

COURSE OUTLINE

(1) GENERAL

SCHOOL	FACULTY OF SOCIAL SCIENCES		
ACADEMIC UNIT	PSYCHOLOGY		
LEVEL OF STUDIES	UNDERGRADUATE		
COURSE CODE	ΨX3406	SEMESTER	5 th
COURSE TITLE	Self-Determination Theory		
INDEPENDENT TEACHING ACTIVITIES	WEEKLY TEACHING HOURS	CREDITS	
Lectures and presentations	3	6	
COURSE TYPE	Skills development (seminar)		
PREREQUISITE COURSES:	Social Psychology I (PSY-1501) Social Psychology II (PSY-2501) Methodology of scientific research in social sciences I (PSY-1201)		
LANGUAGE OF INSTRUCTION and EXAMINATIONS:	Greek		
IS THE COURSE OFFERED TO ERASMUS STUDENTS	NO		
COURSE WEBSITE (URL)	https://elearn.uoc.gr/course/view.php?id=6118		

(2) LEARNING OUTCOMES

Learning outcomes
<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> <p><i>The teaching method is based on the weekly study, summary and group presentation of research papers.</i></p> <p>By the end of this course, students will have:</p> <ul style="list-style-type: none"> • 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

The course's content is linked to the 5 main axes of the curriculum:

Scientific Foundations [1], Scientific Research and Critical Thinking [2], Ethical and Social Responsibility [3], Communication Ability [4], Basic Preparation for Career Decisions and Vocational Rehabilitation [5].

1st Week: Introduction to Self-Determination Theory [1,5]

2nd Week: Basic Psychological Needs Theory [1,3,4]

3rd Week: Cognitive Evaluation Theory [1,3,4]

4th Week: Organismic Integration Theory [1,3,4]

5th Week: Causality Orientations Theory [1,3,4]

6th Week: Goal Contents Theory [1,3,4]

7th Week: Relationships Motivation Theory [1,3,4]

8th Week: Applications in organizations [2, 3, 4, 5]

9th Week: Applications in education [2, 3, 4, 5]

10th Week: Applications in sports [2, 3, 4, 5]

11th Week: Applications in health [2, 3, 4, 5]

12th Week: Applications in technology and gaming [2, 3, 4, 5]

13th Week: Applications in psychotherapy [2, 3, 4, 5]

(4) TEACHING and LEARNING METHODS - EVALUATION

DELIVERY	Face-to-face		
USE OF INFORMATION AND COMMUNICATIONS TECHNOLOGY	Use of ICT in teaching, support of the learning process through the 'e-learn' electronic platform		
TEACHING METHODS	Activity	Semester workload	ECTS credits
	Lectures-presentations	39	1,56

	Group assignments	30	1,2
	Weekly summaries	50	2
	Individual assignment	30	1,2
	Course total	149	5,96
STUDENT PERFORMANCE EVALUATION.	<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)

-Relevant scientific journals (indicatively one in each category)

Social Psychology: Journal of Personality and Social Psychology

Organizational Psychology: Journal of Occupational and Organizational Psychology

Educational Psychology: Journal of Educational Psychology

Sport Psychology: Psychology of Sport and Exercise

Health Psychology: Health Psychology

Counseling Psychology: Journal of Counseling Psychology

Technology Psychology: Computers in Human Behavior