

## COURSE OUTLINE

### (1) GENERAL

<b>SCHOOL</b>	FACULTY OF SOCIAL SCIENCES		
<b>ACADEMIC UNIT</b>	PSYCHOLOGY		
<b>LEVEL OF STUDIES</b>	UNDERGRADUATE		
<b>COURSE CODE</b>	PSY-3517	<b>SEMESTER</b>	6 <sup>th</sup>
<b>COURSE TITLE</b>	Self-Determination Theory		
<b>INSTRUCTOR</b>	Alexios Arvanitis		
<b>FIELD</b>	Assistant Professor of Social Psychology		
<b>INDEPENDENT TEACHING ACTIVITIES</b>	<b>WEEKLY TEACHING HOURS</b>	<b>CREDITS</b>	
Lectures and presentations	3	6	
<b>COURSE TYPE</b>	Skills development (seminar)		
<b>PREREQUISITE COURSES:</b>	Social Psychology I (PSY-1501) Social Psychology II (PSY-2501) Methodology of scientific research in social sciences I (PSY-1201)		
<b>LANGUAGE OF INSTRUCTION and EXAMINATIONS:</b>	Greek		
<b>IS THE COURSE OFFERED TO ERASMUS STUDENTS</b>	NO		
<b>COURSE WEBSITE (URL)</b>	<a href="https://elearn.uoc.gr/course/view.php?id=3105">https://elearn.uoc.gr/course/view.php?id=3105</a>		

### (2) LEARNING OUTCOMES

<b>Learning outcomes</b>
<p><i>Self-determination theory (SDT) is the leading theory of human motivation. It starts with the assumption that individuals are active organisms with intrinsic tendencies for growth and integration of aspects of their experiences. This growth is not automatic and depends on the interaction between the organism and the environment. In the last 50 years, researchers within SDT have studied the conditions under which the self can grow on the basis of these intrinsic tendencies, but also the ways in which this process can be thwarted. During the course, students will deepen their understanding in central concepts of motivation that they have been taught in Social Psychology and Educational Psychology courses, such as basic psychological needs and intrinsic and extrinsic motives, as well as apply this knowledge in fields such as education, organizations and technology.</i></p>

*The teaching method is based on the weekly study, summary and group presentation of research papers.*

By the end of this course, students will have:

- a deeper understanding of the basic concepts of self-determination theory, including its 6 mini theories
- delved into the nature of intrinsic and extrinsic motivation
- sought solutions for improving the quality of motivation through the scientific literature in different applied fields.

#### **General Competences**

- Search for, analysis and synthesis of data and information, with the use of the necessary technology
- Working independently
- Team work
- Respect for difference and multiculturalism
- Showing social, professional and ethical responsibility and sensitivity to gender issues
- Criticism and self-criticism
- Production of free, creative and inductive thinking

### **(3) SYLLABUS**

- Introduction to Self-Determination Theory
- Basic Psychological Needs Theory
- Cognitive Evaluation Theory
- Organismic Integration Theory
- Causality Orientations Theory
- Goal Contents Theory
- Relationships Motivation Theory
- Applications in organizations
- Applications in education
- Applications in sports
- Applications in health
- Applications in technology and gaming
- Applications in psychotherapy

### **(4) TEACHING and LEARNING METHODS - EVALUATION**

<b>DELIVERY</b>	Face-to-face		
<b>USE OF INFORMATION AND COMMUNICATIONS TECHNOLOGY</b>	Use of ICT in teaching, support of the learning process through the 'e-learn' electronic platform		
<b>TEACHING METHODS</b>	<b>Activity</b>	<b>Semester workload</b>	<b>ECTS credits</b>
	Lectures-presentations	39	1,56
	Group assignments	30	1,2
	Weekly summaries	50	2
	Individual assignment	30	1,2
	<b>Course total</b>	<b>149</b>	<b>5,96</b>
<b>STUDENT PERFORMANCE EVALUATION.</b>	<p>I. Evaluation of weekly summary of an academic article (40%)</p> <p>II. Evaluation of oral group presentations of academic articles (30%)</p> <p>III. Evaluation of final written assignment (30%)</p> <p>Evaluation is performed in Greek.</p> <p>The evaluation criteria are constantly accessible to students via the website of the course.</p>		

##### (5) ATTACHED BIBLIOGRAPHY

**- Suggested bibliography:**

Learning material will primarily consist of academic articles that will be available through the 'e-learn' electronic platform. The following two textbooks are also recommended:

Kostaridou-Efklides, A. (2012). *The psychology of motivation*. Pedio. (in Greek)

Schunk, Pintrich, & Meece (2010). *Motives in education*. Gutenberg. (in Greek)