Emotion

PSYC E-1060
Harvard University Extension School
Fall term, 2013
Tuesdays, 5:30-7:30 PM

Instructor: Matthew Leeds
Office hours: By appointment
Email: mleeds@hms.harvard.edu
Phone: 617-497-6603

Teaching fellow: Jon Chamberlain  Email: jon.chamberlain.emotion@gmail.com
Teaching fellow: Amber Landers  Email: ajlander@purdue.edu
Teaching fellow: Kay Schwader  Email: klschwader@suffolk.edu

Sept 3: Introduction: What is emotion? What methods are used to study it?
Keltner, Oatley & Jenkins: Chapter 1 – Approaches to Understanding Emotions and
Chapter 7 – Appraisal, Knowledge and Experience

Emotions Revealed: Chapter 2, When do we become emotional? (pp. 17-37)

Sept 10: Do we have a set of basic emotions? Does culture shape emotion?
Keltner, Oatley & Jenkins: Chapter 3 – Cultural understandings of emotions
Recommended: Emotions Revealed: Chapter 5, Sadness and agony (pp.82-109).

Sept 17: Does emotion have a function?
Keltner, Oatley & Jenkins: Chapter 2: Evolution of emotions
Sept 24: Facial expression and emotion

Keltner, Oatley & Jenkins: Chapter 4 – Communication of emotions

*Emotions Revealed*: Chapter 1, Emotions across cultures (pp. 1-16)

Oct 1: Emotion and the brain

Keltner, Oatley & Jenkins: Chapter 6 – Brain mechanisms and emotion


Recommended: *Emotions Revealed*: Chapter 7, Surprise and fear (pp. 148-171).

Oct 8: Emotion and the body: The somatovisceral perspective

Keltner, Oatley & Jenkins: Chapter 5 – Bodily changes and emotions


Oct 15: What is the relationship between emotion and cognition?

Keltner, Oatley & Jenkins: Chapter 10 – Emotions and cognition


Oct 22: Midterm Exam

Oct 29: Emotion and development

Keltner, Oatley & Jenkins: Chapter 8 – Development of emotions in childhood


Oct 29 (continued)


Nov 5: Emotion, gender and relationships

Keltner, Oatley & Jenkins: Chapter 9 – Emotions in social relationships

*Emotions Revealed:* Chapter 8, Disgust and contempt (pp. 172-189).


Nov 12: Emotion and personality

Keltner, Oatley & Jenkins: Chapter 11 – Individual differences in emotionality

*Emotions Revealed:* Conclusion, Living with emotion (pp. 231-236).


Nov 19: Emotion regulation Paper Due

Keltner, Oatley & Jenkins: Chapter 12 – Emotion-based disorders of childhood and Chapter 14 – Consciousness, regulation, psychotherapy (pp. 360-367)

*Emotions Revealed:* Chapter 3, Changing what we become emotional about (pp. 38-51) and Chapter 4, Behaving emotionally (pp. 52-81).


Nov 26: Emotion regulation and emotional disorders

Keltner, Oatley & Jenkins: Chapter 13 – Mental disorder and well-being in adulthood (pp. 326-347) and Chapter 14 – Consciousness, regulation, psychotherapy (pp. 367-378)

Dec 3: Emotion regulation and physical health

Keltner, Oatley & Jenkins: Chapter 13 – Emotions and mental health in adulthood (pp. 347-349).


Recommended: *Emotions Revealed*: Chapter 6, Anger (pp. 110-147).

Dec 10: Positive emotions

Keltner, Oatley & Jenkins: Chapter 13 – Mental disorder and well-being in adulthood (pp. 349-353)

*Emotions Revealed*: Chapter 9, Enjoyable emotions (pp. 190-212).


Dec 17: Final Exam

Readings


In addition to the main texts there is a set of readings. They can be accessed through the course website.

Website

The lecture slides and many other materials will be posted on the course website. Please bookmark it so that you will have easy access to it during the term.

The address for the course website is:
http://isites.harvard.edu/icb/icb.do?keyword=k97153
Online Discussions

All class members will have the opportunity to participate each week in an online discussion through the course website. Following each class meeting, discussion questions will be posted as starting points. Class members are welcome to suggest topics for those discussions by emailing the teaching fellows. The online discussions will start during the second week of class.

Assignments and Grading

The grades for undergraduate students will be based on a midterm (25%), paper (25%) and a final exam (40%). The paper will ask you to apply concepts from the readings and class; it will not require additional reading or library research. The paper will be due November 19.

The remaining 10% of the grade for undergraduate students will come from 5 one page papers in response to the course readings. The guidelines for those papers are available in the “Assignments” section of the course website.

Graduate students will in addition write a research proposal or literature review. The grades for graduate students will be based on the midterm (20%), coursewide paper (20%), final exam (30%), and the research proposal/literature review (30%).

<table>
<thead>
<tr>
<th>Undergraduate Students</th>
<th>Graduate Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>midterm</td>
<td>midterm</td>
</tr>
<tr>
<td>paper</td>
<td>paper</td>
</tr>
<tr>
<td>final</td>
<td>final</td>
</tr>
<tr>
<td>response</td>
<td>research proposal</td>
</tr>
<tr>
<td>papers</td>
<td></td>
</tr>
<tr>
<td>25%</td>
<td>20%</td>
</tr>
<tr>
<td>25%</td>
<td>20%</td>
</tr>
<tr>
<td>40%</td>
<td>30%</td>
</tr>
<tr>
<td>10%</td>
<td>30%</td>
</tr>
</tbody>
</table>

The assignments for the class will be posted on the course website and can be downloaded from there. Each of the assignments will be discussed in further detail in class at the time when it is recommended that students start on the assignment.