

PSY331H5S – Psychology of Emotion

IN-PERSON

Thursday 12:00pm – 3:00pm **ROOM: IB 250**

Course Delivery

Winter 2022 Return to Campus Update: In order to curb the spread of COVID-19 amid the emergence of the Omicron variant, most in-person learning has been **delayed until Jan 31, 2022**. Keep in mind this date is subject to change as per the Universities need to monitor any new developments and will be keeping with the latest evidence and public health guidelines.

Delivery Method until January 31, 2022

The first three weeks of class will delivered synchronously via zoom starting at 12:10pm Please see the Quercus website (announcements and in the module called organizational information) for the course to find out how to attend the Zoom lectures. I will try to make these lectures as similar to our in-person class as possible.

- **Learn Anywhere Guide for Students**
<https://library.utm.utoronto.ca/students/quercus/learn-anywhere>
- **University of Toronto tech requirements for online learning**

Delivery Method after January 31, 2022

Class will return to in-person unless there are any further extensions of this delay.

Contact Information

Dr. Jennifer Stellar
jennifer.stellar@utoronto.ca

Office hours: Mondays 3-4 (virtual)

(Be sure to register for a UTM Zoom account at <https://utoronto.zoom.us>)

Teaching Assistant:
Yachen Li
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Course Description

An in-depth review of the role of emotion in human psychology, with an emphasis on defining emotions and their effects. Topics include theories of emotion, the expression, experience, biological changes associated with emotions, the role of emotion in decision-making, and how emotions become disordered.

Learning Outcomes

Upon completion of this course, students should be able to:

- Demonstrate in-depth knowledge of core theories and processes within Affective Science (study of emotion)
- Critically evaluate research findings in Emotion
- Describe the results of scientific studies in a clear, concise, and accessible manner in written form
- Describe and explain limits to generalizability of research findings in Emotion
- Connect foundational principles of Emotion to modern-day, real-world applications
- Explore one specific emotion in depth through independent inquiry

Materials

Please read or listen to the assigned materials BEFORE coming to class. The lecture and course materials are intended to complement each other. The textbook will reinforce some material covered in lecture, but also offer you new information about psychological constructs not covered in class. Additional media have been included to help you learn about the current debates about emotions in psychology

1. **Textbook:** Shiota, M. & Kalat, J. (2017). *Emotion* (3rd edition). Oxford, England: Oxford University Press.
2. **Articles:** These resources are available as PDFs on Quercus.

Course Evaluation

1. **Test:** (30% of your grade). The test will cover all lectures and associated readings before the test.
2. **Final Exam:** (30% of your grade). Non-cumulative final exam will cover lectures and associated reading after the test.
3. **Final Project** (40% of your grade). Throughout the class you will work on a project in small groups. Your group will create a handbook for one specific emotion (e.g., anger or love), relating this emotion to the larger topics we cover in class. Each member of the group will be responsible for writing two essays about the handbook and doing a short presentation at the end of the semester.

Course Email & Webpage

I have created an email account specifically for the course: **socialpsychologyemotions@gmail.com**. If you have any questions please use this email.

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>

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>.

Important note: Once the test/exam is available online or in-person and you're unable to write or have an approved request to miss, **DO NOT** at any point attempt to access/write the test/exam. If at any time you access the test/exam or sit down to write, you will **NOT** be able to submit a special consideration and/or your request will be refused.

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.**

Extension of Time Special Consideration Request Process

Students who seek to be granted more time to complete their term work beyond the due date without penalty, owing to circumstances beyond their control (e.g., illness, or an accident), must do so by submitting a request **directly to the Instructor** for the period up to and including the last day of the term. The decision as to whether or not to apply a penalty for the specified period rests with the Instructor.

Students who seek to be granted more time to complete term work beyond the last day of the term must submit their request directly to the Department. This request covers the period following the last day of classes and ends the last day of the exam period. This is done by submitting a request via the online Special Consideration Request form at <https://utmapp.utm.utoronto.ca/SpecialRequest>. You are advised to seek advising by the departmental Undergraduate Counsellor prior to the deadline.

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 permissible; re-use prohibited)

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 source depending on the specific facts of each situation, and are protected by copyright. In this course, you are permitted to download session videos and materials for your own academic use, but you should not copy, share, or use them for any other purpose without the explicit permission of the instructor. For questions about recording and use of videos in which you appear please contact your instructor.

Lectures and course materials prepared by the instructor are considered by the University to be an instructor's intellectual property covered by the Copyright Act, RSC 1985, c C-42. Course materials such as PowerPoint slides and lecture recordings are made available to you for your own study purposes. These materials cannot be shared outside of the class or "published" in any way. Posting recordings or slides to other websites without the express permission of the instructor will constitute copyright infringement.

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.

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.

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 Detection Tool (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.

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.

Course Outline

Date	Topic	Delivery Mode	Textbook	Article
1/13	Introduction	Virtual Synchronous	CH 1	Gross, 2010
1/20	Evolutionary approach	Virtual Synchronous	CH 2	Plutchik, 2001
1/27	Cultural approach	Virtual Synchronous	CH 3	Tsai, 2017
2/3	Appraisals	In Person	CH 4	Ellsworth, 2013
2/10	Expression	In Person	CH 5	Provine, 1996
2/17	Term Test (In Person)			
2/24	Reading Week: No Class			
3/3	The Body & Brain	In Person	CH 6 & 7	Levenson, 2014
3/10	Development & Individual Differences	In Person	CH 8 & 13	Isaacowitz et al., 2017
3/17	Social Relationships & Emotion Regulation	In Person	CH 9 & 15	Haidt & Keltner, 1999
3/24	Cognition & Decision-making	In Person	CH 10	Achar et al., 2016
3/31	Emotional Disorders	In Person	CH 14	McLean & Foa, 2017
4/7	Happiness & Well-being	In Person	CH 12	Fredrickson, 2003
TBD	Final Exam (Term Test 2; In Person)			