

PSYC18H3S

The Psychology of Emotion

Mondays 9:00am – 11:00am

SW143 (Science Wing) IN-PERSON

Contact Information

Dr. Redab Al-Janaideh

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Office Hours: Mondays (12:00pm-2:00pm)

Office Location: HW511 (by appointment only) or virtual via Zoom (please coordinate via email with me or the TAs)

*Make sure you use your @mail.utoronto.ca email address with the **course code (PSYC18)** in the subject line.

Teaching Assistant(s):

Name: Michelle (Ru) Huo

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Course Description

What are emotions, and why do we have them? How do emotions affect our lives? How can we improve emotional well-being?

This course is intended to provide students with an in-depth understanding of the psychological aspects of emotion as they relate to major theories and methods, as well as a comprehensive overview of the scientific study of emotion. The following topics will be covered: how emotions manifest in our minds and bodies, how emotions influence and are influenced (e.g., by thoughts, relationships, and cultures), and how emotions can both help and harm us. A variety of perspectives, including social, cultural, developmental, clinical, and cognitive psychology, will be considered.

Learning Outcomes

After successfully completing this course, you should be able to:

- Demonstrate an in-depth understanding of both classical and modern theories of emotion.
- Distinguish between different cultural perspectives on emotion.
- Describe the emotional developmental trajectories and individual differences.
- Differentiate between the many causes of emotional disorders.
- Recognize the causes and consequences of the various emotions experienced in daily life.

Reading Material

Shiota, M. & Kalat J. (2018). *Emotion* (3rd edition). Oxford, England: Oxford University Press.

Hard copies of the textbook are available in the bookstore, but you are also welcome to rent the eTextbook:

<https://www.vitalsource.com/products/emotion-michelle-n-shiota-james-w-v9780190635541>

Suggested videos and/or readings: To complement the textbook, additional readings and videos focusing on different topics in emotion research will be available on Quercus. Weekly assignments will be assigned on these suggested videos and readings.

Course Evaluation

1. Midterm Exam (30%)

The midterm exam will cover the material discussed in lectures during the first five lectures. The exam will consist of a combination of multiple-choice, definition, short-answer questions and /or essay questions. The midterm exam will be during the class, on February 13th.

2. Participation (15%)

Participation will be monitored either in class through pop-up quizzes or through submitting weekly assignments that will be posted weekly on the suggested readings and/or videos. By the end of the term, you must have a total of 20 assignments submitted (whether from in-class quizzes or weekly assignments) throughout the semester. More details will be discussed during the first lecture.

3. Reflection paper (15%)

This brief paper should be three pages long, double-spaced. It should describe what you learned during the semester and explain the significance of this newly acquired knowledge in your personal, professional, or intellectual life. You must cite at least **2-3 chapters or recommended readings/videos** covered in our class/online discussions, as well as **2 new references** that I haven't covered in the course. Reflection paper rubric will be posted on Quercus. You can submit your reflection paper anytime throughout the term, however, the deadline for submitting your reflection paper is April 6th by 11:59 midnight.

4. Final Exam (40%)

The final exam is non-cumulative and will cover the material discussed during the last 6 lectures following the midterm. The exam will consist of a combination of multiple-choice, definition, short-answer questions and an essay question. The final exam will be during exams period (date TBA).

Course Webpage

The website associated with this course is accessible via <http://q.utoronto.ca>

Note: You don't need to create a new login for Quercus; it already knows who you are. You just need your UTORid and password. This is the same login that gets you onto the wireless network with your laptop, and the same one that you use to check your email. If you're confused about your UTORid or don't remember your password, go to: <https://www.utorid.utoronto.ca/>

In order to access course material, monitor course information, and view your grades you must log into Quercus. If you have any general questions regarding Quercus, please visit the following help site: <https://q.utoronto.ca/courses/46670/pages/student-quercus-guide>

IMPORTANT COURSE POLICIES ****PLEASE READ****

Disability-Related Accommodations

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 Office (<http://www.utsc.utoronto.ca/ability/>) as soon as possible.

AccessAbility Services staff (located in Rm AA142, Arts and Administration Building) are available by appointment to assess specific needs, provide referrals and arrange appropriate accommodations. Please contact 416-287-7560 (tel/TTY) or email ability.utsc@utoronto.ca for more information.

The sooner you let us know your needs the quicker we can assist you in achieving your learning goals in this course.

Department of Psychology Missed Term Work Policy

For missed term work (assignments and term tests) due to illness, emergency, or other mitigating circumstances, please follow the procedures outlined below.

Note:

- The following reasons are not considered sufficient for missed term work: travel for leisure, weddings, personal commitments, work commitments, human error.
- Missed Final Exams are handled by the Registrar's Office and should be declared on eService.
- Instructors cannot accept term work any later than five business days after the last day of class. Beyond this date, accommodations are only possible via the Registrar's Office petition process.

ILLNESS OR EMERGENCY accommodations:

For missed work due to ILLNESS OR EMERGENCY, complete the following process:

1. Complete the Request for Missed Term Work Accommodations Form.
2. Declare your absence on ACORN (Profile & Settings > Absence Declaration)
3. Email **both** of the following items to the course email **WITHIN 2 BUSINESS DAYS** of the missed work:
 - the Request for Missed Term Work Accommodations Form
 - *AND***
 - a screenshot of your Self-Declared Absence on ACORN

Note:

- *If you are unable to submit your request within 2 business days, you must still email your instructor within the 2 business day window to explain the nature of the delay. Exceptions to the 2 business day deadline will only be made under exceptional circumstances.*
- *If your absence is declared on ACORN, we do not require any additional supporting documentation (e.g. medical notes) to support your missed term work accommodation request.*

ACADEMIC CONFLICT accommodations:

For missed term work due to an ACADEMIC CONFLICT (e.g. two midterms at the same time):

1. Complete the Request for Missed Term Work Accommodations Form.
2. Take screenshots of your course Quercus pages that demonstrate the conflict.
3. Email the form and screenshots to the course email **at least two weeks (10 business days) before the date of the activity**, or as soon as possible if it was not possible to identify the conflict earlier. Requests sent after the activity deadline may not be accommodated.

Note:

- *Multiple assignments due on the same day are not considered conflicts. Students are expected to manage their time effectively to meet assignment deadlines.*
- *Back-to-back tests/quizzes are not considered conflicts. Only overlapping activities are conflicts.*
- *Students are responsible for keeping their course timetables conflict-free. Students who register in two courses with overlapping lecture/tutorial/lab schedules will not be accommodated.*

RELIGIOUS CONFLICT accommodations:

For missed term work due to a RELIGIOUS CONFLICT:

1. Complete the Request for Missed Term Work Accommodations Form.
2. Email the form to the course **email at least two weeks (10 business days) before the date of the activity**, or as soon as possible if it was not possible to identify the conflict earlier. Requests sent after the activity deadline may not be accommodated.

ACCESSABILITY SERVICES accommodations:

For missed **TERM TESTS** due to ACCESSABILITY REASONS:

- **Contact your AccessAbility consultant** and have them email the course email detailing accommodations required.

For missed **ASSIGNMENTS** due to ACCESSABILITY REASONS:

- If your desired accommodation is **within the scope** of your Accommodation Letter (e.g. your letter includes “extensions of up to 7 days” and you need 3 days):
 1. Complete the Request for Missed Term Work Accommodations Form.
 2. Email the form ***AND*** your **Accommodation Letter** to the course email specifying how many days extension you are requesting.
- If your desired accommodation is **outside the scope** of your Accommodation Letter (e.g. your letter includes “extensions of up to 7 days” but you need more time than that):
 1. **Contact your AccessAbility consultant** and have them email the course email detailing the accommodations required.

Accommodation Procedure:

After submitting your documentation, you will receive a response from your instructor or TA. This form does not guarantee that you will be accommodated. The course instructor reserves the right to decide what accommodations (if any) will be made. Failure to adhere to any aspect of this policy may result in a denial of your request. **You are responsible for checking your official U of T email and Quercus course announcements daily**, as accommodations may be time-critical.

For missed assignments, **do not wait for the instructor’s response to resume work on your assignment**. Extensions may be as short as one business day, depending on the nature of the illness/emergency. Complete your assignment as soon as you’re able, and email it to your instructor.

For an **anticipated absence** (e.g. a scheduled surgery or an illness with a prolonged recovery period), if you would like to request accommodations in advance, submit a Verification of Illness Form completed by your doctor AND the Request for Missed Term Work Accommodations Form to the course email. Absences can be declared up to 14 days into the future on ACORN.

Missed Accommodations

If an accommodation is granted but a continued illness/emergency prevents you from meeting its requirements, you must repeat the missed term work procedure to request additional accommodations. **Please make it clear in your subject line that you are requesting a second accommodation**. E.g. If you are given an extension but are still sick and need more time, or if you miss a make-up term test, you must submit *another* Request for Missed Term Work Accommodations Form and declare your extended absence on ACORN. *Note: In the case of a missed make-up test, an opportunity to write a second make-up test may not necessarily be provided.

Academic Integrity

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/policies/behaveac.htm>) outlines the behaviours that constitute academic dishonesty and the processes for addressing academic offences. Potential offences in papers and assignments include 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 cheating includes using or possessing unauthorized aids, looking at someone else's answers during an exam or test, misrepresenting your identity, or falsifying or altering any documentation required by the University, including (but not limited to) doctor's notes.

Religious Accommodations

The University has a commitment concerning accommodation for religious observances. I will make every reasonable effort to avoid scheduling tests, examinations, or other compulsory activities on religious holy days not captured by statutory holidays. According to University Policy, if you anticipate being absent from class or missing a major course activity (like a test, or in-class assignment) due to a religious observance, please let me know as early in the course as possible, and with sufficient notice (at least two to three weeks), so that we can work together to make alternate arrangements.

Course Outline

Please note that this outline is subject to change depending on the needs of the class (we may need additional time to cover a topic). Any changes to the syllabus will be announced in class one week before.

Date	Topic	Textbook Reading	Suggested videos and/or readings
January 9	The Nature of Emotion	Chapter 1	Watch: "Inside Out" movie Read: What is an Emotion; James, 1884.
January 16	Culture and Emotion	Chapter 3	Watch: Culture and Emotion; Dr. Jeanne Tsai https://www.youtube.com/watch?v=T46EZ8LH8Ss&list=PLh9mgdi4rNew731mjlZn43G_Y5otqKzJA&index=14 Read: Should job applicants be excited or calm? The Role of Culture and Ideal Affect in Employment Settings; Bencharit et al., 2019.
January 23	Emotional Expression in the Face, Posture, and Voice	Chapter 5	Read: Emotional expressions in human and non-human great apes; Kret et al, 2020.
January 30	Emotional Development	Chapter 8	Read: Age Differences in Emotion Regulation During Ongoing Affective Life: A Naturalistic Experience Sampling Study; Puente-Martínez et al., 2021.
February 6	Individual Differences in Emotion	Chapter 13	No reading assigned
February 13	Midterm Exam		
February 20	Winter Reading Week; no classes		
February 27	Emotion in Relationships & Society	Chapter 9	Read: Student emotions in class: The relative importance of teachers and their interpersonal relations with students; Mainhard et al., 2018.
March 6	Emotion & Cognition	Chapter 10	Watch: Emotion and Judgement; Dr. Jennifer Learner https://www.youtube.com/watch?v=hfAZbUDLTS8&list=PLh9mgdi4rNew731mjlZn43G_Y5otqKzJA&index=39
March 13	Emotion in Clinical Psychology	Chapter 14	Watch: Gender and PTSD; Dr. Ebony Glover https://www.youtube.com/watch?v=66VSrvFLgSk Read: Prevalence of mental disorders in refugees and asylum seekers: a systematic review and meta-analysis; Patanè et al., 2022.
March 20	Emotion Regulation	Chapter 15	Read: Anger and Sadness Regulation in Refugee Children: The Roles of Pre- and Post-migratory Factors; Elsayed et al., 2019.
March 27	The Value of Negative Emotions	Chapter 11	Watch: The Gift and Power of Emotional Courage; Dr. Susan David https://www.youtube.com/watch?v=NDQ1Mi5I4rg

			<p>Read: Language teachers’ coping strategies during the Covid-19 conversion to online teaching: Correlations with stress, wellbeing and negative emotions; MacIntyre et al., 2020.</p>
April 3	Happiness & the Positive Emotions	Chapter 12	<p>Watch: Happiness; Dr. Daniel Gilbert https://www.youtube.com/watch?v=fq9v6nGmHQc&list=PLh9mgdi4rNew731mjlZn43G_Y5otqKzJA&index=63 Read: A scientific review of the remarkable benefits of happiness for successful and healthy living ; Diener & Tay, 2017.</p>
Final Exam (date and time TBD)			
Reflection paper submission: April 6th by 11:59 midnight			