The Psychology of Emotion (PSYC153)
Winter 2019
Course Time & Place: M, W, F 11:00 – 11:50pm, Peterson 108

Instructor: Christine R. Harris, Ph.D.
Office: McGill Hall 5129 Office Hours: M 12:00-2:00 pm Phone: 822-4507

TAs:
Kelsey Sundby
Office: 3340 McGill Hall
Office Hours: M & W 10:00-11:00am

Anna Castiglione
Office: 2137 McGill Hall
Office Hours: T 11:00-12:00am & Fri 10:00-11:00am

Course webpage: https://tritoned.ucsd.edu Course Email: psyc153class@gmail.com

**Please be sure to use this email address for all course-related questions and concerns. We will be better able to respond quickly and efficiently than if you send it to our personal email addresses. Thank you.

Overview:
This class provides a selective overview of the scientific study of emotion. The first part of the course will focus on contrasting theoretical perspectives on emotion (including facial expressions, subjective experience, and physiological responses). The rest of the course will focus on particular emotions (such as anger, fear, and jealousy) and on specific topics including emotion regulation, disorders of emotion, and cognition and emotion.

Requirements:

Exams and Grading - There will be three quizzes and a final exam. Each quiz is worth 30% of your grade. Your lowest quiz grade will be dropped. We do this because we understand that in a large class some people inevitably have legitimate reasons for missing an exam and we do not have resources for make up exams. Please plan wisely and do not just “blow off” an exam thinking that you’ll work harder for the next one. There is no way to foresee what might happen in your life during the next exam. The three quizzes are scheduled for Jan. 25th, Feb. 13th, and March 14th. (Depending on our progress through the course material, these dates may change. Students are responsible for knowing about changes announced in class.) The final is worth 40% of your grade and everyone must take it. (A quiz cannot substitute for the final exam.) Tests will consist of questions with multiple choice answers. Exams will be cumulative in respect to both lecture and reading. A final will be given on Monday, March 18th from 11:30am - 2:29pm. You must arrive on time. Exams will only be given in class at their scheduled times. Please do not ask for an exception. It is highly recommended that students take all exams.

Students are expected to attend class. There is only partial overlap between lectures and reading materials. Lecture slides will be posted on-line. However, these are only a note taking aid and cannot substitute for class attendance. Anything discussed in class is fair game for exams regardless of whether the information appears on the slides.

Students are expected to conduct themselves with the utmost academic integrity. Cheating will not be tolerated and could lead to flunking the course and academic suspension or expulsion.

Readings: There will be required readings from book chapters and psychology journal articles. These readings will be available on the class TritonEd website.

Extra credit: Students can earn up to two experimental credits by participating in studies listed in SONA. You CANNOT participate in studies in Dr. Harris’ lab.
If you would prefer to obtain extra credit by writing a paper, rather than by participating in an experiment, then please contact the TAs for details. The alternative paper assignment would be due before the beginning of class on March 13. Once class begins, no papers will be accepted.

Topics/Reading Assignments:

**Week 1**  
**Mon., Jan. 7**  
**Course Introduction**  
Readings:  

**Wed. & Fri., Jan. 9 & 11**  
**Theories of Emotion**  
The readings listed here span lectures up to the first midterm:  
Oatley et al, pp. 115-122 (autonomic nervous system and specificity)  
Shiota & Kalat, pp. 33-39 (evolution)  
Oatley et al., pp. 33-55 (evolution)

Suggested reading if you missed class or were confused about some of the lecture material (although note that more current work was presented in class):  

**Week 2**  
**Mon. & Wed, Jan 14-16**  
**Theories & Theoretical Debates**  
**Fri., Jan. 18**  
**Facial Expressions & Communication of Emotion**  
Reading:  
Oatley et al., pp. 83-104 (facial and vocal displays)  
Shiota & Kalat) pp. 42-50 (facial expressions)

**Week 3**  
**Mon. 21**  
**Martin Luther King Jr. Day – NO CLASS**  
**Wed, Jan. 23**  
**Cognitive Appraisals; Culture**  
Readings:  
Shiota & Kalat, pp. 50-56 (appraisals and culture)  
Shiota & Kalat, pp. 25-30 (alternative theories of emotion)
Fri., Jan. 25
QUIZ 1

Week 4
Mon., Jan. 28
Fear & Anxiety

Wed., Jan. 30
Brain Mechanisms (Guest Lecture by Kelsey Sundby)

Fri., Feb. 1
Anger

For Interest (not required):

Week 5
Mon. - Wed, Feb. 4-6
Anger & Disgust
Reading:

Fri., Feb. 8
Self-Conscious Emotions
Readings:


Week 6
Mon. Feb. 11
Self-Conscious Emotions (continued)

Wed. Feb. 13
QUIZ 2

Fri., Feb. 15
Love & Attachment
Reading:
Hatfield & Rapson – Passionate Love: The Forgotten Emotion, Emotion Researcher

Week 7
Mon., Feb. 18
Presidents’ Day Holiday – NO CLASS
Wed & Fri., Feb. 20 & 22  Jealousy
Readings:

Week 8
Mon., Feb. 25  Envy

Wed., Feb. 27  Disorders of Emotion (Guest Lecture by Anna Castiglione)
Reading:
Shiota & Kalat, Chapter 15

Friday, March 1  QUIZ 3

Week 9
Mon., & Wed. March 4-6  Positive Affect
Readings:


Friday, March 8  Cognition & Emotion

Week 10 (March 11-15)  Emotion Regulation
Readings:


Mon., March 18  FINAL EXAM (location TBA)
11:30 a.m. - 2:29 p.m.