

Physiology and Psychology of Emotion PSY494H1F – L0101 – Summer 2022

Course Description: This course will focus on the biological and psychological basis of emotions. We will be discussing various philosophical traditions related to emotion as well as investigating the historical and current scientific literature of emotion research.

Lectures will elucidate various theories related to how the brain and body contribute to emotional experience. We will explore how emotions arise from neural and somatic dynamics as well as the social influences of emotional experience and expression. We will also address how emotions are adaptive, how they differ culturally, how they shape perception, and how they are altered in psychopathology.

Upon completion of this course, you will have proficient understanding of how emotions are studied scientifically, how this area of research has evolved over the past hundred years, as well as the limitations and future directions of scientific emotional inquiry. Moreover, you should come away from this course with a deeper understanding of your own emotional selves.

Prerequisites:

PSY201H1/ECO220Y1/EEB225H1/GGR270H1/POL222H1/SOC202H1/STA220H1/STA238H1/STA248H1/STA288H1/PSY201H5/STA215H5/STA220H5/PSYB07H3/STAB22H3/STAB23H3/STAB57H3, and PSY260H1/PSYB38H3 or PSY270H1/PSY270H5/PSYB57H3/COG250Y1 or PSY290H1/PSY290H5/PSYB64H3/HMB200H1/PSL300H1

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Office Hours: All office hours will be online by appointment

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Office Hours: All office hours will be online by appointment

Lectures: Lectures will take place on Mondays and Wednesdays from 10:00am-1:00pm.

Lectures are in-person in room LM 155 (except for May 30 and June 1 lectures, which will be virtual). Lecture slides will be posted on Quercus on a weekly basis the night before the lecture. The course website on Quercus can be found at <https://q.utoronto.ca/>.

Mask Requirements: This term, wearing face masks is required in all indoor University of Toronto spaces (unless you have [an exemption](#)). It is expected that you wear a mask during all in person lectures. For more information, please see <https://www.utoronto.ca/utogether/masks>.

Quercus Info: This course uses the University's learning management system, Quercus, to post information about the course. This includes posting readings and other materials required to complete course assessments, as well as sharing important announcements and updates. New information and resources will be posted regularly as we move through the term, so please make it a habit to log in to the site on a regular, even daily, basis. To access the course website,

go to the UofT Quercus log-in page at <https://q.utoronto.ca>. Once you have logged in to Quercus using your UTORid and password, you should see the link or "card" for "PSY494H1 F LEC0101 Physiology and Psychology of Emotion". You may need to scroll through other cards to find this. **SPECIAL NOTE ABOUT GRADES POSTED ONLINE:** Please note that any grades posted are for your information only, so you can view and track your progress through the course. No grades are considered official, including any posted in Quercus at any point in the term, until they have been formally approved and posted on ACORN at the end of the course. Please contact me as soon as possible if you think there is an error in any grade posted on Quercus.

Readings: There is no textbook for this course. All readings will be articles uploaded onto Quercus to be read each week. Please keep in mind that Quercus will only send out emails to UToronto email addresses. So be sure to check your UofT email for any course announcements.

Email: When you e-mail, please include "PSY494" in the subject heading. Responses to emails will be made as soon as possible, please expect at least 48-hours for a reply, longer on weekends.

Evaluation:

Quizzes	33% (3 quizzes)
Midterm questions	16% (Due June 1)
Term paper	35% (8-10 pages, June 8)
Final questions	16% (Due June 20)

Important Dates:

Quiz 1 (11%)	Posted May 20 at 12:00pm, due May 21 by 12:00pm
Victoria Day	May 23 (No lecture)
Midterm questions (16%)	Due June 1 by 11:59pm
Quiz 2 (11%)	Posted June 3 at 12:00pm, due June 4 by 12:00pm
Term paper (35%)	Due June 8 by 11:59pm
Quiz 3 (11%)	Posted June 17 at 12:00pm, due June 18 by 12:00pm
Final questions (16%)	Due June 20 by 11:59pm
Classes end	June 20

Quizzes: (Each quiz is worth 11%, 33% total)

Throughout the semester there will be 3 quizzes administered on Quercus. All quizzes will be timed at **1.5 hours** each and will contain a combination of multiple choice, short-answer questions, and long-answer questions based on the lectures and the readings. Please see the course schedule on the last page for dates and material covered for the quizzes. **Quizzes must be completed within a 24-hour window (between noon on the posting date and noon on the quiz due date).**

If you are unable to write any of the quizzes, you must notify as soon as possible, and no later than one week after missing the quiz. Missed quizzes require you to self-declare your absence on ACORN (<https://www.artsci.utoronto.ca/covid19-artsci-student->

[faqs#SummerAbsenceDeclaration](#)). **Please submit this to me within one week of missing the quiz, otherwise you will receive a zero.** Missed quizzes for legitimate reasons will be re-weighted. Inadequate time management is not a valid excuse for missing a quiz.

It is expected that you have studied before the quiz. **The articles with asterisks next to them in the course schedule are ones you should read carefully and understand the rationales and results.** You may use the readings and lecture slides, but you cannot use Google to find answers. You also cannot copy and paste text from the articles, the internet or lecture slides. **You must use your own words.** Using someone else's words will be considered plagiarism and will result in a zero for the quiz. The quizzes will be completed on Quercus.

Quiz and Assignment Grading Review: You can request an office hour from your TA to review your quizzes and assignments within two weeks of releasing the grades on Quercus. Any individual meetings outside of these office hours are up to the TA's discretion, but **you have two weeks from the release of the grades to request to review your quizzes and/or assignments.**

Paper Assignments: All paper assignments (term paper and the midterm and final questions you generate) will be due before 11:59pm on their due date. These assignments are to be submitted on Quercus in the "Assignments" area. These papers should be written according to the formatting requirements stated below. There is a writing rubric for you to see how you will be evaluated and additional information on the term paper. Please see Quercus under the "Term Paper" module. **Late penalties for the term paper, midterm questions, and final questions assignments are -5% per day.**

Term Paper: (Due June 8, by 11:59pm (worth 35%))

You will write an argument paper where you are taking a stance about a particular topic and making the case for that stance using empirical evidence. You are not writing a review paper. Your paper should be written according to the formatting requirements stated below. There is a writing rubric for you to see how you will be evaluated. Please see Quercus under the "Term Paper" module. More information about this topic is provided in the writer primer posted on Quercus.

Your paper should contain the following general elements:

1. **Theoretical Summary:** You will discuss a topic of your choosing and take a particular stance regarding this topic. You will provide empirical evidence for this stance or perspective. Then you will argue for or against one of the perspectives using empirical evidence. You must first detail their positions and then choose to show supporting or dissenting evidence for the perspective you are taking.
2. **Evidence integration:** You will pick a topic in the emotion literature using a minimum of 5 empirical articles to support your topic (8-10 pages, roughly 2600-3600 words). You don't need to go into minute detail, but you should be able to discuss the findings in a persuasive manner that supports your stance. You need to be able to describe the experiment of the papers you have chosen and explicitly show how they support your

stance or whichever perspective you are supporting or refuting. The most important element of your paper is to demonstrate conceptual synthesis and critical thought.

Possible Paper Topics

- The limitations of understanding emotions as solely approach or avoidance motivation
- Is cultural variation in emotional expression evidence against universality?
- Whether emotions have different neural and/or physiological activation patterns
- Does happiness have a set-point in people?

For example, if you wanted to write about the last topic, you would pick a stance such as claiming that happiness does have a set-point in people and so perhaps having the goal of increasing happiness (i.e., beyond basic needs) may be futile. Your paper would discuss evidence as to why happiness is believed to have a set-point and how and why it fluctuates. You should write in a streamlined fashion to craft the most effective argument.

Including all these elements you should result in a minimum 'B' (75%) or higher on the paper, assuming you do the following as well:

1. Focus on your argument and efficiently describe the positions.
2. Be concrete and use evidence from the lectures and readings to build a persuasive argument.
3. Avoid vague generalizations to be persuasive: show, don't tell.
4. Be thoughtful and original. You need to show critical thought.
5. Write succinctly and clearly: it is always better to be concise rather than using flowery language that just takes up space and confuses the issue.
6. Make sure there are no grammatical errors and that your thoughts logically flow.
7. Make sure you follow APA style. Not ensuring this is an easy way to lose points.

Evaluation Elements:

1. *Mechanics*: Your work must be completely free of grammatical errors, spelling errors or major factual errors.
2. *Writing style*: Your paper should be written in a clear and unambiguous style which assists, rather than impedes, communication with the reader.
3. *Structure*: Your written work should have a clear focus, provided by the research question, and a structure which logically flows from that focus.
4. *Precision and accuracy*: Precision means saying exactly and specifically what you mean, avoiding ambiguity and vague generalities. Accuracy refers to absence of major factual errors.
5. *Analysis*: Your analysis should display understanding of the topic and, based on that understanding, originality of thought.
6. *Formatting*: Following of APA 7 Professional Paper format guidelines including citations and references where necessary.

Writing: One of the main objectives of this course is for you to develop your skills as a critical thinker and writer. There are many writing resources at UofT to help you improve your writing

(<http://www.writing.utoronto.ca/advice>). Please see the section about writing help in this syllabus as well as additional information about writing help on Quercus. I have uploaded information about effective, persuasive scientific writing as well as student examples of high-quality writing on Quercus. Please review this information before you write your paper.

Formatting: Your paper should be double-spaced with one-inch margins. Every assignment must be done in 12-point font, Times New Roman font, no extra spaces for paragraphs, regular sized (0.5 inch) indents at the start of every paragraph. You will lose marks for failing to meet the length guidelines. You must also follow APA 7 Professional Paper format. Please refer to these resources:

https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_formatting_and_style_guide/general_format.html

Term Paper FAQ:

Do I need a title page and abstract?

Yes, use APA 7 format.

What kind of references should I use?

Must be peer-reviewed empirical articles. No limit on how recently they were published.

How many references do I need?

You must include at least **5 primary empirical articles** to support your paper. You cannot use review papers as your main 5 articles, but you can use them after you fulfill the 5 primary empirical article requirements.

Can I use papers discussed in class?

No, not as your 5 main empirical articles. You may use material discussed in class as long as you have found and discussed 5 articles that we have not discussed in class.

Does the title page, abstract, and references count towards the page limit?

No, only the content (body) of your paper counts toward the 8-10 page limit.

Can I use figures?

Yes, you may use one figure in your paper, but you must use APA 7 Professional Paper formatting in captioning it and refer to it in your paper. It must be relevant to what you are discussing.

Can I write a review paper?

No, you are writing an argument, which is not the same as a review. You will make a claim as your thesis statement and then use empirical evidence to support this claim.

When will the marks be available?

You should allow at least two weeks from the date of submission for marks to be completed. After that, please contact your TA for further inquiry

Midterm and Final Test Questions:

Midterm Questions (16%, June 1) & Final Questions (16%, June 20) due by 11:59pm

For these tests, *you* will generate the questions and answers. You will create test questions and answers from each lecture topic. You will create and answer 2 multiple choice questions, 1 short-answer questions, and 1 long-answer question **for each lecture topic**. You may use material covered in lecture and from the assigned readings.

Thus, in total, you will be creating 4 questions (2 multiple choice questions, 1 short-answer question, and 1 long-answer question) for 8 of the lecture topics totalling 16 questions for the material of the midterm and 16 questions for the material of the final test. So, a grand total of 32 questions (midterm + final test) across the entire term. **You must make questions for 4 for the lecture topics from the midterm material and questions for 4 of the lecture topics from the final material.** Please refer to the separate PDF called Example Test Questions for more information. The questions will be submitted online in two separate Word documents (one Word document for midterm questions and one Word document for final questions). Each Word document will have each lecture topic as a heading and the questions for that lecture below. You can just use all lecture material or all reading material or a mix. You will be marked on the depth, breadth, comprehensiveness, and difficulty of your questions and answers. A good question cuts across different ideas. You will submit a Word document with the questions for the midterm material on the date of the midterm by 11:59pm, and you will submit a separate Word document with the questions for the final material on the date of the final by 11:59pm. For the multiple-choice questions, please bold the correct answer.

General FAQ:

Will you provide examples of good questions for each type for the midterm and final questions?

Yes, I can do that and will post them on Quercus.

Can we create a question that involves material from the midterm and the final?

Yes, these are great questions! These are typically questions that are sophisticated and require an integration of many ideas and can be trans-theoretical. So please do! For a question like that, you would include it under the lecture for the final material.

On the quizzes, what percentage of questions will be from the readings vs. lecture?

They are split and I cannot give you a percentage that would be useful. You must read the articles to do well on the quizzes.

What material will be covered on the quizzes?

Please see the course schedule on the last page for dates and material covered for the quizzes.

Will (insert any topic we've gone over in class) be on the quizzes?

I cannot tell you exactly what will be on the quizzes, that would defeat the purpose of having a quiz. Use what we have covered as a guide.

Will we need to memorize brain areas?

You will need to know what certain brain areas do, which we will have gone over in class. You will not have to memorize where things are in the brain.

Do we have to read the assigned articles?

Yes! Everything that is assigned is testable material. With that said, you **will not** be asked random information about a study that is not important to the overall relevancy of the article.

Do we have to explain the answers for the multiple-choice questions?

No

Do we have to use citations for the questions?

No

How much detail do we need to know in the articles?

Everything that is assigned is testable material, but you **will not** be asked random information about a study that is not relevant to the overall relevancy of the article.

How many and what kinds of questions are on the quizzes?

Each quiz will have a combination of questions and may contain multiple-choice, short-answer, and long-answer questions. As a ballpark estimation, short answers can be anywhere from 2 to 4 sentences. Long answers can be anywhere from 1-3 paragraphs. It really depends on how you write.

Is bullet form okay?

No, you need to explain the concepts to fully answer the questions.

Any advice on how to study?

Study and think more in terms of understanding concepts and not so much as memorizing facts. I care more about you connecting various ideas and understanding the rationales behind studies and the reasoning behind different kinds of evidence in terms of how they're interpreted. Making test questions of your own is a great way to study for the quizzes as well as reading the articles and reviewing your slides.

When will the marks be available?

You should allow at least two weeks from the date of completing the quiz or assignment for marks to be completed. After that, please contact your TA for further inquiry.

Plagiarism: Submitting a paper that you did not write, recycling papers you have written for other classes, copying and pasting without quote or citations, or poorly summarizing material by changing only a few words ALL constitutes plagiarism.

Normally, students will be required to submit their course essays to the University's plagiarism detection tool for a review of textual similarity and detection of possible plagiarism. In doing so, students will allow their essays to be included as source documents in the tool's reference database, where they will be used solely for the purpose of detecting plagiarism. The terms that apply to the University's use of this tool are described on the Centre for Teaching Support & Innovation web site (<https://teaching.utoronto.ca/ed-tech/teaching-technology/pdt/pdt-faq/>).

Quiz and Assignment Review: Your TA will hold office hours on Zoom, or whichever platform works best, to allow you to review your quiz and/or assignment within two weeks of releasing the grades on Quercus. **You have two weeks from the release of the grades to request to review your quizzes and/or assignments.**

Grade Appeals: If after meeting with your TA you are still dissatisfied with the grading of your paper, quizzes, or other assignments, you can submit a written appeal request to your instructor detailing why you think you deserve a higher grade. You cannot submit an appeal if you have not first met with your TA. You have one week from when the marks are released to submit an appeal, but only after meeting with the TA. Any appeal request made after this time frame will not be considered. Be aware that your mark may stay the same, go up, or go down.

Penalties for Paper Assignment Lateness: It is your responsibility submit your assignments on the due dates. The penalty for assignment lateness is a 5% deduction from the assignment mark per day after the submission deadline, including weekends.

To be excused for a late paper submission, you must notify as soon as possible, and no later than one week after missing the submission due date. Missed assignments require you to self-declare your absence on ACORN (<https://www.artsci.utoronto.ca/covid19-artsci-student-faqs#SummerAbsenceDeclaration>). Please submit this to me within one week of missing the assignment due date, otherwise you will receive a zero.

Submission Instructions: **Your term paper must be submitted electronically as a Word document via Quercus under Assignments.** Your paper is due by 11:59PM on the due date. You can upload your paper as many times as you like before the deadline, but only the last upload will be marked. It's your responsibility to ensure you have a properly working internet connection and save your work while you are completing it. I recommend you send yourself many emails with updated Word document drafts throughout the writing process. It is your responsibility to save frequently and have up-to-date drafts saved in more than one place. Avoid last-minute submissions.

Academic Integrity: All students, faculty and staff are expected to follow the University's guidelines and policies on academic integrity. For students, this means following the standards of academic honesty when writing assignments, collaborating with fellow students, and writing tests and exams. Ensure that the work you submit for grading represents your own honest efforts. Plagiarism—representing someone else's work as your own or submitting work that you have previously submitted for marks in another class or program—is a serious offence that can

result in sanctions. Speak to me or your TA for advice on anything that you find unclear. To learn more about how to cite and use source material appropriately and for other writing support, see the UofT writing support website at <http://www.writing.utoronto.ca>. Consult the Code of Behaviour on Academic Matters for a complete outline of the University's policy and expectations. For more information, please see <http://academicintegrity.utoronto.ca>.

Religious Accommodations: As a student at the University of Toronto, you are part of a diverse community that welcomes and includes students and faculty from a wide range of cultural and religious traditions. For my part, I will make every reasonable effort to avoid scheduling tests, examinations, or other compulsory activities on religious holy days not captured by statutory holidays. Further to University Policy, if you anticipate being absent from class or missing a major course activity (such as 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.

Accessibility and Diversity: Students with diverse learning styles and needs are welcome in this course. If you have an acute or ongoing disability issue or accommodation need, you should register with Accessibility Services (AS) during the first week of the class by visiting <http://www.studentlife.utoronto.ca/as/new-registration>. Without registration, you will not be able to verify your situation with your instructors, and instructors will not be advised about your accommodation needs. AS will assess your situation, develop an accommodation plan with you, and support you in requesting accommodation for your course work. Remember that the process of accommodation is private: AS will not share details of your needs or condition with any instructor, and your instructors will not reveal that you are registered with AS. If you are registered with AS, please notify me so that I am aware of the accommodations you may need throughout the semester.

Academic Success: If you need help with time management, goal setting, study tips, and/or taking good notes, you can meet with a learning strategist at Academic Success to learn some helpful strategies: <https://www.studentlife.utoronto.ca/asc>.

Accommodation for Personal Reasons: There may be times when you are unable to complete course work on time due to non-medical reasons. If you have concerns, speak to me or to an advisor in your College Registrar's office; they can help you to decide if you want to request an extension or accommodation. They may be able to provide you with a College Registrar's letter of support to give to your instructors, and importantly, connect you with other resources on campus for help with your situation.

Mental Health and Well-Being: As a student, you may experience challenges that can interfere with learning, such as strained relationships, increased anxiety, substance use, feeling down, difficulty concentrating and/or lack of motivation, financial concerns, family worries and so forth. These factors may affect your academic performance and/or reduce your ability to participate fully in daily activities. Everyone feels stressed now and then – it is a normal part of university life. Some days are better than others, and there is no wrong time to reach out.

There are resources for every situation and every level of stress. There are many helpful resources available through your College Registrar or through Student Life (<http://studentlife.utoronto.ca> and <http://www.studentlife.utoronto.ca/feeling-distressed>). An important part of the University experience is learning how and when to ask for help. Please take the time to inform yourself of available resources.

Specific Medical Circumstances: For this term, a Verification of Illness (also known as a "doctor's note") is temporarily not required. Students who are absent from academic participation for any reason (e.g., COVID, cold, flu and other illness or injury, family situation) and who require consideration for missed academic work should report their absence through the online absence declaration. The declaration is available on ACORN under the Profile and Settings menu. Students should also advise their instructor of their absence. If an absence extends beyond 14 consecutive days, or if you have a non-medical personal situation preventing you from completing your academic work, you should connect with your College Registrar. They can provide advice and assistance reaching out to instructors on your behalf. If you get a concussion, break your hand, or suffer some other acute injury, you should register with Accessibility Services as soon as possible.

Accommodations for Personal Reasons: There may be times when you are unable to complete course work on time due to non- medical reasons. If you have concerns, speak to me or to an advisor in your College Registrar's office; they can help you to decide if you want to request an extension or accommodation. They may be able to provide you with a College Registrar's letter of support to give to your instructors, and importantly, connect you with other resources on campus for help with your situation.

Equity, Diversity, and Inclusion: The University of Toronto is committed to equity, human rights and respect for diversity. All members of the learning environment in this course should strive to create an atmosphere of mutual respect where all members of our community can express themselves, engage with each other, and respect one another's differences. UofT does not condone discrimination or harassment against any persons or communities.

Course Schedule

Day	Date	Discussion Topic	Readings
Wednesday	May 11	Course Overview Philosophical Traditions	Dixon, 2012*
Monday	May 16	The Evolutionary Perspective	Hess & Tibault, 2009 Chapman, 2009* Susskind et al., 2008*
Wednesday	May 18	The Physiological Perspective	Bechara et al., 1999* Friedman, 2010
Friday	Posted May 20 at 12:00pm	Quiz 1 (covering material from May 11, 16, 18)	Due May 21 by 12:00pm

Monday	May 23	Victoria Day	University Closed
Wednesday	May 25	Social Constructivism & Cultural Differences	Matsumoto, 2006 Gendron, 2014*
Monday	May 30	Emotion Appraisal & Modulation IMPORTANT: This lecture will not take place in person. A recording will be posted on Quercus instead.	Goldin et al., 2008* Gross & Barrett, 2011
Wednesday	June 1	Midterm Questions Due	Due by 11:59pm
Wednesday	June 1	Cognition & Emotion IMPORTANT: This lecture will not take place in person. A recording will be posted on Quercus instead.	Fredrickson, 2001 Farb et al, 2010* Schmitz et al., 2009
Friday	Posted June 3 at 12:00pm	Quiz 2 covering material from May 25, 30, and June 1)	Due June 4 by 12:00pm
Monday	June 6	Neuroscience of Emotion I	Eisenberger et al., 2007* Barrett & Satpute, 2019
Wednesday	June 8	Term paper due	Due by 11:59pm
Wednesday	June 8	Neuroscience of Emotion II	Dalgleish et al., 2009 Roth & Sweatt, 2011* Panksepp, 2007
Monday	June 13	Wellbeing	Diener & Suh, 2000 Davidson & McEwen, 2012 Dolcos, et al., 2018*
Wednesday	June 15	Psychopathology & Emotion	Lacasse & Leo, 2005 Allsopp et al., 2019 Deacon, 2012*
Friday	Posted June 17 at 12:00pm	Quiz 3 covering material from June 6, 8, 13, 15	Due June 18 by 12:00pm
Monday	June 20	Final Questions Due	Due by 11:59pm