**PSY 3390: Emotions**

**OAKLAND UNIVERSITY, COLLEGE OF ARTS & SCIENCES, PSYCHOLOGY**

**COURSE INFORMATION**

**PSY 3390, CRN 44348.**

**Fall 2023**, **4 CREDITS-HOURS**

**Tuesday and Thursday** (**8:00AM – 9:47 AM**) / **PAWLEY HALL 312** / September 7 – December 16

**Course description**: Understanding of human emotion from both a historical and theoretical viewpoint. Contemporary theoretical positions will be compared in terms of the roles played by

cognition, behavior, and psychological changes in the emotional experience.

**Course Prerequisites/Corequisites**: PSY 1000 (PSY 100) and PSY 2500 with a grade of 2.0 or higher.

**Course Procedures**: Lectures and discussion. Each class will involve both lectures and discussion, as well as an in-class activity. Discussion will revolve around the class topic, the assigned readings, and real-world applications. The in-class activity will be used to assess participation.

**Course format**: Lecture, In-Person class meeting

**PROFESSOR INFORMATION**

**Name:** Dr. Adrian Camden

**Office hours**: M/W 1:30PM – 2:30PM by appointment Via Zoom ([**https://zoom.us/j/91530012011**](https://zoom.us/j/91530012011)**)**

**Email:** acamden@oakland.edu. I will make every effort to return your email within 24 hours, within standard business hours.

**TEXTBOOKS AND MATERIALS**

 Emotion and Motivation (4th Ed.)

By Shiota, Michelle (Lani); Cavanagh, Sarah Rose

ISBN:9780197586877

 Lecture notes and support material will be posted in Moodle.

**LEARNING OUTCOMES**

**Course Learning Outcomes**

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

1. Knowledge of concepts, methods, and theories designed to enhance understanding of human behavior

2. Application of concepts and theories to problems and strengths among individuals

**Course Objectives**

In this course, you should gain the following:

1. Define emotions and state how they help us better understand ourselves and those around us.
2. Describe the empirical research that supports topics related to emotions.
3. Respect and use critical and creative thinking, skeptical inquiry, and, when possible, the scientific approach to solve problems related to behavior and mental processes.
4. Understand and apply psychological principles to personal, social, and organizational issues.

**REQUIRED TECHNOLOGY & “BACKUP PLAN”**

Class materials will be distributed through Moodle. Please, take the time to become familiar and learn how to use Moodle. You can access Moodle from the OU main site by clicking “Moodle” on the top banner. If you do not know how to use Moodle, from the Moodle login page you can click “Help” and use the tutorials presented by the IT department (Mozilla Firefox is the recommended browser for Moodle).

In order to fully participate in this course, you will need:

 An internet connected computer with the most updated versions of your favorite web browser installed.

 A smartphone or a scanner to scan the answers to the written part of your homework assignments in order to upload them through Moodle.

 In the event that your computer crashes or internet goes down, it is essential to have a “backup plan” in place where you are able to log in Moodle using a different computer or travel to another location that has working internet. Make sure you have an alternate way to connect to internet: if cable is down, you could try to use your smartphone as a mobile hotspot to connect to internet.

**Technology Help**

 For help using Moodle, use the Get Help link at the top of the Moodle page (https://moodle.oakland.edu/my/).

 For access to technology and in-person assistance, call or visit the Student Technology Center (Link to Student Technology Center: https://www.oakland.edu/stc/).

 For general technology assistance, consult the OU Help Desk (Link to Help Desk: https://www.oakland.edu/helpdesk/).

**GRADING**

**\*\*Please note that the following descriptions are overviews of the assignment. There will be additional instructions provided in class that will include more specific details. You are responsible for following all of the instructions and conditions, not just what is listed here.\*\***

**Exams:**

There will be 3 exams during the semester. Each exam will cover specific chapters (refer to your class schedule). Although exams will not be comprehensive, you need to be aware that the chapters build upon each other progressively throughout the semester. Each will be worth 50 points for a total of 150 points.

**Quizzes:**

Chapter quizzes will be used to check comprehension and gauge class participation. The quizzes will be multiple choice. Each quiz will be worth 5 points and there are 14 quizzes for a total of 70 points.

**Research Assignments:**

For this assignment you will have to research a topic of emotion. Choose a topic that interests you having to do with emotions. This assignment is made up of 4 parts (150 points total): research review (20 points), introduction and abstract (20 points), methods (20 points), results and putting it all together (90 points). This assignment is worth 150 points total after adding all the subcomponents together.

**Journal**

There are weekly journals due. These journals will be focused on your emotions, recognizing, and comparing how you feel each week. Each journal entry should be 1-2 paragraphs. Each one is worth 5 points and there are 14 of them due, for a total of 70 points.

**Class Participation:**

Attending class is important for understanding the material and how to use it for the written assignments, quizzes, and exams. Coming to class each day and participating in discussions will be worth 50 points, each day missed will subtract 2 points from this total.

**Extra Credit (Discussion Boards):**

Discussions will be part of class; however, the discussion posts will be made available online in Moodle. There are 8 discussion posts that will be put on Moodle that will correspond to discussions that we will be having in class. Each discussion that you participate in online in Moodle can earn you 3 points of extra credit for a total 24 points. To get the points you must post one original entry for each discussion topic as well as to one other person. Your post must be at least one paragraph, and your post to the other person must be at least two sentences. Comments like “me too” or “I agree” will not count. The discussion boards are time-limited and will be closed after the deadline.

**Total: 490**

**Grade Calculation**

The final grade will be determined by adding the percentages from each of the five exams and the percentage from the homework assignments (% Final Grade = Exams (10% each, 30% total) + Quizzes (1% each, 17% total) + Written Assignments (5% each, 10% total) + Socratic Seminars (5% each, 20% total) + Participation (.5% each, 18% total). This Final Grade percentage will then be transformed to the official OU grading scale. Percentage conversions to OU grades are presented in the table below.

|  |  |  |
| --- | --- | --- |
| **GRADE ENTERED INTO OU SYSTEM** | **PERCENTAGE RANGE (CLASS PERFORMANCE)** | **MERIT POINTS ON TRANSCRIPT** |
| A | 93 – 100% | 4.0 |
| A- | 90 – 92% | 3.7 |
| B+ | 87 – 89% | 3.3 |
| B | 83 – 86% | 3.0 |
| B- | 80 – 82% | 2.7 |
| C+ | 77 – 79% | 2.3 |
| C | 73 – 76% | 2.0 |
| C- | 70 – 72% | 1.7 |
| D+ | 67 – 69% | 1.3 |
| D | 60 – 66% | 1.0 |
| F | ≤59% | 0.0 |

**Goal for this course -** It is my goal to create a learning environment that will allow for questions and discussion so please ask questions. Given this, it is essential that we follow classroom etiquette outlined here and as defined in class so as to be respectful of your classmates and me. In essence, I expect that you will treat your classmates in the same manner in which you would like to be treated. No disrespectful, demeaning or threatening behavior will be tolerated. Other classroom disruptions include, but are not limited to, the following.

* Extended conversations with classmates that are disruptive to the lecture will result in you being asked to end the conversation or to leave the class.
* Laptops, e-readers, phones, or tablets may be used for note-taking or class-related work only. Any other use of these devices will result in you being asked to turn off your device and if it becomes an on-going problem you will no longer be allowed to bring any devices to class. If the use of the device violates the college’s acceptable use policy, you will be asked to leave.

If any of the above disruptions results in you being asked to leave, you will not be allowed re-admittance to class until a meeting is scheduled by the student with and myself. If we cannot resolve the issue, I will consult with the chair of my department to see how to proceed. Any work that you miss during the dismissal period cannot be made up. Voice recorders for lectures are allowed only if cleared with me first. No other types of recording are allowed unless documentation is provided by the LAL.

**Attendance -** Attendance is expected but not required for this class. Nonetheless, attendance is used by the college as part of the verification process for students receiving financial aid. Therefore, I will keep a record of attendance for the college’s needs as well as to resolve borderline cases in which your grade hovers between two letter grades. Absences will either be considered excused or unexcused. An excused absence could be an illness to yourself or a dependent. Any other request for excusing an absence shall be reviewed by me on a case-by-case basis. If you want your absence to be considered an excusable absence, then you can leave messages for meat the above phone number or email me before class starts you will be missing. It is your responsibility to come to class prepared to discuss the reading assignments or to otherwise obtain information presented in class form another class member

**Late/Makeup Work –** Please note that lecture material will be included on exams. You should make every effort to attend all exams. If you are more than 15 minutes late for an exam or arrive after the first completed exam is turned in, whichever is first, you will have to follow the aforementioned guidelines on missing an exam. No exams will be given before their schedule time.

If you miss an assignment, you may make up the assignment (which includes exams) if the absence is excused. If you intend to take a make-up an assignment, you must consult with me for permission and you must take the assignment within a week of the missed exam date otherwise the missed assignment will be scored as a zero.

**AI and Chatbots**

Using AI and chatbots, like ChatGPT, to completely write your papers is plagiarism and cheating. These technologies are powerful and very useful. You can use these tools to help you in the writing process (i.e. come up with ideas or structure), but they cannot be used to write the paper for you.

**CLASSROOM AND UNIVERSITY POLICIES**

**Special Considerations**

Students with disabilities who may require special accommodations should make an appointment with campus Disability Support Services (DSS). If you qualify for accommodations because of a disability, please submit to your professor a letter from Disability Support Services in a timely manner (for exam accommodations provide your letter at least one week prior to the exam) so that your needs can be addressed. DSS determines accommodations based on documented disabilities. Contact DSS at 248-370-3266 or by e-mail at dss@oakland.edu.

For information on additional academic support services and equipment, visit the Student Resources webpage of Disability Support Services website. (Link to Disability Support Services website: https://www.oakland.edu/dss/student-resources/)

**Policy on Academic Misconduct**

The University’s regulations that relate to academic misconduct will be fully enforced. Any student suspected of cheating and/or plagiarism will be reported to the Dean of Students and, thereafter, to the Academic Conduct Committee for adjudication. Anyone found guilty of academic misconduct in this course may receive a course grade of 0.0, in addition to any penalty assigned by the Academic Conduct Committee. Students found guilty of academic misconduct by the Academic Conduct Committee may face suspension or permanent dismissal. The full policy on academic misconduct can be found in the General Information section of the Undergraduate Catalog.

**Excused Absence Policy**

University excused absences applies to participation as an athlete, manager or student trainer in NCAA intercollegiate competitions, or participation as a representative of Oakland University at academic events and artistic performances approved by the Provost or designee. For the OU excused absence policy, see http://wwwp.oakland.edu/provost/policies-and-procedures/.

**Bereavement Policy**

In the event of the death of certain members within families or among loved ones, the University grants necessary bereavement absences upon student request. For the official policy, see https://www.oakland.edu/provost/policies-and-procedures/

**Religious Observances**

Student should discuss with professor at the beginning of the semester to make appropriate arrangements. Although Oakland University, as a public institution, does not observe religious holidays, it will continue to make every reasonable effort to help students avoid negative academic consequences when their religious obligations conflict with academic requirements. See The OU Diversity Calendar for more information. (Link to calendar: https://www.oakland.edu/diversity/calendar/)

**Faculty Feedback**

As a student in this class, you may receive “Faculty Feedback” in your OU email if your professor identifies areas of concern that may impede your success in the class. Faculty Feedback typically occurs during weeks 2-5 of the Fall and Winter terms, but may also be given later in the semester and more than once a semester. A “Faculty Feedback” email will specify the area(s) of concern and recommend action(s) you should take. Please remember to check your OU email account regularly as that is where it will appear. This system is to provide early feedback and intervention to support your success. (Link to Faculty Feedback for students: https://oakland.edu/studentsuccess/faculty-feedback/)

**Departmental Policy for Resolution of Student Academic-Related Concerns**

The student has an obligation to attempt to resolve all academic-related concerns with the instructor. If a suitable solution cannot be reached, then the student should consult the Department of Psychology Procedure for the Resolution of Student Academic-Related Concerns at https://www.oakland.edu/Assets/Oakland/psychology/files-and-documents/Undergrad-Advising/Resolution%20of%20Student%20Concerns-04-2017-approved%20full%20doc.pdf.

**Veteran Support Services**

The office of Veteran Support Services (VSS) is responsible for giving support services to more than 300 veterans, service members, and dependents of veterans. VSS is staffed with personnel who are veterans and current or former students. Any student veteran or dependent of a veteran requiring assistance with navigating the Veterans Administration, understanding service-related benefits, or requires referrals to campus and community resources should contact one of the Veterans Liaisons by visiting 116 North Foundation Hall, or phoning 248-370-2010. http://wwwp.oakland.edu/veterans/.

**Emergency Preparedness**

In the event of an emergency arising on campus, the Oakland University Police Department (OUPD) will notify the campus community via the emergency notification system. The instructor of your class is not responsible for your personal safety, so therefore it is the responsibility of each student to understand the evacuation and lockdown” guidelines to follow when an emergency is declared. These simple steps are a good place to start:

• OU uses an emergency notification system through text, email, and landline. These notifications include campus closures, evacuations, lockdowns and other emergencies. Register for these notifications at oakland.edu/uts/emergencynotification

• Based on the class cellphone policy, ensure that one cellphone is on in order to receive and share emergency notifications with the instructor in class.

• If an emergency arises on campus, call the OUPD at (248) 370-3331. Save this number in your phone and put it in an easy-to-find spot in your contacts.

• Review protocol for evacuation, lockdown, and other emergencies via the classroom’s red books (hanging on the wall) and oupolice.com/em .

• Review with the instructor and class what to do in an emergency (evacuation, lockdown, snow emergency).

**Violence/Active Shooter**: If an active shooter is in the vicinity, call the OUPD at (248) 370-3331 or 911 when it is safe to do so and provide information, including the location and number of shooter(s), description of shooter(s), weapons used and number of potential victims. Consider your options: Run, Hide, or Fight.

**Oakland University Drop Policies**

The University add/drop dates can be found on the website for the Office of the Registrar(http://www.oakland.edu/registrar). It is the student’s responsibility to be aware of course drop deadlines. Consult the Drop or Not Guideto make a well-informed decision before dropping a course. (Link to Drop or Not Guide: https://oakland.edu/registrar/registration/dropornot/)

**Student Conduct**

Oakland University students are expected to exhibit behavior consistent with the University’s standards of academic integrity and honesty. Please review Oakland Student Code of Conduct (https://wwwp.oakland.edu/deanofstudents/). The instructor expects students to respect his right to teach, and students’ desire to learn, in a safe and non-distracting environment.

**Photography, Audio, and Video Recording Policy**

No student may record any classroom activity without express written consent from the instructor. If you have a disability such that you need to record classroom activities, you should contact the Office of Disability Resources to request an appropriate accommodation. If consent has been approved, the recordings may only be used for the purpose of personal study. Students may not share these recordings with other individuals without the consent of the professor. At the conclusion of the semester, students may request written permission to keep these recordings if needed, otherwise it is expected that all recordings will be deleted from all electronic recording and storage devices.

**Make-up Exams** Expected excuses need to be discussed with the instructor at least 24 hours before the date scheduled for the exam. Unexpected absences due to major life events require immediate notification to the instructor and proof of reason for the absence. Students who must be absent from class due to University representation events (e.g., athletics, performances) are also subject to these policies (see the OU Excused Absence Policy; http://wwwp.oakland.edu/provost/policies-and-procedures/). Students are required to take all make-up exams within one week of the missed exam (unless there are extenuating circumstances; e.g., illness that prevents you from attending school). To maintain the integrity of the testing and grading processes for all students, students taking make-up exams after the in-class exams may receive an alternative exam, including exams that consist only of essay questions.

**Non-Discrimination Statement** Oakland University is an inclusive and diverse community that respects the rights, viewpoints and lifestyles of all of our community members. We strive to maintain a learning and working environment free from discrimination and harassment on any basis and to create an environment where students feel respected and included. Discrimination is differential treatment, or unfair treatment, towards an individual orgroup, because of one’s identity. Harassment includes actions that create an offensive, demeaning, intimidating or hostile environment. Students experiencing or witnessing discrimination from a fellow student can reach out to the professor for resolving the matter. If students prefer not to reach out to their professor or are experiencing discrimination not related to a class, reach out to your academic adviser or the Dean of Students.] If you are experiencing discrimination from a faculty or staff member, you can contact the Dean of Students Office directly at (248) 370-3352. These offices are available to provide additional support:

●Center for MulticulturalInitiatives(CMI)

● Gender and Sexuality Center (GSC)

● Disability Support Services (DSS)

● Veteran Support Services (VSS)

● Oakland University Counseling Center (OUCC)

**Mental Health and Well-Being**

Oakland University is committed to advancing the mental health and well-being of its students. If you or someone you know is feeling overwhelmed, depressed, and/or in need of support, services are available. For help, contact The OU Counseling Center at Graham Health at (248) 370-3465. Student resources can also be found at the Dean of Students website by clicking on Student Health & Safety Resources. (URL: http://www.oakland.edu/deanofstudents).

**Preferred Name and Pronoun**

If you do not identify with the name that is listed with the registrar's office, please notify me so that I may appropriately amend my records. In addition, if you prefer to go by a different pronoun, please inform me. For more information including a preferred first name on university records please review OU’s Preferred Name Policy (Link to Preferred Name Policy: oakland.edu/uts/common-good-core-resources/name-services/)

**Sexual Misconduct**

Faculty and staff are responsible for creating a safe learning environment for our students, and that includes a mandatory reporting responsibility if students share information regarding sexual misconduct/harassment, relationship violence, or information about a crime that may have occurred on campus with the University. In such cases, the professor will report information to the campus’ Title IX Coordinator (Chad Martinez, chadmartinez@oakland.edu or 248-370-3496). You can report such incidents to the Dean of Students Office directly. Students who wish to speak to someone confidentially can contact the OU Counseling Center at 248-370-3465. Additionally, students can speak to a confidential source off-campus 24 hours a day by contacting Haven at 248-334-1274. The Dean of Students website provides more information on your options and support services. (Link to Sexual Misconduct/Assault and Violence Initiative: oakland.edu/deanofstudents/sexual-assault-and-violence-initiative/students/)

## Course Schedule

| **Week/**  **Unit** | **Topic** | **Readings** | **Assignments** | **Points / Assessment Method** |
| --- | --- | --- | --- | --- |
| **Week**  1 | Introductions and Syllabus |  |  |  |
| **Week**  2 | Emotion and Motivation (E and M) | CH 1 | Quiz, Journal | 5, 5 |
| **Week**  3 | Evolution of E and M | CH 2 | Quiz, Journal | 5, 5 |
| **Week**  4 | Culture and Emotion | CH 3 | Quiz, Journal, | 5, 5 |
| **Week**  5 | What Activates E and M | CH 4 | Quiz, Journal, Research Review | 5, 5, 20 |
| **Week**  **6** | Expression in the Face, Posture, and Voice | CH 5 | Quiz, Journal, Exam 1 (CHs 1, 2, 3, 4, 5) | 5, 5, 50 |
| **Week**  7 | E and M and the Central Nervous System | CH 6 | Quiz, Journal | 5, 5 |
| **Week**  8 | The Autonomic Nervous System and Hormones | CH 7 | Quiz, Journal, Introduction and Abstract | 5, 5, 20 |
| **Week**  9 | Emotional and Motivational Development | CH 8 | Quiz, Journal | 5, 5 |
| **Week**  **10** | Emotion in Relationships and Society | CH 9 | Quiz, Journal | 5, 5 |
| **Week**  **11** | E and M and Cognition | CH 10 | Quiz, Journal, Exam 2 (CHs 6, 7, 8, 9, 10) | 5, 5, 50 |
| **Week**  **12** | The Values of Negative Emotions | CH 11 | Quiz, Journal, Methods | 5, 5, 20 |
| **Week**  **13** | Happiness and the Positive Emotions | CH 12 | Quiz, Journal | 5, 5 |
| **Week**  **14** | Goal Setting and Self-Control | CH 14 | Quiz, Journal | 5, 5 |
| **Week**  **15** | Emotion Regulation | CH 15 | Quiz, Journal, Results and Putting it all Together | 5, 5, 90 |
| **Week**  **Finals** | Final Exam (CHs 11, 12, 14, 15) Final Exam (CHs 11, 12, 14, 15) Final Exam (CHs 11, 12, 14, 15) Final Exam | | | |

This syllabus is subject to revision as deemed necessary by the instructor. Appropriate notice shall be given to the students.