by the deadlines, you receive 2.5 extra credit points, if you submit 9/11, you receive 2.25 points, etc.). ***This opportunity is meant to encourage you to use the self-tests to properly prepare for each quiz early rather than cramming the night before the quiz.*** IMPORTANT: an overview of how to use the self-tests will be covered by your instructor in class on Tuesday (1/31). You can also ask set up a Zoom meeting with your instructor to discuss how to best utilize the self-tests and study for our Psyc 190 course.

The second opportunity will be to earn four points for submitting the Facility Design (FD) assignments early. Specifically, you must submit each FD assignment a day early. For example, your **Facility Pitch** is due by 11:59pm on Friday (3/10), so you must turn it in before 11:59pm on Thursday (3/9) for it to count as a day early. You can only earn the full four points by submitting **ALL 4 FD assignments** (i.e., you earn 1 point for each FD assignment submitted early). These points are tiered if you do not complete all 4 FD assignments early (i.e., if you submit 3/4 FD assignments early, you receive 3 extra credit points, if you submit 2/4, you receive 2 points, etc.). ***This opportunity is meant to encourage you to complete FD assignments early rather than procrastinate in completing your FD assignments.***

The final opportunity is to earn three points for submitting each Online Participation (OP) assignment by the posted deadlines (see schedule below for OP assignment deadlines). (**NOTE:** there are no early deadlines for

the OP assignments.) You can only earn the full three points by submitting **ALL 9 OP assignments** on time (i.e., you earn a third of a point for each OP assignment submitted on time). These points are tiered if you do not complete all 9 OP assignments on time (i.e., if you submit 8/9 OP assignments on time, you receive 2.67 extra credit points, if you submit 7/9, you receive 2.34 points, etc.). ***This opportunity is meant to encourage you to fully participate in our online course to learn as much of the material as you can.***

Grading Policy

Your grade will be based on the total amount of points (200 possible points) you receive from quizzes (115 possible points), FD assignments (67 possible points), and OP assignments (18 possible points). Below is a breakdown of the amount of points needed to earn the specified letter grades. (**NOTE:** Individual quiz and assignment totals may change over the course of the semester causing a change in the total amount of points.) All students have the right, within a reasonable time, to know their academic scores, to review their grade-dependent work, and to be provided with explanations for the determination of their course grades. See University Policy F13-1 (<http://www.sjsu.edu/senate/docs/F13-1.pdf>) for more details.

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| 200+ = A+ (100%) | 185-199 = A (~93-99%) | 179-184 = A- (~90-92%) | |
| 175-178 = B+ (~88-89%) | 165-174 = B (~83-87%) | 159-164 = B- (~80-82%) | |
| 155-158 = C+ (~78-79%) | 145-154 = C (~73-77%) | 139-144 = C- (~70-72%) | Less than 117 = F |
| 135-138 = D+ (~68-69%) | 125-134 = D (~63-67%) | 120-124 = D- (~60-62%) | (~59% or less) |

NOTE: I will NOT provide any student with an informal grade check at any point of the semester. The only grade checks to be provided are those accompanying official SJSU forms (e.g., athletics, Greek life, probation).

Study & Workspace Resources

SJSU has designated 21 available classrooms, in buildings around the campus, for students to use for studying, attending online classes, collaborating with other students, etc. No reservations are required. The students can just go to the room, set themselves up, and start working. See the [Study Resources](#) page (find this page on the **Campus Resources** tab) on the [Learn Anywhere](#) site to find information about the study and work spaces on campus.

Links to University Policies

General Expectations, Rights and Responsibilities of the Student

Students are encouraged to familiarize themselves with SJSU's policies and practices via University Policy S90-5 (<http://www.sjsu.edu/senate/docs/S90-5.pdf>). More detailed information on a variety of related topics is also available in the SJSU catalog (<http://info.sjsu.edu/web-dbgen/narr/catalog/rec-12234.12506.html>).

Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness (<http://info.sjsu.edu/static/catalog/policies.html>). Add/drop deadlines can be found on the current academic year calendars document (http://www.sjsu.edu/provost/services/academic_calendars/). The Late Drop Policy is available at <http://www.sjsu.edu/aars/policies/latedrops/policy/>. Information about the latest changes and news is available at the Advising Hub at <http://www.sjsu.edu/advising/>.

Consent for Recording of Class and Public Sharing of Instructor Material

University Policy S12-7, <http://www.sjsu.edu/senate/docs/S12-7.pdf>, requires students to obtain instructor's permission to record any part of the course. **Therefore, neither recording of class lectures or discussions nor distribution of course materials are allowed. Failure to follow this policy will be considered a violation of course academic integrity policy and will result in immediate expulsion from the class, a grade of F in the course, and reporting the student to the University and proper authorities for further sanctions.**

Academic integrity

The University Academic Integrity Policy S07-2 at <http://www.sjsu.edu/senate/docs/S07-2.pdf> requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development (<http://www.sjsu.edu/studentconduct/>). Depending on the severity of the conduct, you may receive a zero on the assignment or a grade of F in the course. Grade Forgiveness does not apply to courses for which the original grade was the result of a finding of academic dishonesty.

Campus Policy in Compliance with the American Disabilities Act

Presidential Directive 97-03 (http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) requires that students with disabilities requesting accommodations must register with the Accessible Education Center (AEC) at <http://www.sjsu.edu/aec> to establish a record of their disability.

Accommodation to Students' Religious Holidays

According to University Policy S14-7 (<http://www.sjsu.edu/senate/docs/S14-7.pdf>), SJSU shall provide accommodation on any graded class work or activities for students wishing to observe religious holidays when such observances require students to be absent from class.

Student Technology Resources & Resources for Online Learning

Computer labs and other resources for student use are available: see links: <http://www.sjsu.edu/at/asc/> and <https://library.sjsu.edu/student-computing-services/student-computing-services>. SJSU has consolidated its online learning resources into a single website: <https://www.sjsu.edu/learnanywhere/>

SJSU Peer Connections & Writing Center

Peer Connections is a campus-wide resource for mentoring and tutoring, visit their website at <http://peerconnections.sjsu.edu> for more information. To make an appointment with the SJSU Writing Center or to refer to the online resources offered through the Writing Center, visit their website: <http://www.sjsu.edu/writingcenter>.

SJSU Counseling and Psychological Services (CAPS)

All students to come into Counseling and Psychological Services, located at the Student Wellness Center, room 300B, for any support needed, visit the CAPS website at <http://www.sjsu.edu/counseling>.

Course Schedule

We will follow the schedule below to the greatest extent possible. However, the schedule is subject to change. You will be given fair notice of any changes via in class announcements, Canvas postings, & emails.

| Week | Tasks broken down by Day | Additional Tasks & Due Dates |
|--|--|---|
| <i>Week 1:</i> Thu 1/26 – Sun 1/29 | <i>Thu (1/26):</i> 1) Attend in-person meeting from 12:00-1:15pm (Course Overview) & 2) Read Psyc 190 Syllabus (download from Canvas <i>Files</i> link) <i>Fri (1/27):</i> Quiz 0 (Syllabus) opens on Canvas <u>Quizzes link at Noon</u> <i>Sat (1/28):</i> Remember to take some time to relax & do what you love! <i>Sun (1/29):</i> Take Quiz 0 (Syllabus) on Canvas <u>Quizzes link by 11:59pm</u> | |
| <i>Week 2:</i> M 1/30 – Sun 2/5 | <i>Mon (1/30):</i> Read any assigned articles (see corresponding Module on Canvas) <i>Tue (1/31):</i> 1) Attend in-person meeting from 12:00-1:15pm (Quiz 0 Review & Metacognitive Study Strategies) & 2) Begin studying for Quiz 1 (Metacognitive Study Strategies) with Quiz 1 Self-test <i>Wed (2/1):</i> Keep studying for Quiz 1 with Quiz 1 Self-test <i>Thu (2/2):</i> Attend in-person meeting from 12:00-1:15pm (Metacognitive Study Strategies) & 2) Keep studying for Quiz 1 with Quiz 1 Self-test <i>Fri (2/3):</i> 1) Quiz 1 (Metacognitive Study Strategies) opens on Canvas <u>Quizzes link at Noon</u> & 2) Complete Metacognitive Study Strategies OP Assignment on Canvas <u>Assignments link by 11:59pm</u> <i>Sat (2/4):</i> Remember to take some time to relax & do what you love! <i>Sun (2/5):</i> Take Quiz 1 on Canvas <u>Quizzes link by Noon</u> | OPTIONAL: <i>Quiz 1 Self-test due by 11:59pm on Thu (2/2)</i> , submit on Canvas <u>Assignments link</u> |
| <i>Week 3:</i> M 2/6 – Sun 2/12 | <i>Mon (2/6):</i> Read any assigned articles (see corresponding Module on Canvas) <i>Tue (2/7):</i> 1) Attend in-person meeting from 12:00-1:15pm (Quiz 1 Review & Intro to Motivation) & 2) Begin studying for Quiz 2 (Intro to Motivation & Self-regulation) with Quiz 2 Self-test <i>Wed (2/8):</i> Keep studying for Quiz 2 with Quiz 2 Self-test <i>Thu (2/9):</i> 1) Attend in-person meeting from 12:00-1:15pm (Self-regulation) & 2) Keep studying for Quiz 2 with Quiz 2 Self-test <i>Fri (2/10):</i> 1) Quiz 2 (Intro to Motivation & Self-regulation) opens on Canvas <u>Quizzes link at Noon</u> & 2) Complete Self-regulation OP Assignment on Canvas <u>Assignments link by 11:59pm</u> <i>Sat (2/11):</i> Remember to take some time to relax & do what you love! <i>Sun (2/12):</i> Take Quiz 2 on Canvas <u>Quizzes link by Noon</u> | OPTIONAL: <i>Quiz 2 Self-test due by 11:59pm on Thu (2/9)</i> , submit on Canvas <u>Assignments link</u> |
| <i>Week 4:</i> M 2/13 – Sun 2/19 | <i>Mon (2/13):</i> Read any assigned articles (see corresponding Module on Canvas) <i>Tue (2/14):</i> 1) Attend in-person meeting from 12:00-1:15pm (Quiz 2 Review & Mindsets) & 2) Begin studying for Quiz 3 (Mindsets) with Quiz 3 Self-test <i>Wed (2/15):</i> Keep studying for Quiz 3 with Quiz 3 Self-test <i>Thu (2/16):</i> 1) Attend in-person meeting from 12:00-1:15pm (Mindsets) & 2) Keep studying for Quiz 3 with Quiz 3 Self-test <i>Fri (2/17):</i> 1) Quiz 3 (Mindsets) opens on Canvas <u>Quizzes link at Noon</u> & 2) Complete Mindsets OP Assignment on Canvas <u>Assignments link by 11:59pm</u> <i>Sat (2/18):</i> Remember to take some time to relax & do what you love! <i>Sun (2/19):</i> Take Quiz 3 on Canvas <u>Quizzes link by Noon</u> | OPTIONAL: <i>Quiz 3 Self-test due by 11:59pm on Thu (2/16)</i> , submit on Canvas <u>Assignments link</u> |

| Week | Tasks broken down by Day | Additional Tasks & Due Dates |
|---|--|--|
| <p><i>Week 5:</i> M 2/20 – Sun 2/26</p> | <p><i>Mon (2/20):</i> Read any assigned articles (see corresponding Module on Canvas) <i>Tue (2/21):</i> 1) Attend in-person meeting from 12:00-1:15pm (Quiz 3 Review & Attributions) & 2) Begin studying for Quiz 4 (Attributions) with Quiz 4 Self-test <i>Wed (2/22):</i> Keep studying for Quiz 4 with Quiz 4 Self-test <i>Thu (2/23):</i> 1) Attend in-person meeting from 12:00-1:15pm (Attributions) & 2) Keep studying for Quiz 4 with Quiz 4 Self-test <i>Fri (2/24):</i> 1) Quiz 4 (Attributions) opens on Canvas <u>Quizzes link at Noon</u> & 2) <u>Complete Attributions OP Assignment on Canvas Assignments link by 11:59pm</u> <i>Sat (2/25):</i> Remember to take some time to relax & do what you love! <i>Sun (2/26):</i> <u>Take Quiz 4 on Canvas Quizzes link by Noon</u></p> | <p>OPTIONAL: <i>Quiz 4 Self-test due by 11:59pm on Thu (2/23)</i>, submit on Canvas <i>Assignments link</i></p> |
| <p><i>Week 6:</i> M 2/27 – Sun 3/5</p> | <p><i>Mon (2/27):</i> Read any assigned articles (see corresponding Module on Canvas) <i>Tue (2/28):</i> 1) Attend in-person meeting from 12:00-1:15pm (Quiz 4 Review & Praise) & 2) Begin studying for Quiz 5 (Praise & Modeling) with Quiz 5 Self-test <i>Wed (3/1):</i> Keep studying for Quiz 5 with Quiz 5 Self-test <i>Thu (3/2):</i> 1) Attend in-person meeting from 12:00-1:15pm (Modeling) & 2) Keep studying for Quiz 5 with Quiz 5 Self-test <i>Fri (3/3):</i> 1) Quiz 5 (Praise & Modeling) opens on Canvas <u>Quizzes link at Noon</u> 2) <u>Complete Praise & Modeling OP Assignment on Canvas Assignments link by 11:59pm</u> <i>Sat (3/4):</i> Remember to take some time to relax & do what you love! <i>Sun (3/5):</i> <u>Take Quiz 5 on Canvas Quizzes link by Noon</u></p> | <p>OPTIONAL: <i>Quiz 5 Self-test due by 11:59pm on Thu (3/2)</i>, submit on Canvas <i>Assignments link</i></p> |
| <p><i>Week 7:</i> M 3/6 – Sun 3/12</p> | <p><i>Mon (3/6):</i> Read any assigned articles (see corresponding Module on Canvas) <i>Tue (3/7):</i> 1) Attend in-person meeting from 12:00-1:15pm (Quiz 5 Review, Facility Pitch Instructions, & Affect) & 2) Begin studying for Quiz 6 with Quiz 6 Self-test <i>Wed (3/8):</i> Keep studying for Quiz 6 with Quiz 6 Self-test <i>Thu (3/9):</i> 1) Attend in-person meeting from 12:00-1:15pm (Affect) & 2) Keep studying for Quiz 6 with Quiz 6 Self-test <i>Fri (3/10):</i> 1) Quiz 6 (Affect) opens on Canvas <u>Quizzes link at Noon</u> & 2) <u>Complete Facility Pitch FD Assignment on Canvas Assignments link by 11:59pm</u> <i>Sat (3/11):</i> Remember to take some time to relax & do what you love! <i>Sun (3/12):</i> <u>Take Quiz 6 on Canvas Quizzes link by Noon</u></p> | <p>OPTIONAL: <i>Quiz 6 Self-test due by 11:59pm on Thu (3/9)</i>, submit on Canvas <i>Assignments link</i></p> <p>OPTIONAL: <i>Early deadline to submit Facility Pitch is 11:59pm on Thu (3/9)</i></p> |
| <p><i>Week 8:</i> M 3/13 – Sun 3/19</p> | <p><i>Mon (3/13):</i> Read any assigned articles (see corresponding Module on Canvas) <i>Tue (3/14):</i> 1) Attend in-person meeting from 12:00-1:15pm (Quiz 6 Review & Goal Orientations) & 2) Begin studying for Quiz 7 (Goal Orientations) with Quiz 7 Self-test <i>Wed (3/15):</i> Keep studying for Quiz 7 with Quiz 7 Self-test <i>Thu (3/16):</i> 1) Attend in-person meeting from 12:00-1:15pm (Goal Orientations) & 2) Keep studying for Quiz 7 with Quiz 7 Self-test <i>Fri (3/17):</i> 1) Quiz 7 (Goal Orientations) opens on Canvas <u>Quizzes link at Noon</u> & 2) <u>Complete Goal Orientations OP Assignment on Canvas Assignments link by 11:59pm</u> <i>Sat (3/18):</i> Remember to take some time to relax & do what you love! <i>Sun (3/19):</i> <u>Take Quiz 7 on Canvas Quizzes link by Noon</u></p> | <p>OPTIONAL: <i>Quiz 7 Self-test due by 11:59pm on Thu (3/16)</i>, submit on Canvas <i>Assignments link</i></p> |

| Week | Tasks broken down by Day | Additional Tasks & Due Dates |
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| <p><i>Week 9:</i> M 3/20 – Sun 3/26</p> | <p><i>Mon (3/20): Relax, NO TASKS</i> <i>Tue (3/21): 1) Attend in-person meeting from 12:00-1:15pm (Quiz 7 Review, Motivation Research Plan Instructions & Motivational Research)</i> <i>Wed (3/22): Remember to take some time to relax & do what you love!</i> <i>Thu (3/23): 1) Attend in-person meeting from 12:00-1:15pm (Motivational Research)</i> <i>Fri (3/24): Complete Motivation Research Plan FD Assignment on Canvas Assignments link by 11:59pm</i> <i>Sat (3/25): Relax, NO TASKS</i> <i>Sun (3/26): Relax, NO TASKS</i></p> | <p>OPTIONAL: <i>Early deadline to submit Motivation Research Plan is 11:59pm on Thu (3/23)</i></p> |
| <p><i>Week 10:</i> M 3/27 – Sun 4/2</p> | <p style="text-align: center;">SPRING BREAK – NO MEETINGS or TASKS</p> | |
| <p><i>Week 11:</i> M 4/3 – Sun 4/9</p> | <p><i>Mon (4/3): Read any assigned articles (see corresponding Module on Canvas)</i> <i>Tue (4/4): 1) Attend in-person meeting from 12:00-1:15pm (Extrinsic/ Intrinsic Motivation) & 2) Begin studying for Quiz 8 (Extrinsic/Intrinsic Motivation) with Quiz 8 Self-test</i> <i>Wed (4/5): Keep studying for Quiz 8 with Quiz 8 Self-test</i> <i>Thu (4/6): 1) Attend in-person meeting from 12:00-1:15pm (Extrinsic/ Intrinsic Motivation) & 2) Keep studying for Quiz 8 with Quiz 8 Self-test</i> <i>Fri (4/7): 1) Quiz 8 (Extrinsic/Intrinsic Motivation) opens on Canvas Quizzes link at Noon & 2) Complete Extrinsic/Intrinsic Motivation OP Assignment on Canvas Assignments link by 11:59pm</i> <i>Sat (4/8): Remember to take some time to relax & do what you love!</i> <i>Sun (4/9): Take Quiz 8 on Canvas Quizzes link by Noon</i></p> | <p>OPTIONAL: <i>Quiz 8 Self- test due by 11:59pm on Thu (4/6), submit on Canvas Assignment link</i></p> |
| <p><i>Week 12:</i> M 4/10 – Sun 4/16</p> | <p><i>Mon (4/10): Read any assigned articles (see corresponding Module on Canvas)</i> <i>Tue (4/11): 1) Attend in-person meeting from 12:00-1:15pm (Quiz 8 Review & Interest) & 2) Begin studying for Quiz 9 (Interest) with Quiz 9 Self-test</i> <i>Wed (4/12): Keep studying for Quiz 9 with Quiz 9 Self-test</i> <i>Thu (4/13): 1) Attend in-person meeting from 12:00-1:15pm (Interest) & 2) Keep studying for Quiz 9 with Quiz 9 Self-test</i> <i>Fri (4/14): 1) Quiz 9 (Interest) opens on Canvas Quizzes link at Noon & 2) Complete Interest OP Assignment on Canvas Assignments link by 11:59pm</i> <i>Sat (4/15): Remember to take some time to relax & do what you love!</i> <i>Sun (4/16): Take Quiz 9 on Canvas Quizzes link by Noon</i></p> | <p>OPTIONAL: <i>Quiz 9 Self- test due by 11:59pm on Thu (4/13), submit on Canvas Assignments link</i></p> |
| <p><i>Week 13:</i> M 4/17 – Sun 4/23</p> | <p><i>Mon (4/17): Read any assigned articles (see corresponding Module on Canvas)</i> <i>Tue (4/18): 1) Attend in-person meeting from 12:00-1:15pm (Quiz 9 Review, Presentation Rough Draft Instructions, & Leadership) & 2) Begin studying for Quiz 10 (Leadership & Environments) with Quiz 10 Self-test</i> <i>Wed (4/19): Keep studying for Quiz 10 with Quiz 10 Self-test</i> <i>Thu (4/20): 1) Attend in-person meeting from 12:00-1:15pm (Environments) & 2) Keep studying for Quiz 10 with Quiz 10 Self-test</i> <i>Fri (4/21): 1) Quiz 10 (Leadership & Environments) opens on Canvas Quizzes link at Noon & 2) Complete Presentation Rough Draft FD Assignment on Canvas Assignments link by 11:59pm</i> <i>Sat (4/22): Remember to take some time to relax & do what you love!</i> <i>Sun (4/23): Take Quiz 10 on Canvas Quizzes link by Noon</i></p> | <p>OPTIONAL: <i>Quiz 10 Self- test due by 11:59pm on Thu (4/20), submit on Canvas Assignments link</i></p> <p>OPTIONAL: <i>Early deadline to submit Pres. Rough Draft is 11:59pm on Thu (4/20)</i></p> |

| Week | Tasks broken down by Day | Additional Tasks & Due Dates |
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| <p><i>Week 14:</i> M 4/24 – Sun 4/30</p> | <p><i>Mon (4/24):</i> Read any assigned articles (see corresponding Module on Canvas) <i>Tue (4/25):</i> Attend in-person meeting from 12:00-1:15pm (Quiz 10 Review & Expectancy-Value Theory) & 2) Begin studying for Quiz 11 (Expectancy-Value Theory) with Quiz 11 Self-test <i>Wed (4/26):</i> Keep studying for Quiz 11 with Quiz 11 Self-test <i>Thu (4/27):</i> 1) Attend in-person meeting from 12:00-1:15pm (Expectancy-Value Theory) & 2) Keep studying for Quiz 11 with Quiz 11 Self-test <i>Fri (4/28):</i> 1) Quiz 11 (Expectancy-Value Theory) opens on Canvas Quizzes link at Noon & 2) Complete Self-regulation Follow-up OP Assignment on Canvas Assignments link by 11:59pm <i>Sat (4/29):</i> Remember to take some time to relax & do what you love! <i>Sun (4/30):</i> Take Quiz 11 on Canvas Quizzes link by Noon</p> | <p>OPTIONAL: <i>Quiz 11 Self-test due by 11:59pm on Thu (4/27), submit on Canvas Assignments link</i></p> |
| <p><i>Week 15:</i> M 5/1 – Sun 5/7</p> | <p><i>Mon (5/1):</i> Complete Presentation Final Draft FD Assignment (ONLY R1 presenters!) on Canvas Assignments link by 11:59pm <i>Tue (5/2):</i> 1) Attend in-person meeting from 12:00-1:15pm (Quiz 11 Review & FD Presentations R1) & 2) Complete Peer Evaluations for R1 in person by end of meeting <i>Wed (5/3):</i> Complete Presentation Final Draft FD Assignment (ONLY R2 presenters!) on Canvas Assignments link by 11:59pm <i>Thu (5/4):</i> 1) Attend in-person meeting from 12:00-1:15pm (FD Presentations R2) & 2) Complete Peer Evaluations for R2 in person by end of meeting <i>Fri (5/5):</i> Relax, NO TASKS <i>Sat (5/6):</i> Relax, NO TASKS <i>Sun (5/7):</i> Relax, NO TASKS</p> | <p>OPTIONAL: <i>Early deadline to submit Pres. Final Draft for R1 presenters is 11:59pm on Sun (4/30)</i></p> <p>OPTIONAL: <i>Early deadline to submit Pres. Final Drafts for R2 presenters is 11:59pm on Tue (5/2)</i></p> |
| <p><i>Week 16:</i> M 5/8 – Sun 5/14</p> | <p><i>Mon (5/8):</i> Complete Presentation Final Draft FD Assignment (ONLY R3 presenters!) on Canvas Assignments link by 11:59pm <i>Tue (5/9):</i> 1) Attend in-person meeting from 12:00-1:15pm (FD Presentations R3) & 2) Complete Peer Evaluations for R3 in person by end of meeting <i>Wed (5/10):</i> Complete Presentation Final Draft FD Assignment (ONLY R4 presenters!) on Canvas Assignments link by 11:59pm <i>Thu (5/11):</i> 1) Attend in-person meeting from 12:00-1:15pm (FD Presentations R4) & 2) Complete Peer Evaluations for R4 in person by end of meeting <i>Fri (5/12):</i> Relax, NO TASKS <i>Sat (5/13):</i> Relax, NO TASKS <i>Sun (5/14):</i> Relax, NO TASKS</p> | <p>OPTIONAL: <i>Early deadline to submit Pres. Final Drafts for R3 presenters is 11:59pm on Sun (5/7)</i></p> <p>OPTIONAL: <i>Early deadline to submit Pres. Final Drafts for R4 presenters is 11:59pm on Tue (5/9)</i></p> |
| <p><i>Final week:</i> Thu 5/18 9:45am – 12:00pm</p> | <p><i>Mon (5/15):</i> Relax, NO TASKS <i>Tue (5/16):</i> Relax, NO TASKS <i>Wed (5/17):</i> Complete Presentation Final Draft FD Assignment (ONLY R5 presenters!) on Canvas Assignments link by 11:59pm <i>Thu (5/18):</i> 1) Attend in-person meeting from 9:45am-12:00pm (FD Presentations R5) & 2) Complete Peer Evaluations for R5 in person by end of meeting</p> | <p>OPTIONAL: <i>Early deadline to submit Pres. Final Drafts for R5 presenters is 11:59pm on Tue (5/16)</i></p> |