

**George Mason University**  
**College of Education and Human Development**  
**Educational Psychology**

**EDEP 350, Section 001**  
Perspectives on Achievement Motivation

3 credits, Spring 2024  
Tuesday/Thursday 10:30 – 11:45 a.m.  
Thompson Hall Room L018—Fairfax Campus

**Faculty**

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**Prerequisites/Corequisites**

None

**University Catalog Course Description**

Focuses on theories and concepts of human achievement motivation; and examines strategies, techniques and interventions that promote and sustain motivation in formal and informal learning contexts.

**Mason Core**

EDEP 350 course fulfills the Mason Core Social and Behavioral Sciences requirement and addresses the following learning outcomes:

1. Explain how individuals, groups or institutions are influenced by contextual factors
2. Demonstrate awareness of changes in social and cultural constructs
3. Use appropriate methods and resources to apply social and behavioral science concepts, terminology, principles and theories in the analysis of significant human issues, past or present.

For more information please see Mason Core website, <https://catalog.gmu.edu/mason-core/>

**Course Delivery Method**

This course will be delivered using lecture, discussions, and small and large group activities. This course is structured around readings, reflections on readings, class projects, technology activities, and writing assignments. The course is technology-enhanced using Blackboard (<http://mymason.gmu.edu>). Students are responsible for any information posted on the course site.

**Learner Outcomes or Objectives**

This course is designed to enable students to do the following:

1. describe the important characteristics of historical and contemporary theories of motivation
2. discuss the motivational theories and concepts as they pertain to instructional design
3. produce appropriate strategies for enhancing learner motivation in light of motivational problems
4. describe ways of measuring the motivational effectiveness of instruction
5. develop an understanding of the role of motivation in their own learning and performance
6. develop a personal approach for enhancing motivation in themselves and others

7. understand the role of goals, emotions, and beliefs on learner motivation
8. explain how individuals are influenced by contextual factors
9. demonstrate awareness of changes in social and cultural constructs
10. use appropriate methods and resources to apply social and behavioral science concepts, terminology, principles and theories in the analysis of significant human issues, past or present
11. develop and reinforce their critical thinking, problem solving, oral and writing skills

### Professional Standards

Upon completion of this course, students will have met the following program standards:

- **Standard 1.** Candidates will use their knowledge and skills to apply concepts, principles, and theories of learning, cognition, motivation, and development to analyze and design innovative educational activities in diverse applied settings.
- **Standard 4.** Candidates will demonstrate oral and written communication relevant to educational psychology, including knowledge and use of APA style and professional formats (e.g., oral presentations, poster presentations, article abstracts, literature reviews, research proposals, reports).
- **Standard 5.** Candidates will demonstrate professional dispositions relevant to educational psychology such as critical thinking, collaboration, interpersonal communication, intercultural competence, ethical leadership, professionalism, and technological skills.

### Required Texts

Wentzel, K. (2021). *Motivating students to learn (5<sup>th</sup> edition)*. Routledge.

*Additional journal articles and book chapters will be made available electronically.*

### Recommended Texts

American Psychological Association. (2020). *Publication manual of the American Psychological Association 2020: The official guide to APA style (7th ed.)*. American Psychological Association.

### Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, VIA, hard copy).

#### *Attendance and Participation (10%)*

Because of the importance of lecture and classroom discussions to students' total learning experience, each student is expected to come to class on time and participate in class discussions and activities. Assigned readings are to be completed before class. Attendance, punctuality, preparation, and active contribution to small and large group activities are essential. In the event students miss a class, the professor should be notified, preferably in advance, and the student is responsible for any assignments and materials passed out or discussed that day. The student is also responsible for posting a substantive reaction to the assigned readings on the relevant Blackboard discussion form with MISSED CLASS as part of the subject line and the student is encouraged to respond to other students who posted to the discussion forum for that class session. Students will lose one attendance point for each unexcused class absence. Two absences without penalty are permitted (See Appendix A for additional points related to attendance and participation).

**Reflections and Mini-Assignments (10%)**

Students are expected to post weekly brief reflections on the assigned course readings and or respond to specific mini-assignment prompts from the instructor on Blackboard. Students are encouraged to use these weekly reflections to raise questions and make connections between the course content and their own experiences. Reflections/mini-assignments are to be posted on Blackboard by midnight on the DAY prior to each class (i.e., Monday midnight or Wednesday midnight). Students may miss two weekly reflections without penalty and or post two reflections/mini-assignments late without penalty.

**Exams (10% each—30% Total)**

Three exams will be given, as indicated in the course schedule, assessing material discussed in class and in course readings. These exams may include multiple choice, short answer questions, and essay/case analysis questions. Make-up exams will only be scheduled for valid excused absences. Prior notification is required.

**Motivation Self Change Project (25%)**

Before attempting to change or support the motivation of others, it is important to try out and understand how the various motivation theories and concepts apply to oneself. For the Motivation Self Change Project, students are expected to identify a personal goal that can be accomplished in about a two-week period. Based on the identified goal, each student will design a motivational intervention to administer to his/herself, recording at least a brief paragraph reflection on the progress made (or not made) toward the identified goal on at least 10 of these 14 days of the intervention. For this assignment, students are expected to submit: (1) The motivation diary (and evidence of any collected data) and (2) a theoretically-grounded report summarizing and analyzing the intervention. See Appendix B for complete guidelines and rubric.

**Motivation Autobiography (25%)**

Students think more deeply about material, and learn it better, when it is personally meaningful. This takes effort and exploration. To facilitate this process, each student is to write a motivation autobiography identifying (a) who he/she is today and who/what have been the major motivational influences in his/her life to this point (both good and bad), (b) where the student would like to go (e.g., one area in his/her life he/she would like to change/improve), and (c) how he/she will accomplish this goal (cite specific strategies to accomplish this change). More detailed guidelines and rubric are provided in Appendix C.

**Grading**

Students' final grade for this class will be based on the following:

A+ = 98 – 100%	A = 93 – 97.99%	A- = 90 – 92.99%
B+ = 88 – 89.99%	B = 83 – 87.99%	B- = 80 – 82.99%
C = 70 – 79.99%	D = 60 – 69.99%	F < 70%

**Professional Dispositions**

See <https://cehd.gmu.edu/students/policies-procedures/>

**Core Values Commitment**

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

## GMU Policies and Resources for Students

### *Policies*

- Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/> ).
  - Students must not give or receive unauthorized assistance.
  - Plagiarism is also a violation of the honor code. Please note that:
    - “Plagiarism encompasses the following:
      1. Presenting as one's own the words, the work, or the opinions of someone else without proper acknowledgment.
      2. Borrowing the sequence of ideas, the arrangement of material, or the pattern of thought of someone else without proper acknowledgment.”
 (from Mason Honor Code online at <http://mason.gmu.edu/~montecin/plagiarism.htm>)
    - Paraphrasing involves taking someone else’s ideas and putting them in your own words. When you paraphrase, you need to cite the source.
    - When material is copied word for word from a source, it is a direct quotation. You must use quotation marks (or block indent the text) and cite the source.
    - Electronic tools (e.g., SafeAssign) may be used to detect plagiarism if necessary.
    - Plagiarism and other forms of academic misconduct are treated seriously and may result in disciplinary actions.
  - The purpose of this course is to help you understand theories and concepts related to motivation, including how they are studied and how they relate to relevant personal contexts. The use of Generative AI (e.g., ChatGPT) is strongly discouraged. When explicitly stated by the instructor or suggested and discussed in advance with the class, Generative AI tools may be allowed or encouraged on named assignments or activities. When Generative AI is used, a clear account of how Generative AI was used and citation of the tool used is required. It is the professor’s discretion to downgrade work that uses Generative AI if the resulting work does not sufficiently reflect the students’ own thinking and writing. Using Generative AI on any assignment not specified and or not reporting use of Generative AI is considered a violation of the Academic Integrity policy.
  
- Students must follow the university policy for Responsible Use of Computing (see <https://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
  
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.
  
- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <https://ds.gmu.edu/>).
  
- Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

*Campus Resources*

- Support for submission of assignments to VIA should be directed to [viahelp@gmu.edu](mailto:viahelp@gmu.edu) or <https://cehd.gmu.edu/aero/assessments> . Questions or concerns regarding use of Blackboard should be directed to <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

**Notice of mandatory reporting of sexual assault, sexual harassment, interpersonal violence, and stalking:**

As a faculty member, I am designated as a “Non-Confidential Employee,” and must report all disclosures of sexual assault, sexual harassment, interpersonal violence, and stalking to Mason’s Title IX Coordinator per [University Policy 1202](#). If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as [Student Support and Advocacy Center](#) (SSAC) at 703-380-1434 or [Counseling and Psychological Services](#) (CAPS) at 703-993-2380. You may also seek assistance or support measures from Mason’s Title IX Coordinator by calling 703-993-8730, or emailing [titleix@gmu.edu](mailto:titleix@gmu.edu).

**For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/students/> .**

**ADDITIONAL CLASS POLICIES*****Paper Format***

All papers submitted should adhere to the following guidelines:

- 1 inch margins on all sides, double-spaced, 12-point Times New Roman font.
- Separate title page including the following: title, name, date, professor, course number.
- Formatted in APA style and proofread for spelling, grammar, and clarity errors.

***Late Assignments***

Unless otherwise indicated, assignments are due at the start of class on the assigned due date and are to be posted on Blackboard. Late assignments will be marked down by half a letter grade for each day the assignment is late.

***Electronic Device Use in Class***

During class time, please refrain from checking email or conducting activities on the computer, cell phone or other electronic device that are not directly related to the class session.

***Class Environment***

Help to foster a positive learning environment by respecting the opinions and contributions of others. Also, cell phones should be turned off or put on silent mode so as to not affect the learning of those around you.

***Use of Generative AI***

The purpose of this course is to help you understand theories and concepts related to motivation, including how they are studied and how they relate to relevant personal contexts. The use of Generative AI (e.g., ChatGPT) is strongly discouraged. When explicitly stated by the instructor or suggested and

discussed in advance with the class, Generative AI tools may be allowed or encouraged on named assignments or activities. When Generative AI is used, a clear account of how Generative AI was used and citation of the tool used is required. It is the professor's discretion to downgrade work that uses Generative AI if the resulting work does not sufficiently reflect the students' own thinking and writing. Using Generative AI on any assignment not specified and or not reporting use of Generative AI is considered a violation of the Academic Integrity policy.

## Class Schedule

Week	Topic	Assigned Readings	Assignment Due
Week 1	Course Overview	1/16— <i>asynchronous</i> —see Blackboard for activities  Wentzel (2021) Chapter 1	Discussion Boards: Introduction; Video Discussion  Weekly Reflection #1 Due 1/19
	History & Introduction to Motivation	1/18  Pintrich & Schunk (2002) Chapter 1 (skim for overview of history and research methodology)  Usher, E. L. (2018). Acknowledging the whiteness of motivation research: Seeking cultural relevance. <i>Educational Psychologist</i> , 53, 131-144. DOI: 10.1080/00461520.2018.1442220	
<b>What is it that I Want to Do?</b>			
Week 2	Goal Content and Goal Setting	1/23  Wentzel (2021) Chapter 2: pp. 17-30  Bronk, K. C., Hill, P. L., Lapsley, D. K., Talib, T. L., & Finch, H. (2009). Purpose, hope, and life satisfaction in three age groups. <i>The Journal of Positive Psychology</i> , 4(6), 500-510. doi:http://dx.doi.org/10.1080/17439760903271439	Weekly Reflection #2
		1/25— <i>asynchronous</i> —see Blackboard for activities  Koo, M., & Fishbach, A. (2008). Dynamics of self-regulation: How (un)accomplished goal actions affect motivation. <i>Journal of Personality and Social Psychology</i> , 94, 183–195.	
Week 3	Goals and Self-Regulation	1/30  Cleary, T. J., & Zimmerman, B. J. (2004) Self-regulation empowerment program: A school-based program to enhance self-regulated and self-motivated cycles of student learning. <i>Psychology in the Schools</i> , 41, 537-550.	Weekly Reflection #3
	Goal Orientations and Goal Structures	2/1  Wentzel (2021) Chapter 2: pp. 30-52	

Week 4	Goal Orientations and Goal Structures (continued)	2/6  Patrick, H., Anderman, L. H., Ryan, A. M., Edelin, K., & Midgley, C. (2002). Teachers' communication of goal orientations in four fifth-grade classrooms. <i>Elementary School Journal</i> , 102, 35-58.	
<b>What Am I Supposed to Do?</b>			
Week 4	Extrinsic Goals and Incentives	2/8  Wentzel (2021) Chapter 3 53-71	Weekly Reflection #4
Week 5	Extrinsic Goals and Incentives (continued)	2/13  Sigler, E. A., & Aamidor, S. (2005). From positive reinforcement to positive behaviors: An everyday guide for the practitioner. <i>Early Childhood Education Journal</i> 32(4):249-253 DOI: <a href="https://doi.org/10.1007/s10643-004-0753-9">10.1007/s10643-004-0753-9</a>	Weekly Reflection #5
		2/15  Wentzel (2021) Chapter 3, pp. 71-80 TBD  Catch up and Review	
<b>Is This Important and Enjoyable to Do?</b>			
Week 6	Exam  Intrinsic Motivation and Values: Flow, Self-Determination Theory, Expectancy-Value Theory	2/20  <b>Exam # 1</b>	Weekly Reflection #6
		2/22  Wentzel (2021) Chapter 4, pp. 87-98  Csikszentmihalyi, M. (1975). Play and intrinsic rewards. <i>Journal of Humanistic Psychology</i> , 15(3), 41–63. <a href="https://doi.org/10.1177/002216787501500306">https://doi.org/10.1177/002216787501500306</a>	
Week 7	Intrinsic Motivation and Values: Flow, Self-Determination Theory, Expectancy-Value Theory	2/27  Wentzel (2021) Chapter 4, pp. 98-115  <u>Read 1 of the following:</u>  Iyengar, S. S., & Lepper, M. R. (2000). When choice is demotivating: Can one desire too much of a good	Weekly Reflection #7



	(continued)	<p>thing? <i>Journal of Personality and Social Psychology</i>, 79(6), 995-1006.</p> <p>Reeve, J., &amp; Jang, H. (2006). What teachers say and do to support students' autonomy during a learning activity. <i>Journal of Educational Psychology</i>, 98(1), 209-218. doi:http://dx.doi.org/10.1037/0022-0663.98.1.209</p> <p>Harackiewicz et al. (2012). Helping parents to motivate adolescents in mathematics and science: An experimental test of a utility-value. <i>Psychological Science</i>, 23(8), 1-8. doi: 10.1177/0956797611435530</p>	
<b>Can I Do It? What Causes Success and Failure?</b>			
Week 7	Self-Efficacy/ Competence Beliefs, Attribution Theory & Implicit Theories of Intelligence	<p>2/29</p> <p>Wentzel (2021) Chapter 6 pp. 155-171</p> <p>Butz, A. R., &amp; Usher, E. L. (2015). Salient sources of early adolescents' self-efficacy in two domains. <i>Contemporary Educational Psychology</i>, 42, 49-61. <a href="http://dx.doi.org/10.1016/j.cedpsych.2015.04.001">http://dx.doi.org/10.1016/j.cedpsych.2015.04.001</a></p>	Weekly Reflection #7
	<b>No Class</b>	<b>Spring Break 3/4-3/8</b>	
Week 8	Attribution Theory & Implicit Theories of Intelligence (continued)	<p>3/12</p> <p>Graham, S., &amp; Barker, G. P. (1990). The down side of help: An attributional-developmental analysis of helping behavior as a low-ability cue. <i>Journal of Educational Psychology</i>, 82, 7-14.</p> <p>Dweck &amp; Yeager (2019). Mindsets from two eras. <i>Perspectives on Psychological Science</i>, 14, 481-496. <a href="https://doi.org/10.1177/1745691618804166">https://doi.org/10.1177/1745691618804166</a></p>	Weekly Reflection #8

	Supporting Students Confidence	<p>3/14</p> <p>Wentzel (2021) Chapter 6 pp. 171-194</p> <p><u>Read 2 of the following:</u></p> <p>Huang, X., Mayer, R., &amp; Usher, E. (2020). Better together: Effects of four self-efficacy-building strategies on online statistical learning. <i>Contemporary Educational Psychology, 63</i>, 101924-  <a href="https://doi.org/10.1016/j.cedpsych.2020.101924">https://doi.org/10.1016/j.cedpsych.2020.101924</a>.</p> <p>Dryden, R. P. et al. (2021). An attribution-based motivation treatment to assist first-generation college students reframe academic setbacks. <i>Contemporary Educational Psychology, 64</i>, 101938- .  <a href="https://doi.org/10.1016/j.cedpsych.2020.101938">https://doi.org/10.1016/j.cedpsych.2020.101938</a>.</p> <p>Paunesku, D., Walton, G., Romero, C., Smith, E., Yeager, D., &amp; Dweck, C. (2015). Mind-set interventions are a scalable treatment for academic underachievement. <i>Psychological Science, 26</i>(6), 784-793. doi:<a href="http://dx.doi.org/10.1177/0956797615571017">http://dx.doi.org/10.1177/0956797615571017</a></p>	
Week 9	Supporting Students Confidence	<p><b>3/19—asynchronous—see Blackboard for activities</b></p> <p>Application activity</p> <hr/> <p>3/21</p> <p>Catch up and Review</p>	Weekly Reflection #9
Week 10		<p>3/26</p> <p><b>Exam #2</b></p>	
<b>How Do I Feel?</b>			
Week 10	Emotion and Motivation	<p><b>3/28—asynchronous—see Blackboard for activities</b></p> <p>Linnenbrink-Garcia, L. Patall, E. A., &amp; Pekrun, R. (2016). Adaptive motivation and emotion in education: Research and principles for instructional design. <i>Policy Insights from the Behavioral and Brain Sciences, 3</i>(2) 228–236. DOI: 10.1177/2372732216644450</p> <p>Pekrun et al. (2014). The power of anticipated feedback: Effects on students’ achievement goals and</p>	<p>Weekly Reflection #10</p> <p><b>Motivation Self-Change Project due 3/29</b></p>

		achievement emotions. <i>Learning and Instruction</i> , 29, 115-124.	
<b>Does Anybody Care? What Social Structures Support My Motivation?</b>			
Week 11	Relationships and Classroom Community: Teacher and Peers	4/2 Wentzel (2021) Chapter 7  4/4 <u>Read ONE of the following:</u>  Rogers, T., & Feller, A. (2016). Discouraged by peer excellence: Exposure to exemplary peer performance causes quitting. <i>Psychological science</i> , 1-10. doi:10.1177/0956797615623770  Walton, G. M., & Cohen, G. L. (2011). A brief social-belonging intervention improves academic and health outcomes of minority students. <i>Science</i> , 331(6023), 1447-1451. doi:10.1126/science.1198364	Weekly Reflection #11
Week 12	Relationships and Classroom Community: Teacher and Peers (continued)	4/9 Patrick, H., Turner, J. C., Meyer, D. K., & Midgley, C. (2003). How teachers establish psychological environments during the first days of school: associations with avoidance in mathematics. <i>Teachers College Record</i> , 105, 1521–1558.  Kumar, R., Zusho, A., & Bondie, R. (2018). Weaving cultural relevance and achievement motivation into inclusive classroom cultures. <i>Educational Psychologist</i> , 53, 78-96, DOI: 10.1080/00461520.2018.1432361  4/11—asynchronous—see Blackboard for activities (Dr. Buehl attending AERA)  Gray, D. L., Hope, E. C. & Matthews, J. S. (2018). Black and belonging at school: A case for interpersonal, instructional, and institutional opportunity structures. <i>Educational Psychologist</i> , 53, 97-113, DOI: 10.1080/00461520.2017.1421466	Weekly Reflection #12

		Graham, S. (2018). Race/ethnicity and social adjustment of adolescents: How (not if) school diversity matters. <i>Educational Psychologist</i> , 53, 64-77, DOI: 10.1080/00461520.2018.1428805	
Week 13	Family and Culture	4/16 Wentzel (2021) Chapter 10	Weekly Reflection #13
		4/18 Hoover-Dempsey, K. V., Walker, J. M. T., Sandler, H. M., Whetsel, D., Green, C. L., Wilkins, A. S., & Closson, K. (2010). Why do parents become involved in their children’s education? Implications for school counselors. <i>Professional School Counseling</i> .  Urduan, T., Solek, M., & Schoenfelder, E. (2007). Students' perceptions of family influences on their academic motivation: A qualitative analysis. <i>European Journal of Psychology of Education</i> , 22(1), 7-21. doi: 10.1007/BF03173686	
Week 14	Special Topics (TBD based on student input)	4/23 TBD	Weekly Reflection #14  <b>Motivation Autobiography due 5/2</b>
	Conclusions	4/25 Wentzel (2021) Chapter 12	
	<b>EXAM PERIOD</b>	<b>Exam #3</b>	<b>Tuesday, 5/7</b>

\*\*Post your choice of articles on Blackboard

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

**Appendix A**  
**Attendance & Participation Rubric (10%)**

Student participation is imperative to student learning and a successful class. The following rubric outlines how student participation scores will be determined in this course. All students are expected to demonstrate specific characteristics and actions throughout the semester. The quality and quantity of these actions will determine the points assigned for participation.

**Students are expected to:**

- a. Be punctual, present (in mind and body), and well prepared for class.
- b. Participate fully in class activities and assignments – take an active part in small and large group discussions (without dominating the conversations) and pay attention to class lectures.
- c. Make insightful comments, which are informed by required readings and demonstrate reflection on those readings. Specifically, students should come to class with questions, comments, and thoughts on the current readings.
- d. Treat class activities, group discussions, and class discussions as important components of the course, showing respect for fellow classmates and the course material.

**Each of these criteria will be assessed on a 5-point scale.**

- 4 = Student *consistently* demonstrated the criterion throughout the semester.
- 3 = Student *frequently* demonstrated the criterion throughout the semester.
- 2 = Student *intermittently* demonstrated the criterion throughout the semester.
- 1 = Student *rarely* demonstrated the criterion throughout the semester.
- 0 = Student *did not* demonstrate the criterion throughout the semester.

**Your participation grade will be calculated as the sum of points for each criterion.**

Criterion	Score
a)	
b)	
c)	
d)	
TOTAL	_____

## Appendix B

### Motivation Self Change Project (25%)

Before attempting to change or support the motivation of others, it is important to try out and understand how the various motivation theories and concepts apply to oneself. For this assignment, students are expected to identify a personal goal that can be a goal that can be accomplished in about a two-week period. Ideally, the goal represents a significant challenge—perhaps even something the student has attempted on multiple occasions but have failed at. Based on the identified goal, each student will design a motivational intervention to administer to his/herself. On at least 10 of the 14 days during the period of the intervention, record at least a brief paragraph reflecting on the progress made (or not made) toward the identified goal. Data collection is encouraged!

For this assignment, students are expected to submit:

1. The motivation diary (and evidence of collected data)
2. A theoretically-grounded report in which the student
  - a. summarizes the goal, the intervention, and the results of the intervention, and then
  - b. analyzes how successful the intervention was, discussing the reasons for its success/failure and specific actions that could make it stronger next time,
  - c. discusses how the intervention could be used in future personal or professional endeavors.

#### *Requirements:*

- Refer to and define relevant motivation theories and concepts, citing appropriate sources from the course reading list or from readings outside of the course (note: readings from outside of the course reading list are not required).
- The length of the report is up to the student but it would be difficult to adequately complete this assignment in fewer than 5 written pages.
- The motivation diary should contain at least 10 entries.
- Use APA style throughout the report. APA style is not necessary for the motivation diary entries.

**Motivation Self Change Project**

<b>Criteria</b>	<b>Outstanding (4)</b>	<b>Competent (3)</b>	<b>Minimal (2)</b>	<b>Unsatisfactory (1)</b>
<b>Content</b>				
<b>Motivation Diary</b>	Motivation diary included with 10 or more entries documenting progress toward the identified goal	Motivation diary included with 8-9 entries documenting progress toward the identified goal	Motivation diary included with fewer than 8 entries	No motivation diary submitted
<b>Summary</b> <ul style="list-style-type: none"> <li>Identify the goal</li> <li>Describe the intervention</li> <li>Describe the results of the intervention</li> </ul>	Summary fully addresses all 3 criteria. Goal is clearly stated, intervention is well described, results of intervention are well articulated.	Summary addressed all 3 criteria with some minor weaknesses. The goal of the intervention is stated, the intervention and results are described.	Significant weaknesses in 1 or 2 criteria	Significant weaknesses in all criteria. The summary is unacceptable.
<b>Analysis</b> <ul style="list-style-type: none"> <li>Address how successful the intervention was including <ul style="list-style-type: none"> <li>reasons for its success/failure</li> <li>specific actions that would strength it</li> <li>explanation of why those actions would be effective</li> </ul> </li> </ul>	Analysis is detailed and thorough addressing how and why it was successful (or not), as well specific, justified, actions that could be used to strength it	Analysis is provided with minor weaknesses in how and why it was successful (or not); actions to strength it are provided	Analysis of intervention is provided but lacks sufficient detail and depth in explaining why it was successful (or not); actions to strength it are limited	No analysis of the intervention is provided.
<b>Discussion of Relevant Course Theories and Concepts</b> <ul style="list-style-type: none"> <li>Discuss relevant theories and concepts from the course</li> <li>Provide definitions of concepts/theories discussed</li> </ul>	Relevant theories concepts are discussed with an appropriate level of detail. Concepts/theories are clearly defined and discussed	Relevant theories/concepts are discussed with few instances in which more, or less, detail is needed and or in inaccuracies in understanding of theories/ concepts	Multiple instances in which discussion of relevant theories/ concepts are not discussed in sufficient detail and or numerous inaccuracies in understanding of theories/ concepts	Relevant theories/concepts from class were not discussed.
<b>Implications</b> <ul style="list-style-type: none"> <li>Discusses how the intervention could be used in future personal or professional endeavors</li> </ul>	Discussion of implications for future personal and professional endeavors is thoughtfully discussed with specific examples	Discussion of implications for future personal and professional endeavors is addressed but some additional elaboration and or examples are needed	Significant weaknesses in the discussion of implications for future personal and professional endeavors; Few were identified and/or were inappropriate.	Report does not address how the intervention relates to future personal or professional endeavors

	<b>Outstanding (1)</b>	<b>Competent (.75)</b>	<b>Minimal (.5)</b>	<b>Unsatisfactory (.25)</b>
<b>Writing Style and Technical Merit (spelling, grammar, typographical errors)</b>	Paper is coherent, concise and well structured with a clear purpose; error free	Paper is coherent, concise and well structured with a clear purpose and few technical errors.	Paper conveys the main points of the topic but additional polish is needed; Several errors or incoherent sentences	Paper is incoherent and/or overly wordy with little structure or purpose; difficult to appreciate the content; Numerous technical errors
<b>Citation of sources, APA style, and paper guidelines</b>	Appropriate citation of sources and use of APA style and paper guidelines	A few missing citations and or instances of incorrect formatting and style	Several missing citations and or several instances of incorrect formatting and style	Lack of citations or use of APA style



## Appendix C

### Motivation Autobiography (25%)

Students think more deeply about material, and learn it better, when it is personally meaningful. This takes effort and exploration. To facilitate this process, each student is to write a motivation autobiography. In it, each student should identify (a) who he/she is today and who/what have been the major motivational influences in his/her life to this point (both good and bad), including discussion of specific contextual factors and social and cultural contexts, (b) where the student would like to go (e.g., one area in his/her life he/she would like to change/improve), and (c) how he/she will accomplish this goal (cite specific strategies to accomplish this change).

Note that Part A is the major part of the assignment, and should comprise 80-90% of the text. For Part B and C, students are welcome to refer to what worked (or did not work) for them in the Motivation Self Change Project. Through this assignment and other class exercises, students should appreciate the powerful role that motivation has had, does have, and will have in their lives as well as develop strategies for motivating themselves and others.

This assignment will require time and effort. Do not wait until the last two weeks of the semester to start. It will be much easier to assemble one's thoughts connections between one's experiences and course material are made throughout the entire semester. Students are encouraged to jot down ideas throughout the semester. This will assist in identifying a list of topics and connections relevant to one's own development.

Keep in mind that this is essentially a life story from a motivational perspective. If it is just an autobiography or just a review of motivational theories, that is not sufficient. It should be a review of major life events and motivators that is integrated with motivational topics covered this semester. Please see instructor with questions.

#### *Requirements:*

- Cite *at least* 5 research articles/studies (over and above the course text and notes) to support the discussion of major motivational influences in your life and/or goals for the future. These can be from class readings or outside reading on similar motivation topics.
- The length of the autobiography is up to the student but it would be difficult to adequately complete this assignment in fewer than 10 written pages.
- Use APA style throughout the paper.

**Motivation Autobiography**

<b>Criteria</b>	<b>Outstanding (4)</b>	<b>Competent (3)</b>	<b>Minimal (2)</b>	<b>Unsatisfactory (1)</b>
<b>Self Description/Story</b>	Detailed and thorough account of one's development is provided describing how the student progressed to who he/she is today	Account of development is provided including a description of how the student progressed to who he/she is today	Account of development is provided but does not provide sufficient detail to understand how the student progressed to who he/she is today	Account of development is not provided
<b>Identification of major life motivators</b>	Several major life motivators are identified with reference to multiple relevant motivational theories/concepts	Major life motivators are identified with reference to relevant motivational theories/concepts; few omissions	Major life motivators are identified with little reference to relevant motivational theories/concepts; several omissions	Major life motivators are not identified
<b>Analysis of motivators from a motivation perspective</b>	Analysis is detailed and thorough addressing one's development from a motivation perspective. Relevant theories concepts are discussed with an appropriate level of detail. Concepts/theories are clearly defined and discussed	Analysis is provided from a motivation perspective minor weaknesses theories/concepts discussed; few instances in which more, or less, detail is needed and or in inaccuracies in understanding of theories/ concepts	Analysis is provided from a motivation perspective but lacks sufficient detail and depth; numerous instances in which more detail is needed and or in inaccuracies in understanding of theories/ concepts	Analysis of one's development is provided from a motivational perspective is not provided
<b>Discussion of future plans and steps to accomplish those plans</b>	Future plans, and steps to accomplish them are clearly described	Future plans, and steps to accomplish them are described but some additional elaboration and or examples are needed	Significant weaknesses in the description of future plans and or and steps to accomplish them; Few were identified and/or were inappropriate.	Report does not address future plans and steps to accomplish them

	<b>Outstanding (1)</b>	<b>Competent (.75)</b>	<b>Minimal (.5)</b>	<b>Unsatisfactory (.25)</b>
<b>Writing Style and Technical Merit (spelling, grammar, typographical errors)</b>	Paper is coherent, concise and well structured with a clear purpose; error free	Paper is coherent, concise and well structured with a clear purpose and few technical errors.	Paper conveys the main points of the topic but additional polish is needed; Several errors or incoherent sentences	Paper is incoherent and/or overly wordy with little structure or purpose; difficult to appreciate the content; Numerous technical errors
<b>Citation of sources, APA style, and paper guidelines</b>	Appropriate citation of sources and use of APA style and paper guidelines	A few missing citations and or instances of incorrect formatting and style	Several missing citations and or several instances of incorrect formatting and style	Lack of citations or use of APA style
<b>Use of Peer-Reviewed Research</b>	Contains references to 5 or more relevant peer-reviewed articles	Contains references to at least 5 peer-reviewed articles, the majority of which are relevant	Contains references to 5 peer-reviewed articles but most are irrelevant	Does not include at least 5 peer-reviewed articles
<b>Discussion of the Motivation Literature</b>	Clearly spoken, topic-specific jargon are defined, does not rely on quotes from papers; includes quotes strategically where appropriate	Most topic-specific jargon are defined OR inclusion of some lengthy or inappropriate quotes	Overuse of jargon AND quotes that are lengthy or inappropriate	Fragmented and unclear discussion; over reliance on quotes interrupts the flow of the content and leaves little room for student's synthesis

