

PSY 311 Emotion
Fall 2021 - Course Syllabus

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Office Hour: Email me! **Classes:** Mondays 10:40-12:30, plus one hour asynchronous

This syllabus is provisional. Please regularly check SUCourse for changes.

Basic Course Goals

The goal of this course is to introduce students to key theoretical debates and empirical phenomena from modern emotion science. The course will focus on the links between emotions, cognition, and psychopathology, including anxiety and depression.

More Detailed Course Description

This *advanced* elective aims to give an introduction to modern emotion science, and examine the links and distinctions between emotion, cognition, and psychopathology. The focus will be on students; after an introduction to each topic, it will be up to them to read suggested articles and form their own conclusions. This course will be challenging, but hopefully rewarding, and will be of value to all students interested in cognitive and clinical psychology.

Assessment

Extended essay – 50% Your key assignment for this course will be writing a full APA format essay. The report will be a maximum of 4000 words, not including title page, abstract, or references. The deadline is 17:00, Monday 3rd January. You must submit a PRINTED copy of your report at or before this time. *If your report contains plagiarised material, even if the original source is cited in the report, it will receive a grade of zero.*

Final exam – 40% At the end of the course you will sit a final exam, covering all of the lectures. The exam will include a mixture of short-answer and essay questions. The University currently plans to hold exams physically on campus. I shall share more details about how the final exam will work as soon as I know them.

Attendance and contribution – 10% The more people show up and participate in class, the better everything works. So, you will receive points based on your attendance, and your contributions to discussion sessions.

Essay Titles

Please choose ONE of the following titles for your extended essay:

- 1) Critically evaluate this statement: The amygdala can process fearful information without us being consciously aware of it.
- 2) Describe and explain attentional bias in anxiety.
- 3) Is cognitive bias modification an effective treatment for depression?

Tentative Course Outline

Week 1	Introduction – what is emotion?
Week 2	Evolutionary approaches to emotion
Week 3	Emotion, brain, and body
Week 4	Normal emotion vs. affective disorder
Week 5	Emotion and cognitive abilities
Week 6	Anxiety I (attentional bias)
Week 7	Anxiety II (other cognitive biases)
Week 8	Depression
Week 9	Cognitive Bias Modification therapies
Week 10	Emotion regulation
Week 11	Positive psychology
Week 12	Emotions and motivation
Week 13	<i>Essay-writing</i>
Week 14	<i>Essay-writing</i>

Research Points

Students can optionally serve as participants in research that is run by Sabanci University researchers. By participating in research, you can get extra points. For this course, you will be able to earn up to 5 Research Points (1 Point equals up to 30 minutes of research participation). These 5 Research Points will be converted to 5 percentage points added to your overall total at the end of the semester.

You will be able to sign up for the experiments and get your research participation credits through the online Sona system at <http://sabanciuniv.sona-systems.com>. Please

carefully read the Guide for Students: Sabancı University Research Points System (Sona), available on the PSY370 SUCourse, on the 'Syllabus' page.

Study participation is entirely voluntary. Research Points are bonus points, you can still get 100% on your course without participating at all. If you wish to earn bonus points but do not want to participate in studies, each study has an alternative bonus homework assignment you can do, worth the same number of Research Points. Please ask the 'PI' (Principle Investigator) of that particular study for details. Each study's PI is indicated on the Sona page for that study.