

PSY331H5F

Psychology of emotions

Mondays and Wednesdays 9:00am – 12:00pm

DV 2082 (Davis Building) IN-PERSON

Course Delivery

- **In-person – Returning to Campus Summer 2022**
- **Learn Anywhere Guide for Students**
<https://library.utm.utoronto.ca/students/quercus/learn-anywhere>
University of Toronto tech requirements for online learning

Contact Information

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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.

Suggested videos and/or readings: To complement the textbook, additional readings and videos will be available on Quercus.

Course Evaluation

1. Midterm Test (45%)

The midterm exam will cover the material discussed in lecture and in the assigned readings during the first 5 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 May 30th.**

2. Final Exam (55%)

The final exam will cover the material discussed in lecture and in the assigned readings during the last 6 lectures following the midterm. The exam will consist of a combination of multiple-choice, definition, short-answer questions and /or essay questions. **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****

Missed Test Special Consideration Request Process

Students who miss a test due to circumstances beyond their control (e.g. illness or an accident) can request that the Department grant them special consideration. Students must present their case to the Department (NOT the Instructor) by submitting a request via the online Special Consideration Request form at: <https://utmapp.utm.utoronto.ca/SpecialRequest>.

If your request is approved by the department, a make-up test will be offered. You will receive an email when a make-up date has been arranged. The department will try to give 2-3 days notice of make-up date, however sometimes this is not possible. Be prepared for the make-up.

Supporting Documentation

The University is temporarily suspending the need for a doctor's note or medical certificate for any absence from academic participation. However, you are required to use the Absence Declaration tool on ACORN found

in the Profile and Settings menu to formally declare an absence from academic participation. The tool is to be used if you require consideration for missed academic work based on the procedures specific to our campus/department.

Missed Final Exam or Extension of Time Beyond Exam Period

Missed final exams or for extensions of time beyond the examination period you must submit a petition through the Office of the Registrar. <http://www.utm.utoronto.ca/registrar/current-students/petitions> and follow their procedures.

Penalties for Lateness

A penalty of 10% per calendar day (i.e., including week-ends and holidays, during which students are not able to submit term work) up to and including the last day of classes, will be applied by the Instructor. After the last day of classes, the penalty of 10% per calendar day will be applied by the Undergraduate Counsellor on behalf of the Department. No penalty will be assigned if request for special consideration, described above, was successful.

Academic Guidelines

It is your responsibility to ensure that you have met all prerequisites listed in the UTM Calendar for this course. If you lack any prerequisites you WILL BE REMOVED from the course up until the last day to add a course. Further information about academic regulations, course withdrawal dates and credits can be found in the University of Toronto Mississauga Calendar at: <http://www.erin.utoronto.ca/regcal>.

You are encouraged to read this material. If you run into trouble and need advice about studying, preparing for exams, note taking or time management, free workshops and advice are available from the Robert Gillespie Academic Skills Centre at 905-828-5406.

AccessAbility Services

The University provides academic accommodations for students with disabilities in accordance with the terms of the Ontario Human Rights Code. This occurs through a collaborative process that acknowledges a collective obligation to develop an accessible learning environment that both meets the needs of students and preserves the essential academic requirements of the University's courses and programs. Students requiring academic accommodations for learning, physical, sensory, or mental health disabilities or medical conditions should contact the AccessAbility Office (2037B Davis Building), 905-828-3847.

<http://www.utm.utoronto.ca/accessibility/>

Privacy and Copyright Disclaimer

Notice of video recording and sharing (Download and re-use prohibited) if applicable

This course, including your participation, will be recorded on video and will be available to students in the course for viewing remotely and after each session. Course videos and materials belong to your instructor, the University, and/or other sources depending on the specific facts of each situation, and are protected by copyright. Do not download, copy, or share any course or student materials or videos without the explicit permission of the instructor. For questions about recording and use of videos in which you appear please contact your instructor.

Academic Honesty and Plagiarism

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 Mississauga is a strong signal of each student's individual academic achievement. As a result, UTM treats cases of cheating and plagiarism very seriously.

The University of Toronto's Code of Behaviour on Academic Matters outlines behaviours that constitute academic dishonesty and the process for addressing academic offences. Potential offences include, but are not limited to:

In papers and assignments:

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

On tests and exams:

1. Using or possessing unauthorized aids.
2. Looking at someone else's answers during an exam or test.
3. Misrepresenting your identity.

In academic work:

1. Falsifying institutional documents or grades.
2. Falsifying or altering any documentation required, including (but not limited to) doctor's notes.

With regard to remote learning and online courses, UTM wishes to remind students that they are expected to adhere to **the Code of Behaviour on Academic Matters** regardless of the course delivery method. By offering students the opportunity to learn remotely, UTM expects that students will maintain the same academic honesty and integrity that they would in a classroom setting. Potential academic offences in a digital context include, but are not limited to:

Remote assessments:

1. Accessing unauthorized resources (search engines, chat rooms, Reddit, etc.) for assessments.
2. Using technological aids (e.g. software) beyond what is listed as permitted in an assessment.
3. Posting test, essay, or exam questions to message boards or social media.
4. Creating, accessing, and sharing assessment questions and answers in virtual "course groups."
5. Working collaboratively, in-person or online, with others on assessments that are expected to be completed individually.

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

Academic Rights

You, as a student at UTM, have the right to:

- Receive a syllabus by the first day of class.
- Rely upon a syllabus once a course is started. An instructor may only change marks' assignments by following the University Assessment and Grading Practices Policy provision 1.3.
- Refuse to use turnitin.com (you must be offered an alternative form of submission).
- Have access to your instructor for consultation during a course or follow up with the department chair

if the instructor is unavailable.

- Ask the person who marked your term work for a re-evaluation if you feel it was not fairly graded. You have up to one month from the date of return of the item to inquire about the mark. If you are not satisfied with a re-evaluation, you may appeal to the instructor in charge of the course if the instructor did not mark the work. If your work is remarked, you must accept the resulting mark. You may only appeal a mark beyond the instructor if the term work was worth at least 20% of the course mark.
- Receive at least one significant mark (15% for H courses, 25% for Y courses) before the last day you can drop a course for H courses, and the last day of classes in the first week of January for Y courses taught in the Fall/Winter terms.
- Submit handwritten essays so long as they are neatly written.
- Have no assignment worth 100% of your final grade.
- Not have a term test worth more than 25% in the last two weeks of class.
- Retain intellectual property rights to your research.
- Receive all your assignments once graded.
- View your final exams. To see a final exam, you must submit an online Exam Reproduction Request within 6 months of the exam. There is a small non-refundable fee.
- Privacy of your final grades.
- Arrange for representation from Downtown Legal Services (DLS), a representative from the UTM Students' Union (UTMSU), and/or other forms of support if you are charged with an academic offence.

Equity Statement

The University of Toronto is committed to equity and respect for diversity. All members of the learning environment in this course should strive to create an atmosphere of mutual respect. As a course instructor, I will neither condone nor tolerate behaviour that undermines the dignity or self-esteem of any individual in this course and wish to be alerted to any attempt to create an intimidating or hostile environment. It is our collective responsibility to create a space that is inclusive and welcomes discussion. Discrimination, harassment and hate speech will not be tolerated. If you have any questions, comments, or concerns you may contact the UTM Equity and Diversity officer at edo.utm@utoronto.ca or the University of Toronto Mississauga Students' Union Vice President Equity at vpequity@utmsu.ca.

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
May 9	The Nature of Emotion	Chapter 1	Watch: "Inside Out" movie Read: What is an Emotion; James, 1884
May 11	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
May 16	Emotional Expression in the Face, Posture, and Voice	Chapter 5	Read: Emotional expressions in human and non-human great apes; Kret et al, 2020
May 18	Emotional Development	Chapter 8	Read: Age Differences in Emotion Regulation During Ongoing Affective Life: A Naturalistic Experience Sampling Study; Puente-Martínez et al., 2021
May 23	Victoria Day-NO CLASS		
May 25	Individual Differences in Emotion	Chapter 13	No reading assigned
May 30	Midterm Test		
June 1	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
June 6	Emotion & Cognition	Chapter 10	Watch: Emotion and Judgement; Dr. Jennifer Learner https://www.youtube.com/watch?v=hfAZbUDLTS8&list=PLh9mgdi4rNew731mjlZn43G_Y5otqKzJA&index=39
June 8	Emotion in Clinical Psychology	Chapter 14	Watch: Gender and PTSD; Dr. Ebony Glover https://www.youtube.com/watch?v=66VSrvFLgSk
June 13	Emotion Regulation	Chapter 15	Read: Anger and Sadness Regulation in Refugee Children: The Roles of Pre- and Post-migratory Factors; Elsayed et al., 2019
June 15	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
June 20	Happiness & the Positive Emotions	Chapter 12	Watch: Happiness; Dr. Daniel Gilbert https://www.youtube.com/watch?v=fq9v6nGmHQc&list=PLh9mgdi4rNew731mjlZn43G_Y5otqKzJA&index=63
Final Exam (date and time TBD)			