

**Attention!**

This is a **representative** syllabus. The syllabus for the course when you enroll may be **different**.

Use the syllabus provided by **your** instructor for the most up-to-date information. Please refer to your instructor for more information for the specific requirements for a given semester.

Feel free to contact the Psychology Advising Office for any questions regarding psychology courses either by email (**[psychadvising@osu.edu](mailto:psychadvising@osu.edu)**) or phone (614.292.5750). Thank you!

# Syllabus:



Psychology 4515

Psychology of Emotions

## Course schedule

Week	Dates	Topics, Readings, Assignments, Deadlines (Create a habit of completing readings by Fridays)
1	1/9	Introduction to the Course – Syllabus, reading/prep, video clips Assignments: discussion board Due dates: Friday at 11:59pm
2	1/16 MLK on Monday	Theories of Emotions; Reading/Prep Assignments: discussion board Due dates: Friday at 11:59pm
3	1/23	Methods of Science on Emotions– Reading/Prep, video clips Assignments: quiz and discussion board Due dates: Friday at 11:59pm
4	1/30	Emotions and the Brain– Reading/Prep, video clips Assignments: discussion board Due dates: Friday at 11:59pm
5	2/6	Expressions of Emotions – Reading/Prep, video clips Assignments: discussion board

Week	Dates	Topics, Readings, Assignments, Deadlines (Create a habit of completing readings by Fridays) Due dates: Friday at 11:59pm
6	2/13	The Self and Emotions – Reading/Prep, video clips Assignments: quiz and discussion board Due dates: Friday at 11:59pm
7	2/20	Happiness and Positive Emotions – Reading/Prep, video clips Assignments: discussion board Due dates: Friday at 11:59pm
8	2/27	Sadness and Negative Emotions and Cognition– Reading/Prep Assignments: discussion board- Due dates: Friday at 11:59pm
9	3/6	Emotional Regulation and Control (EQ)– Reading/Prep, video clips Assignments: quiz and discussion board Due dates: Friday at 11:59pm <b>Friday will be a project work-day. No in-class meeting.</b>
10	3/13	Spring Break
11	3/20	Relationships and Emotions with Groups– Reading/Prep, video clips Assignments: discussion board Due dates: Friday at 11:59pm
12	3/27	Gender and Emotions– Reading/Prep, video clips Assignments: discussion board Due dates: Friday at 11:59pm

Week	Dates	Topics, Readings, Assignments, Deadlines (Create a habit of completing readings by Fridays)
13	4/3	Cross Cultural Psychology of Emotions – Reading/Prep, video clips Assignments: quiz and discussion board Due dates: Friday at 11:59pm
14	4/10	Applied Emotion of Psychology – Discussion, video clips Assignments: discussion board Due dates: Friday at 11:59pm
15	4/17	Practice with Emotional Psychology Interventions Assignments: quiz and discussion board Due dates: Friday at 11:59pm
FINALS WEEK		Final Projects Due Monday 4/24 at 11:59 PM

## Course overview

## Course description

An examination of emotion focusing on how emotions are interconnected to other basic psychological processes such as cognition, motivation, decision making, and well-being.

## Course learning outcomes

By the end of this course, students should successfully be able to:

1. Compare and contrast theoretical approaches to understanding and explaining the role of emotion in psychology as a science and as applied to everyday life.
2. Analyze events in everyday life utilizing the principles of, and research in, psychology viewed through the explanatory “lens” of emotion and/or reason.
3. Differentiate different categorizations of emotion and the implication of those different categorical constructions.
4. Identify and describe processes associated with initiating and inhibiting emotions in ourselves and others.
5. Apply principles of emotional control to everyday responses to situations.
6. Describe means of applying psychological principles to emotions that underlie personal communications and relationships.
7. Apply specific psychological information to your technology or career choice and success.

## How this course works

**Design:** Learning research from cognitive psychology and neuroscience is used to design the class using small incremental steps rather than large exams. Lectures will provide information beyond the textbook.

**Pace of activities:** This course is divided into **weekly modules** that are released week by week on Mondays.

- In order to build your work, there are 2 due dates each week for discussion posts
  - Weds at 11:59 pm and Friday at 11:59 pm
- Activities and assignments for the week are released on Monday

**Credit hours and work expectations:** This is a **3-credit-hour course**. According to [Ohio State policy](#)[Links to an external site.](#), students should expect around 3 hours per week of time spent on direct instruction (instructor content and Carmen activities, for example) in addition to 6 hours of homework (reading and assignment preparation outside of class time). **In other words, schedule about 9 or 10 hours of course work each week for each 3 hour class. This class will require significant time on discussions and a final project. Scholarly research papers must be read each week for your final project and class discussions. Students will build a habit of finding new research articles weekly.**

**Attendance and participation requirements:** Your attendance is required for each class time.

Three absences are permitted per semester. More than three will result in a 2 point penalty per class missed. The following is a summary of everyone's expected participation:

- **Participating in activities for attendance**  
You are expected to attend class with a maximum of three absences. If you will miss more than this, please e-mail your professor. Students are also expected to log in to the course in Carmen multiple times each week. Attendance will be kept through classroom activities. **However, please feel free to stay home if you are sick in any way.**
- **Office hours: OPTIONAL**  
Any live, scheduled events for the course, including office hours, are optional.
- **Participating in discussion forums: 3 or more TIMES PER WEEK**  
As part of your participation, each week you can expect to post at least three times as part of our substantive class discussion on the topic each week. Discussions are checked for plagiarism, and any unethical behavior may be traced back at any previous point in the semester.

## Course materials and technologies

### Textbook and Readings

*Psychology of Emotions by Niedenthal (Optional Text)*

*Various research articles will be required weekly.*

### Course technology

#### Technology support

For help with your password, university email, Carmen, or any other technology issues, questions, or requests, contact the Ohio State IT Service Desk. Standard support hours are available at [ocio.osu.edu/help/hours](https://ocio.osu.edu/help/hours)[Links to an external site.](#), and support for urgent issues is available 24/7.

- **Self-Service and Chat support:**[ocio.osu.edu/help](https://ocio.osu.edu/help)[Links to an external site.](#)
- **Phone:**614-688-4357(HELP)
- **Email:**[servicedesk@osu.edu](mailto:servicedesk@osu.edu)
- **TDD:**614-688-8743

#### Technology skills needed for this course

- Basic computer and web-browsing skills
- Navigating Carmen ([osu.edu/canvasstudent](https://osu.edu/canvasstudent)[Links to an external site.](#))
- CarmenZoom virtual meetings ([osu.edu/zoom-meetings](https://osu.edu/zoom-meetings)[Links to an external site.](#))

#### Required equipment

- Computer: current Mac (MacOs) or PC (Windows 10) with high-speed internet connection
- Webcam: built-in or external webcam, fully installed and tested
- Microphone: built-in laptop or tablet mic or external microphone
- Other: a mobile device (smartphone or tablet) to use for BuckeyePass authentication

## Required software

- Microsoft Office 365: All Ohio State students are now eligible for free Microsoft Office 365. Full instructions for downloading and installation can be found at [osu.edu/office365help](https://osu.edu/office365help)[Links to an external site.](#).

## Carmen access

You will need to use BuckeyePass ([buckeyepass.osu.edu](https://buckeyepass.osu.edu)[Links to an external site.](#)) multi-factor authentication to access your courses in Carmen. To ensure that you are able to connect to Carmen at all times, it is recommended that you take the following steps:

- Register multiple devices in case something happens to your primary device. Visit the BuckeyePass - Adding a Device help article for step-by-step instructions ([osu.edu/add-device](https://osu.edu/add-device)[Links to an external site.](#)).
- Request passcodes to keep as a backup authentication option. When you see the Duo login screen on your computer, click **Enter a Passcode** and then click the **Text me new codes** button that appears. This will text you ten passcodes good for 365 days that can each be used once.
- Download the Duo Mobile application ([osu.edu/install-duo](https://osu.edu/install-duo)[Links to an external site.](#)) to all of your registered devices for the ability to generate one-time codes in the event that you lose cell, data, or Wi-Fi service

If none of these options will meet the needs of your situation, you can contact the IT Service Desk at 614-688-4357(HELP) and IT support staff will work out a solution with you.

## Grading and faculty response

### How your grade is calculated

Assignment category

**Discussion Posts and Class Activities**

**30 points**

**Quizzes** **60 points**

**Research Project** **10 points**

**Total** **100 points**

## Descriptions of major course assignments

**\*Quizzes:** All quizzes will be multiple-choice or true/false. Be sure to read the lecture notes.

**\*Weekly Discussion Board and Class Activities:** Throughout the semester, the class will complete short discussion board writing related to course materials. These often link to in-class activities. The discussion boards are located on Carmen and will be chosen to illustrate portions of the course material and help students to understand the material better. These also help to build the final project in a step-by-step, scaffolding way to create a high quality rather than last minute project.

Discussions will be graded for posting an **initial post** and **two follow-up** posts to other students.

**\*Final Research Project:** To become familiar with research that supports or refutes the principles, strategies, and skills associated with psychology of emotions, a research project will be conducted.

For the ability to apply emotional psychology theories to yourself and others, you get to choose a topic that you want to know in more depth as an expert. Choose carefully. Be sure you are passionate about this topic.

### **TOPICS**

You could study **topics** such as:

psychology of emotions applied to academic life, emotions and treating a disorder, psychology of emotions in sports, psychology of emotions in love relationships, psychology of emotions in your career, psychology of emotions in social media, psychology of emotions between friends, or any other area of passion for you. Feel free to be creative and make this a passion project for you.

For the ability to read and understand psychological research of emotions, you will choose research articles from the OSU Library database that are **peer reviewed** research journal articles to briefly summarize in your research. These will be articles published between 2015 – 2023.

You will design either a survey, experiment, interviews, observations, or focus group on your topic. We will discuss the steps in more detail within class.



## Late assignments

- Late submissions will be accepted for reasonable causes. Please e-mail your instructor.
- Please refer to Carmen for due dates.

## Grading scale

93–100: A  
90–92.9: A-  
87–89.9: B+  
83–86.9: B  
80–82.9: B-  
77–79.9: C+  
73–76.9: C  
70–72.9: C-  
67–69.9: D+  
60–66.9: D  
Below 60: E

## Instructor feedback and response time

I am providing the following list to give you an idea of my intended availability throughout the course. (Remember that you can call **614-688-HELP** at any time if you have a technical problem.)

- **Grading and feedback:** For weekly assignments, you can generally expect feedback within **7 days**.
- **Email:** The instructor will reply to emails within **24 to 48 hours on weekdays when class is in session at the university**.
- **Discussion board:** The instructor will check and reply to messages in the discussion boards every **24 hours on school days (M-F)**.

## Other course policies

### Discussion, Netiquette, and Communication Guidelines

The following are my expectations for how we should communicate as a class. Above all, please remember to be respectful and thoughtful.

- **Writing style:** While there is no need to participate in class activities/discussions as if you were writing a research paper, you should remember to write using good grammar, spelling, and punctuation.

- **Tone and civility:** Let's maintain a supportive learning community where everyone feels safe and where people can agree and disagree amicably. Remember that sarcasm doesn't always come across online. Please do not engage other students with negative feedback about them as a person and remember to always rely on the data and to focus on the argument being made, not the person making it. Remember to adhere to the **OSU Student Code of Conduct** at all times - <https://studentconduct.osu.edu/Links to an external site.>
- **Citing your sources:** For your contributions in this course, please cite your sources to back up what you say. Please use APA Style 6th or 7th edition.
- **Backing up your work:** Consider composing your academic posts in a word processor, where you can save your work, and then copying into the Carmen discussion.
- **What is said in class stays in class:** Please do not share any course materials or student contributions outside of this class without clear written permission from the student involved AND the professor. Class recordings require permission.

## Zoom/Videoconferencing Guidelines

Some of our interactions in this class will occur through Zoom videoconferencing for office hours. Because this mode of discussion has benefits and challenges, I want to share expectations for how we will meet and communicate:

- **Technical Issues:** If you encounter a technical issue with Zoom during a session, first make sure you are using the latest version of Zoom. Next, contact the IT Service Desk at <http://go.osu.edu/it> [Links to an external site.](#) or 614-688-4357(HELP).
- **Preparation for In-Person Class and Office Hours:** Come to the office hours session having completed any readings or pre-work and be ready to have open, civil, and supportive discussions in video and chat spaces. **Ask that you update your Zoom and Carmen profile with your preferred name and add a picture with your face.**

## Academic integrity policy

Students are expected to complete their own course requirements in their own words.

See **Descriptions of major course assignments**, above, for my specific guidelines about collaboration and academic integrity in the context of this online class.

## Ohio State's academic integrity policy (read carefully)

Academic integrity is essential to maintaining an environment that fosters excellence in teaching, research, and other educational and scholarly activities. Thus, The Ohio State University and the Committee on Academic Misconduct (COAM) expect that all students have read and understand the university's *Code of Student Conduct* ([studentconduct.osu.edu](https://studentconduct.osu.edu) [Links to an external site.](#)), and that all students will

complete all academic and scholarly assignments with fairness and honesty. Students must recognize that failure to follow the rules and guidelines established in the university's *Code of Student Conduct* and this syllabus may constitute "Academic Misconduct."

The Ohio State University's *Code of Student Conduct* (Section 3335-23-04) defines academic misconduct as: "Any activity that tends to compromise the academic integrity of the university or subvert the educational process." **Examples of academic misconduct include (but are not limited to) plagiarism, collusion (unauthorized collaboration), copying the work of another student, and not completing one's own work.** Ignorance of the university's *Code of Student Conduct* is never considered an excuse for academic misconduct. Students must read and follow the *Code of Student Conduct* and, specifically, the sections dealing with academic misconduct.

**If an instructor suspects that a student has committed academic misconduct in this course, the instructor is obligated by university rules to report suspicions to the Committee on Academic Misconduct (COAM).**

**It is the responsibility of the Committee on Academic Misconduct to investigate or establish procedures for the investigation of all reported cases of student academic misconduct. The term "academic misconduct" includes all forms of student academic misconduct wherever committed; illustrated by, but not limited to, cases of plagiarism and dishonest practices in connection with quizzes. Instructors shall report all instances of alleged academic misconduct to the committee (Faculty Rule 3335-5-487). For additional information, see the Code of Student Conduct <http://studentlife.osu.edu/csc/>.**

Other sources of information on academic misconduct (integrity) to which you can refer include:

- Committee on Academic Misconduct web page ([osu.edu/coam](http://osu.edu/coam)[Links to an external site.](#))
- *Ten Suggestions for Preserving Academic Integrity* ([osu.edu/ten-suggestions](http://osu.edu/ten-suggestions)[Links to an external site.](#))
- *Eight Cardinal Rules of Academic Integrity* ([osu.edu/cardinal-rules](http://osu.edu/cardinal-rules)[Links to an external site.](#))

## Copyright for instructional materials

The materials used in connection with this course may be subject to copyright protection and are **only** for the use of students officially enrolled in the course for the educational purposes associated with the course. **Copyright law must be considered before copying, retaining, or disseminating materials outside of the course.**

## Statement on Title IX

All students and employees at Ohio State have the right to work and learn in an environment free from harassment and discrimination based on sex or gender, and the

university can arrange interim measures, provide support resources, and explain investigation options, including referral to confidential resources.

If you or someone you know has been harassed or discriminated against based on your sex or gender, including sexual harassment, sexual assault, relationship violence, stalking, or sexual exploitation, you may find information about your rights and options at [titleix.osu.edu](https://titleix.osu.edu)[Links to an external site.](#) or by contacting the Ohio State Title IX Coordinator at [titleix@osu.edu](mailto:titleix@osu.edu). Title IX is part of the Office of Institutional Equity (OIE) at Ohio State, which responds to all bias-motivated incidents of harassment and discrimination, such as race, religion, national origin and disability. For more information on OIE, visit [equity.osu.edu](https://equity.osu.edu)[Links to an external site.](#) or email [equity@osu.edu](mailto:equity@osu.edu).

## Diversity Statement of Inclusivity:

We have a commitment to a diverse and inclusive learning environment.

The Ohio State University affirms the importance and value of diversity in the student body. Our programs and curricula reflect our multicultural society and global economy and seek to provide opportunities for students to learn more about persons who are different from them. We are committed to maintaining a community that recognizes and values the inherent worth and dignity of every person; fosters sensitivity, understanding, and mutual respect among each member of our community; and encourages each individual to strive to reach his or her own potential. Discrimination against any individual based upon protected status, which is defined as age, color, disability, gender identity or expression, national origin, race, religion, sex, sexual orientation, or veteran status, is prohibited.

## Your mental health

As a student you may experience a range of issues that can cause barriers to learning, such as strained relationships, increased anxiety, alcohol/drug problems, feeling down, difficulty concentrating and/or lack of motivation. These mental health concerns or stressful events may lead to diminished academic performance or reduce a student's ability to participate in daily activities. No matter where you are engaged in distance learning, The Ohio State University's Student Life Counseling and Consultation Service (CCS) is here to support you. If you find yourself feeling isolated, anxious or overwhelmed, on-demand resources are available at [go.osu.edu/ccsondemand](https://go.osu.edu/ccsondemand)[Links to an external site.](#). You can reach an on-call counselor when CCS is closed at 614- 292-5766, and 24-hour emergency help is also available through the 24/7 National Prevention Hotline at 1-800-273-TALK or at [suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)[Links to an external site.](#). The Ohio State Wellness app is also a great resource available at [go.osu.edu/wellnessapp](https://go.osu.edu/wellnessapp)[Links to an external site.](#).

## Accessibility accommodations for students with disabilities

### Requesting accommodations

**The University strives to make all learning experiences as accessible as possible. If you anticipate or experience academic barriers based on your disability (including mental health, chronic or temporary medical conditions), please let me**

know immediately so that we can privately discuss options. To establish reasonable accommodations, I may request that you register with Student Life Disability Services. After registration, make arrangements with me as soon as possible to discuss your accommodations so that they may be implemented in a timely fashion. SLDS contact information: [slds@osu.edu](mailto:slds@osu.edu); 614-292-3307; [slds.osu.edu](http://slds.osu.edu); 098 Baker Hall, 113 W. 12<sup>th</sup> Avenue.

## Accessibility of course technology

This course requires use of CarmenCanvas (Ohio State's learning management system) and other online communication and multimedia tools. If you need additional services to use these technologies, please request accommodations with me.

- Canvas accessibility ([osu.edu/canvas-accessibility](https://osu.edu/canvas-accessibility)Links to an external site.)
- Streaming audio and video
- CarmenZoom accessibility ([osu.edu/zoom-accessibility](https://osu.edu/zoom-accessibility)Links to an external site.)
- Collaborative course tools