

# Physiology and Psychology of Emotion PSY 494 H1S - Summer 2015



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## Course Description:

Welcome!! 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.

The lectures will elucidate the 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 also will 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 a 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 and how emotions are invaluable to the human experience in living a meaningful life.

### **Instructor: Jessica A. Hughes**

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Office Hours: Directly after class. Stay after class if you need to speak with me.

### **Teaching Assistant: Ade Oyefiade**

Office: TBA

Email: [ade.oyefiade@mail.utoronto.ca](mailto:ade.oyefiade@mail.utoronto.ca)

Office Hours: By appointment

**Prerequisites:** PSY 100 (Intro to Psychology) and PSY201 (Statistics I)

**Course Information:** Lectures: Mondays and Wednesdays: 12 PM to 3 PM, Location SS 1072  
The course website can be found at <http://portal.utoronto.ca>

**Email:** When you e-mail, please include “PSY494” in the subject heading.

## Readings

There is no required textbook for this course. All readings are subject to change with adequate prior notice. Assigned readings (2-4 articles) will be posted on Blackboard for each week. Please keep in mind that Blackboard will only send out emails to utoronto email addresses. So be sure to check your U of T email for any course announcements.

## Evaluation

Reaction papers	40% (3 reaction papers, see below for % breakdowns)
Midterm	25% (1.5 hour exam, all topics before this date), July 22nd
Final	20% (1.5 hour exam, cumulative), August 10th
Personal Paper	15% (Reaction summary), August 15th

Testing locations: The midterm and final exams will take place in our classroom location (SS 1072) during regular class hours.

## Important Dates

Drop deadline is July 27th

Classes end August 10th

Examination period August 11th - 17th

## Short Papers

The short papers (due before midnight on the due date – Submit on Blackboard). You will write about the topics listed below.

You will write 4 short papers (1.5-2 pages) over the course of the semester.

These papers should contain the following elements:

1. **Historical Summary:** You will discuss the perspectives listed in the topics below and detail them succinctly. Then you will argue for one of them using empirical evidence from class and the readings. You must first detail their positions and then choose one to argue for.
2. **Evidence integration:** You should discuss empirical evidence (from lecture and the readings) that highlights the stance you are taking. 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.

These papers should be no more than 2 pages according to the formatting requirements stated below. You must write in a streamlined fashion due to length constraints. I expect you all to improve your writing skills, which is why the papers toward the end of term are more heavily weighted. You will receive feedback on your writing so you can incorporate it into your subsequent papers.

Including all of the following 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. Edit your paper to ensure 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.

### **Short paper 1 Due Friday July 10th before midnight (worth 5%)**

The physiological perspective of emotion that James proposed suggesting autonomic specificity. You can argue for or against it using an empirical evidence.

### **Short paper 2 Due Tuesday July 28th before midnight (worth 15%)**

Discuss the interplay between emotion and cognition (e.g., how emotion can bias cognition and how cognition can bias emotion). Also discuss if emotion and cognition are legitimately separate processes.

### **Short paper 3 Due Friday August 7th before midnight (worth 20%)**

Discuss the idea that emotion is subcortical versus cortical. How does emotion arise from neuroanatomical dynamics to guide behaviour? You can focus on emotion in general or a specific emotion (i.e., fear, anxiety, empathy) in normal or psychopathological behaviour.

The most important thing is to demonstrate conceptual synthesis and critical thought. We will discuss the writing assignments further in class.

### **Short paper 4 (Personal Reaction Paper: worth 15%) Due August 15th before midnight**

For the personal reaction paper, I want you to discuss how your conception of emotion has changed throughout the course. You can talk about what your theory of emotion was coming into the course and feel free to pull examples from your life in how your culture, family, and friends have shaped your perspective of emotion. Perhaps this course didn't change the way you think about emotions at all or it could have reinforced beliefs you have or resulted in an emotional shift in how you view yourself and emotions. Feel free to talk about whatever you find relevant. I still expect to see critical thinking and analysis as well as coherent prose.

**Formatting:** The written assignments will be two pages long, 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 format. <https://owl.english.purdue.edu/owl/resource/560/01/>

**Plagiarism:** Submitting a paper that you did not write, recycling papers you have written for other classes, or quoting others without citing them constitutes plagiarism. **Plagiarism will result in a failing grade for the course.** You are urged to refer to the following website for more details: <http://www.utoronto.ca/writing/plagsep.html>

### Exams

Exams will all be multiple choice. Material on the exams will include both lecture material and assigned readings. Exams will last 1.5 hours.

There will be make-up exams for any missed exams that must be taken within a week following the date of the exam. Missed exams or assignments for reasons of illness or other valid circumstances (e.g. documented family emergency or illness) require appropriate documentation. University of Toronto has introduced a new Verification of Injury (<http://illnessverification.utoronto.ca/index.htm>) as the only acceptable form of medical documentation at UofT.

**Midterm and Final grade appeals:** Your TA will hold office hours to allow you to review your test within two weeks of releasing the grades on Blackboard. 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 make such a request. This will ensure that you have time to go over your feedback to incorporate it into your next paper assignment.

**Attendance and Participation:** Because the lectures will cover material that is not contained in the readings, class attendance is essential. Late arrivals and chatting during lecture are very disruptive to your fellow classmates and the instructor. So, please be respectful during lecture. I strongly encourage class discussion and questions. I am always interested in what you think! So, please don't be shy.

**Accessibility and Diversity:** Students with diverse learning styles and needs are welcome in this course. If you have a specific learning style, any other special needs, disabilities or any health considerations that require special arrangements and accommodations, please notify Accessibility Services during the first week of the class at (416) 978-8060, or via email at [accessibility.services@utoronto.ca](mailto:accessibility.services@utoronto.ca) or in person at 130 St. George Street, 1st Floor.

**Penalties for Lateness:** The deadline for the written assignments is firm. The penalty for reaction paper lateness is 5% per day, including weekends. To be excused for a late submission you must provide appropriate documentation otherwise you will receive a zero for that assignment. There will be no extensions without proper documentation.

**Submission instructions:** All written assignments must be handed in electronically via Blackboard. Your papers are due before midnight (no later than 11:59 PM). So, make sure you

check the class schedule to ensure you have the right deadline for the paper. You are responsible for ensuring your assignment was properly and promptly submitted.

**How to hand in your written assignments:** Go to the course page on Blackboard and click on 'Hand in paper' in the left hand menu. Upload your paper as an attachment. Submit it as a Word document or equivalent, and **not as a PDF**. Do not hand in a hardcopy or send it via email to your TA or instructor. You can upload your paper as many times as you like before the deadline, but your TA will only download and grade your last upload. You are responsible for ensuring a reliable internet connection during the upload.

**Your paper grades:** Receiving your grade: When all the reaction papers have been graded for that week, your TA will upload to the marks with any necessary comments in Blackboard. Your paper marks will be uploaded with a marking rubric as soon as the TA finishes evaluating them.

If you have questions or concerns regarding your grade, you must get in touch with your TA. Your TA will hold office hours for students wishing to discuss the particulars of their papers within one week of releasing the grades. Individual meetings outside of these office hours are up to the TA's discretion, but no requests will be considered after one week of the grades being released. Keep in mind, that if you have questions about the course material, it is best that you see me after class to discuss it.

**Grade appeals:** Your grade is meant to holistically capture the quality of your paper. If after meeting with your TA you are still dissatisfied with the grading of your paper, you can submit it to your instructor along with a separate document laying out 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 mark uploads to make any appeals. 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. I understand that English is not a first language for many students, however, at this level in University I expect all of you to be proficient writers. If you need help with your writing, please contact one of the numerous writing centers available at U of T for students. There are many resources to help you with writing, please take advantage of them if needed. For help with writing development, please visit <http://www.writing.utoronto.ca/>.

**Academic Integrity:** Please ensure that you pursue your education with integrity: ([www.governingcouncil.utoronto.ca/policies/behaveac.htm](http://www.governingcouncil.utoronto.ca/policies/behaveac.htm)) for more information also visit: (see [www.utoronto.ca/academicintegrity/resourcesforstudents.html](http://www.utoronto.ca/academicintegrity/resourcesforstudents.html)).

## Course Schedule

Week	Date	Discussion Topic	Readings
1	June 29th	Course Overview Philosophical and Historical Traditions	
2	July 1st	Canada Day (NO CLASS)	
3	July 6th	The Evolutionary Perspective	Dixon, 2012 Chapman et al., 2009 Hess & Tibault, 2009 Susskind et al., 2008
4	July 8th	The Physiological Perspective	Friedman, 2010 Bechara et al., 1999 Kreibig, 2010 Davis, et al., 2010 Oberman et al., 2007
5	July 13th	Social Constructivism & Cultural Differences	Mayamoto et al., 2014 Matsumoto, 2006 Butler et al., 2007 Chentsova-Dutton et al., 2014 Gendron et al., 2014
6	July 15th	Cognition & Emotion <b>(Guest speaker Kristin Wilson)</b>	Farb et al, Review, 2012 Fredrickson, 2001 Schmitz et al., 2009
7	July 20th	Emotional Appraisal & Modulation	Goldin et al., 2008 Gross & Barrett, 2011 Gross, 2015 Roseman, 2011
8	July 22nd	<b>MIDTERM EXAM (in class)</b>	
9	July 27th	Neuroscience of Emotion I <b>(Guest speaker Vincent Mann)</b>	TBA

<b>Week</b>	<b>Date</b>	<b>Discussion Topic</b>	<b>Readings</b>
<b>10</b>	<b>July 29rd</b>	Neuroscience of Emotion II	Panksepp, 2011 Reynolds & Berridge, 2008 Roth & Sweatt, 2011 Pizzagalli et al., 2004
<b>11</b>	<b>August 3rd</b>	<b>NO CLASS</b>	
<b>12</b>	<b>August 5th</b>	Psychopathology & Emotion	Lacasse & Leo, 2005 Pittenger & Duman, 2008 Nestler, 2006 Deussing, 2006 Caspi et al., 2014 Deacon, 2012
<b>13</b>	<b>August 10th</b>	<b>FINAL EXAM (in class)</b>	
<b>14</b>	<b>August 15th</b>	<b>Personal Reaction Paper due</b>	Submit on Blackboard before midnight