

Physiology and Psychology of Emotion PSY494H1S – L0101 – Spring 2023

Course Description: This course will focus on the biological and psychological basis of emotion. 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 leave this course with a deeper understanding of your own emotional selves.

Prerequisites: PSY201H1/ ECO220Y1/ EEB225H1/ GGR270H1/ IRW220H1/ 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 **Fridays from 9:00am-12:00pm. Lectures are in-person in Sidney Smith room 1088 (SS1088)** (except for the Friday March 24th lecture, 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 not required in indoor University of Toronto spaces, but it is still recommended and appreciated. 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 S 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:

Textbook: Shiota, M., & Kalat, J. (2017). Emotion (3rd ed.): Oxford University Press.

The e-book for this textbook is available via **Willo Labs** in the “Textbook” module on Quercus. You will need to click the link on Quercus to access the e-book. You may also access the textbook via the UofT Bookstore: <https://www.uoftbookstore.com/adoption-search-results?ccid=64255&itemid=100435>.

In addition to the textbook, research articles will be uploaded to Quercus to be read on a weekly basis.

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. Please use your UToronto email address when sending emails. 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.

Evaluation:

Term Paper Outline	5% (Due <u>Friday February 10th</u> by 11:59pm) Students are asked to complete an outline of their Term Paper, which will act as a rough guide for writing the final Term Paper.
Midterm Test	30% (In-class on <u>Friday February 17th</u> between 9:00am-12:00pm) The Midterm test will consist of multiple-choice, short answer, and long answer questions covering the first half of the course. Content covered will include all lecture and readings assigned for the first half of the course.
Term Paper	30% (Due <u>Friday March 17th</u> by 11:59pm) Students are asked to write a 4–6-page argumentative thesis paper related to the physiology and psychology of emotion.
Final Questions Assignment	35% (Due <u>Thursday April 6th</u> by 11:59pm)

Midterm Test: (In class on Friday February 17th – 30% total)

The Midterm will contain a combination of multiple choice, short-answer questions, and long-answer questions based on the lectures and the readings. This Midterm will cover the first half of the course content (lectures 1-5).

Missed Midterm: If you are unable to write the Midterm, you must notify me as soon as possible, and no later than one week after missing the Midterm. Missed midterms require you to self-declare your absence on ACORN (<https://www.artsci.utoronto.ca/covid19-artsci-student-faqs#fall-absence-declaration-accordion-1>). Please submit this to me within one week of missing the Midterm, otherwise you will receive a zero. If the Midterm is missed for acceptable reasons, a make-up Midterm will be administered.

Assignment Submission: All assignments (Term Paper Outline, Term Paper, and Final Questions Assignment) will be due before 11:59pm on their due date. These assignments are to be submitted on Quercus in the “Assignments” section. These assignments should be written according to the formatting requirements that will be posted on Quercus.

Penalties for 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 grade per day after the submission deadline, including weekends. It is your responsibility to ensure you have a 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, or using Google Docs to save a copy online. It is your responsibility to have up-to-date drafts saved in more than one place. Please avoid last-minute submissions.

Late penalties for the Term Paper Outline, Term Paper, and Final Questions Assignment are -5% per day. To be excused from a late assignment penalty, you must notify me 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#fall-absence-declaration-accordion-1>). **Please submit this to me within one week of missing the assignment due date to organize another submission date, otherwise you will receive the penalty (or a zero if the assignment is not submitted).**

Midterm 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 Midterm and/or assignments.**

Grade Appeals: If after meeting with your TA you are still dissatisfied with the grading of your paper, Midterm, 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 **two weeks** 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.

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.

Plagiarism: Submitting assignments that you did not write, recycling assignments 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 assignments 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 assignments 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/>).

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 U of T 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 <https://www.artsci.utoronto.ca/current/academic-%20advising-and-support/student-academic-integrity> and <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) at the beginning of the academic year 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.

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 **7 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.

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.

General FAQ:

Will you provide examples of good questions for each type for the Final Questions Assignment?

Yes, they will be posted on Quercus.

On the Midterm, 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 and textbook assigned readings to do well on the Midterm.

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.

How much detail do we need to know in the articles and textbook assigned readings?

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 each reading.

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

The Midterm 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 Midterm as well as reading the articles/chapters and reviewing your slides.

When will the marks be available?

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

Course Schedule

Day	Date	Discussion Topic	Readings
Friday	January 13	Course Overview Philosophical Traditions	Article: Dixon, 2012 Textbook Chapter 1: The Nature of Emotion (pages 1-7 (stop at "Classic Theories of Emotion"), pages 15-38)
Friday	January 20	The Evolutionary Perspective	Article: Chapman, 2009 Textbook Chapter 2: The Evolution of Emotion
Friday	January 27	The Physiological Perspective	Article: Bechara et al., 1999 Textbook Chapter 1: The Nature of Emotion (pages 7-14 (start at "Classic Theories of Emotion") Textbook Chapter 6: Emotion and the Central Nervous System
Friday	February 3	Social Constructivism & Cultural Differences	Article: Gendron, 2014 Textbook Chapter 3: Culture and Emotion
Friday	February 10	Term Paper Outline Due	Due by 11:59pm
Friday	February 10	Emotion Appraisal & Modulation	Article: Goldin et al., 2008 Textbook Chapter 4: What Elicits Emotions?
Friday	February 17	Midterm Test – In Class	9:00am-12:00pm
Friday	February 24	No Class – Reading Week	
Friday	March 3	Emotion & Cognition	Article: Farb et al, 2010 Textbook Chapter 10: Emotion and Cognition
Friday	March 10	Neuroscience of Emotion I	Article: Eisenberger et al., 2007
Friday	March 17	Term Paper Due	Due by 11:59pm
Friday	March 17	Neuroscience of Emotion II	Article: Roth & Sweatt, 2011
Friday	March 24	Wellbeing IMPORTANT: This lecture will not take place in person. A recording will be posted on Quercus instead.	Article: Dolcos, et al., 2018 Textbook Chapter 12: Happiness and the Positive Emotions
Friday	March 31	Psychopathology & Emotion	Article: Deacon, 2012 Textbook Chapter 14: Emotion in Clinical Psychology
Thursday	April 6	Final Questions Assignment Due	Due by 11:59pm