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PSY470: Psychology Capstone

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## Emotion and Motivation Outline

- I. Introduction
  - a. Thesis
- II. Sources of Motivation
  - a. Biological factors
  - b. Social factors
  - c. Cognitive factors
  - d. Emotional factors
- III. Theories of Motivation
  - a. Instinct theory
  - b. Drive reduction theory
  - c. Arousal
  - d. Incentive
  - e. Maslow's hierarchy needs
- IV. Achievement Motivation
- V. Nature of Emotion
  - a. Defining characteristics
  - b. Biology of emotion
    - i. Brain mechanisms

ii. Autonomic nervous system

c. Theories of emotion

i. James-Lange theory

ii. Schachter: singer theory

iii. Cannon: Bard theory

d. Communicating emotions

VI. Conclusion