

PSYC18 – Psychology of Emotion Winter 2020

Instructor: Dr. Rimma Teper

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Date/Time: Thursdays, 7-9pm

Location: AC223

Office Hours: Thursday 6pm-7pm in lobby of AC building or by appointment

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Course Description

What is an emotion? How are emotions shaped, and how are they experienced? What purpose do emotions serve to human beings? Philosophers have debated these questions for centuries. Luckily, psychological science has equipped us with various tools that have allowed us to explore such questions on an empirical level. In this course, we will begin by examining the philosophical and psychological history of emotion. Later lectures address evolutionary and socio-cultural perspectives on emotion, discussing the way in which emotions are expressed, and the way in which emotional experiences are represented in the body and brain. Emotions will also be examined in the context of human development, social relationships, and in terms of mental health.

The general **goals and objectives** of the course are to help students:

- a) Learn and gain mastery over basic facts, research findings, terminology, principles, and theories important in the psychology of emotion.
- b) Differentiate between appraisal theories of emotion and theories of basic emotions.
- c) Demonstrate an understanding of the way in which various brain regions and bodily structures are involved in emotional experience.
- d) Analyze and summarize current issues and controversies in the field of emotion research.

Required Readings

Keltner, Oatley, & Jenkins' (2013). *Understanding Emotions* (4th Edition).

Evaluation:

Your final course grade will be based on a midterm test and final examination (non-cumulative), each worth 50%. These tests will be comprised mainly of multiple-choice questions, as well as several short answer questions.

Midterm Content: Lectures 1-6 + associated chapters

Final Exam Content: Lectures 7-11 + associated chapters

Classroom Expectations

Emails: All emails you send should include PSYC18 in their title. Your TA and I will try our best to respond to all emails within 48 hours (Monday-Friday).

Disabilities: Students with diverse learning styles and needs are welcome in this course. In particular, if you have a disability/health consideration that may require accommodations, please feel free to approach me and/or the AccessAbility Services as soon as possible.

AccessAbility Services staff (located in Rm SW302, Science Wing) are available by appointment to assess specific needs, provide referrals and arrange appropriate accommodations [416-287-7560](tel:416-287-7560) or email ability@utsc.utoronto.ca. The sooner you let us know your needs the quicker we can assist you in achieving your learning goals in this course.

Academic Integrity: Academic integrity is essential to the pursuit of learning and scholarship in a university, and to ensuring that a degree from the University of Toronto is a strong signal of each student's individual academic achievement. As a result, the University treats cases of cheating and plagiarism very seriously. The University of Toronto's Code of Behaviour on Academic Matters(<http://www.governingcouncil.utoronto.ca/Assets/Governing+Council+Digital+Assets/Policies/PDF/ppjun011995.pdf>) outlines the behaviours that constitute academic dishonesty and the processes for addressing academic offences. Potential offences include, but are not limited to:

In papers and assignments:

- Using someone else's ideas or words without appropriate acknowledgement;
- Submitting your own work in more than one course without the permission of the instructor;
- Making up sources or facts;
- Obtaining or providing unauthorized assistance on any assignment.

On tests and exams:

- Using or possessing unauthorized aids;
- Looking at someone else's answers during an exam or test;
- Misrepresenting your identity; and
- When you knew or ought to have known you were doing it.

In academic work:

- Falsifying institutional documents or grades;
- Falsifying or altering any documentation required by the University, including (but not limited to) doctor's notes; and
- When you knew or ought to have known you were doing so.

All suspected cases of academic dishonesty will be investigated following procedures outlined in the Code of Behaviour on Academic Matters. If students have questions or concerns about what constitutes appropriate academic behaviour or appropriate research and citation methods, they are expected to seek out additional information on academic integrity from their instructors or from other institutional resources.

Note:

You may see advertisements for services offering grammar help, essay editing and proof-reading. Be very careful. If these services take a draft of your work and significantly change the content and/or language, you may be committing an academic offence (unauthorized assistance) under the *Code of Behaviour on Academic Matters*.

It is much better and safer to take your draft to the Writing Centre as early as you can. They will give you guidance you can trust. Students for whom English is not their first language should go to the English Language Development Centre.

If you decide to use these services in spite of this caution, you must keep a draft of your work and any notes you made before you got help and be prepared to give it to your instructor on request.

Missed Term Work due to Medical Illness or Emergency Policy: All students citing a documented reason for missed term work (this includes assignments and midterm exams) must bring their documentation to the Undergraduate Course Coordinator, Ainsley Lawson, within three (3) business days of the term test / assignment due date. All documentation must be accompanied by the departmental [Request for Missed Term Work form](http://uoft.me/PSY-MTW) (<http://uoft.me/PSY-MTW>). In the case of missed term work due to illness, only an original copy of the [official UTSC Verification of Illness Form](http://uoft.me/PSY-MED) (<http://uoft.me/PSY-MED>) will be accepted. Forms are to be completed in full, clearly indicating the start date, anticipated end date, and severity of illness. The physician's registration number and business stamp are required. In the case of other emergency, a record of visitation to a hospital emergency room or copy of a death certificate may be considered. Forms should be dropped off in SW427C between 9 AM - 4 PM, Monday through Friday. The Course Instructor reserves the right to decide what accommodations (if any) will be made for the missed work. Note that this policy applies only to missed term work (assignments and midterms). Missed final exams are dealt with by the Registrar's Office (<http://www.utsc.utoronto.ca/registrar/missing-examination>). Failure to adhere to any aspect of this policy may result in a denial of your request for accommodation

Lecture and Reading Schedule:

	Lecture	Readings
Lecture 1	Introduction: History of Emotion	Chapter 1
Lecture 2	Evolution of Emotions	Chapter 2
Lecture 3	Emotional Expression	Chapter 4
Lecture 4	Emotion and Cognition	Chapter 10
Lecture 5	Emotional Appraisal	Chapter 7
Lecture 6	Emotions and the Body	Chapter 5
Lecture 7	Emotions and the Brain	Chapter 6
Lecture 8	Emotion and Culture	Chapter 3
Lecture 9	Emotions and Development	Chapter 8
Lecture 10	Emotions and Social Relationships	Chapter 9
Lecture 11	Emotions and Mental Health	Chapters 12, 13, 14

*Midterm and final exam dates TBA.