

## **First Year Seminar Psychology of Emotion**

PSYC 68.001

MWF, 2:30 PM to 3:20 PM

Fall 2018

Davie 301

**Professor:** Dr. Kristen Lindquist

**Office:** Davie 321

**Office hours:** Fri 3:30-4:30 and by appointment

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This course is a first year seminar designed especially for students interested in exploring the psychology and neuroscience of human emotion. The course will provide a comprehensive overview of the empirical study of emotion. Topics will include theoretical models of emotion process and structure as well as investigations of research methods in psychology. Over the course, we will explore research questions including "can you read emotions in the faces of other people?" (emotional expressions), "how is emotion expressed in the body?" (autonomic physiology), "where do emotions live in the brain?" (affective neuroscience), "is emotion a source of wisdom or the enemy of rationality?" (emotion and reasoning), "does emotion help or hurt your relationships with other people?" (emotion and social behavior), "can you control your emotions or do they control you?" (emotion regulation), and "do emotions keep you healthy or make you sick?" (emotion and health). A range of perspectives in psychology will be explored, ranging from social, cultural, developmental, clinical, cognitive, and comparative psychology disciplines. Affective and behavioral neuroscience will also be considered. The course involves discussions of topics led by Dr. Lindquist, class-based discussions and debates, hands-on experience in a psychology laboratory, and the development of novel research ideas.

The course is instructed by Dr. Kristen Lindquist, an Associate Professor in the Psychology and Neuroscience Department. Dr. Lindquist received her BA in English and Psychology from Boston College. She began engaging in research on emotion as a junior in college, and her senior honors thesis explored the role of language in emotion. Following the receipt of her BA, Dr. Lindquist completed a PhD in Psychology at Boston College where she continued to study the role of language in emotion and the neuroscience of emotion. Following her doctoral training, Dr. Lindquist was a postdoctoral research fellow at Harvard University. In this position, she examined the brain basis of emotion by studying a rare form of neurodegeneration that impacts brain regions involved in emotions and social behavior. In 2012, she moved to UNC, where she directs the Carolina Affective Science Laboratory (CASL). In the CASL, Dr. Lindquist and her students conduct psychological research on human emotion by measuring behavior, body changes (changes in heart rate, respiration, changes in sweat secretion), and brain activity. They are ultimately interested in understanding how the brain creates emotions and what more basic processes (language, body states, attention) contribute to emotional experiences and perceptions. For more information on Dr. Lindquist's research, see here: <http://www.kristenalindquist.com/>. For information about the CASL

see here: <https://www.carolinaaffectivescience.com>

This course is a research exposure course, which means that students will complete a research project in which they pose a research question on emotion using methods of psychology and neuroscience to answer those questions and formally communicate their findings via a class presentation. Interested students may be able to use this research-exposure course to meet a requirement of the [Carolina Research Scholar Program](#). Students interested in research should also contact the [Office of Undergraduate Research](#).

As a research exposure course, we will be assisted by a Graduate Research Consultant (GRC), who will provide feedback and expertise on students' research projects. Holly Shablack will serve as our GRC. Holly is a PhD student in the Department of Psychology and Neuroscience and a member of the CASL. Holly's research interests are in the development of emotion and the role of language in emotion. In addition to consulting with Dr. Lindquist, students may contact Holly with any questions about their research project and will meet regularly with her throughout the semester to develop their research project.

***Pre-requisites:*** none

***Class meetings:*** Two days a week are typically discussions of specific "topics" led by Dr. Lindquist. During these "topics" discussions, we will explore a particular area of emotion research by investigating studies from the literature. As a class, we will consider the researchers' goals, hypotheses, methods, results, and conclusions—we will also consider potential caveats to the findings and evaluate them in light of other existing research findings. One day a week is typically devoted to less formal group discussions, demonstrations, or projects. These classes will be used to demonstrate experiments, experience the psychology laboratory in a hands-on manner, hold debates, or explore how emotion research is discussed in the popular press.

### ***Readings***

Required readings are listed next to each week and can be downloaded from the course website at [https://sakai.unc.edu/portal/site/emotionfys\\_f18](https://sakai.unc.edu/portal/site/emotionfys_f18). Please read each article prior to the assigned class and come prepared to discuss it.

### ***Requirements and Grading***

Grading is based on the following criteria:

- 20% Online quizzes
- 30% Research Proposal
- 25% Proposal presentation
- 25% Class participation

***Quizzes:*** Quizzes will be on Sakai and are designed to assess your retention and

understanding of knowledge discussed during “Topics.” Quizzes will be multiple choice and based on both course lectures and readings. Quizzes will be the first 10 minutes of roughly one class per week. You may miss one quiz without penalty.

**Research Proposal:** Throughout the semester, you will be equipped with the skills necessary to start formulating and writing up your own research question about emotion. You will put this knowledge to use in the final paper, which is a 10-page APA style research proposal outlining your own hypothetical empirical study. You should include a discussion of the empirical literature motivating your study in an Introduction section, including citations to at least two primary sources not discussed in class. This will require you to do a literature search to find relevant citations. Your trip to the Davis Library will familiarize you with the library resources available for locating other empirical papers. The introduction section should also include your hypotheses about the outcomes of the study. A Methods section and Predicted Results section will outline the research methods you are proposing to use and the anticipated outcomes of your study. Include at least one graph of your results (more may be necessary) and any questionnaires or measures you created in an Appendix section. You should summarize your anticipated findings and their impact on the literature in a Conclusion section. **\*\*Please note that this is an exercise and you are *not* expected to actually conduct this study\*\*** One class section will be reserved for brainstorming study ideas, one for a scientific writing workshop, and another will be used for getting peer feedback on your proposed study. You may also meet with Dr. Lindquist and the GRC, who can meet with you outside of class to discuss your study plans.

**Proposal Presentation:** At the end of the semester, you will present your study proposal in a 5-minute Powerpoint presentation. One class will be reserved for discussing how to construct and give this Powerpoint presentation.

**Participation:** Participation includes regular class attendance, completion of reflection papers at the beginning and end of the semester, contribution to classroom discussions, as well as taking part in activities and exercises. Please note that attendance is required for participation!

**Reflection paper:** You will be asked to write a short, 1-pg single-spaced “reflection paper” at the beginning and end of the course (two total). The first reflection paper asks you to define what emotions are. Reflect on this question on the basis of your existing experiences of emotions and assumptions. You will repeat these exercises at the end of the course and see how your assumptions and knowledge have changed. Papers are uploaded to Sakai and are Pass/Fail.

**Absences:** Planned absences from presentations and more than one quiz must be approved during the first week of the course. In the event of an emergency absence please contact Dr. Lindquist within twenty-four hours or as soon as circumstances allow. In the case of illness, you will be asked to provide a signed doctor’s note for any missed assignments, presentations, or quizzes. All other

absences will count against your participation grade. Late assignments that have not been previously excused by Dr. Lindquist will be penalized by a full letter grade (for example, from A to a B) for each partial or whole day late. Receipt of a corrupted file or failure to submit documents on time via Sakai (or failure to notify Dr. Lindquist of technical difficulty in doing so, if they arise) will be considered late and will be subject to the late assignment penalty.

**Academic integrity:** As a member of this course, you are expected to follow the UNC Honor Code (<http://honor.unc.edu>). All quizzes and assignments must represent your own independent work. Any violation of academic integrity (e.g., cheating, plagiarism, non-independent work etc.) will be reported to the Honor System following a discussion with the student

([http://honor.unc.edu/index.php?option=com\\_content&view=article&id=62&Itemid=67](http://honor.unc.edu/index.php?option=com_content&view=article&id=62&Itemid=67))

### Schedule of classes

Schedule	Topic	Assignment
Wednesday, 8/22/2018	<i>Introduction and Overview</i>	
Friday, 8/24/2018	Discussion: <i>What is an emotion?</i>	Reading: Hard Feelings, <i>The Atlantic</i> ; <a href="http://www.theatlantic.com/features/archive/2015/02/hard-feelings-sciences-struggle-to-define-emotions/385711/">http://www.theatlantic.com/features/archive/2015/02/hard-feelings-sciences-struggle-to-define-emotions/385711/</a> Reflection paper due: What is an emotion?
Monday, 8/27/2018	Topic: <i>What is an emotion?</i>	Reading: Lindquist & Barrett, <i>Atkinson &amp; Hilgard textbook</i> ; Levenson, <i>Atkinson &amp; Hilgard textbook</i>
Wednesday, 8/29/2018	Topic: <i>What is an emotion?</i>	Reading: Gendron & Barrett, 2009
Friday, 8/31/2018	How to read a scientific paper	Reading: one of the following (see Sakai for assignments): DeSteno et al. 2004; Lindquist et al. 2014; Fredrickson & Branigan, 2005 Study 1; Schwartz & Clore, 1983 Study 2
Monday, 9/3/2018	<b>NO CLASS— LABOR DAY</b>	
Wednesday, 9/5/2018	Topic: <i>What is an emotion?</i>	
Friday, 9/7/2018	Online QUIZ #1 <i>What is an emotion?</i> Topic: <i>The Science of Doing Science</i>	
Monday, 9/10/2018	<i>The Science of Doing Science</i>	[Holly Shablack guest lecture]
Wednesday, 9/12/2018	Discussion: <i>What can the face tell</i>	Reading: <i>The Naked Face</i> , <i>The New Yorker</i> , <i>What Faces Can't Tell Us</i> , <i>The New York Times</i> ;

	<i>us?</i>	
Friday, 9/14/2018	Online QUIZ #2 The science of doing science Topic: <i>Face Reading</i>	Reading: Ekman et al. 1983
Monday, 9/17/2018	Topic: <i>Face Reading</i>	
Wednesday, 9/19/2018	Topic: <i>Face Reading</i>	
Friday, 9/21/2018	Online QUIZ #3 Face reading Discussion: <i>Where in the brain is emotion?</i>	Reading: Barrett & Wager, 2006; Sad Brain, Happy Brain, <i>Newsweek</i> ; Rethinking Jeffrey Goldberg, <i>The Atlantic</i>
Monday, 9/24/2018	Topic: <i>Amygdaloidology</i>	Reading: Adolphs et al. 1994; Adolphs et al. 2005
Wednesday, 9/26/2018	Topic: <i>Where Emotions Really Live in the Brain</i>	Reading: Lindquist, 2013; <a href="http://emotionnews.org/where-in-the-brain-are-emotions/">http://emotionnews.org/where-in-the-brain-are-emotions/</a>
Friday, 9/28/2018	Online QUIZ #4 Emotions and the brain Topic: <i>Controlling Your Emotions</i>	Reading: Gross, 2013;
Monday, 10/1/2018	Topic: <i>Controlling Your Emotions</i>	
Wednesday, 10/3/2018	In-class experiment— emotion and value	Reading: Schwartz & Clore, 1983
Friday, 10/5/2018	Davis Library Scavenger Hunt (meet in lobby of Davis Library)	
Monday, 10/8/2018	Brainstorm research proposals	
Wednesday, 10/10/2018	Online QUIZ #5 Controlling your emotions Topic: <i>Emotions as</i>	

	<i>a Source of Wisdom (or Bias)</i>	
Friday, 10/12/2018	Topic: <i>Emotions as a Source of Wisdom (or Bias)</i>	
Monday, 10/15/2018	Topic: <i>Emotion and morality</i>	
Wednesday, 10/17/2018	Brainstorm research proposals	
Friday, 10/19/2018	<b>NO CLASS— FALL BREAK</b>	
Monday, 10/22/2018	Topic: <i>Language and emotion</i>	Lindquist 2017
Wednesday, 10/24/2018	Online QUIZ #6 Emotions as a source of wisdom or bias, emotions and morality, and language and emotion <i>Addicted to Love</i>	
Friday, 10/26/2018	Visit to UNC Biomedical Research Imaging Center (BRIC)	
Monday, 10/29/2018	Topic: <i>Do All People Feel Anger?</i>	Reading: Boiger & Mesquita, 2012
Wednesday, 10/31/2018	Online QUIZ #7 <i>Addicted to love and Do all people feel anger?</i> Topic: <i>Emotions and Health</i>	Reading: Epel et al. 2004
Friday, 11/2/2018	Brainstorm research proposals	
Monday, 11/5/2018	Debate: <i>Are women the more emotional sex?</i>	
Wednesday, 11/7/2018	Topic: <i>Are Women the More Emotional Sex?</i>	Reading: Barrett, 1998
Friday,	Online QUIZ #8	First draft of research proposal due

11/9/2018	Emotions and health and Are women the more emotional sex? Proposal writing workshop	
Monday, 11/12/2018	Topic: <i>Emotions and Mental Health</i>	Reading: Kring, 2008
Wednesday, 11/14/2018	Discussion: <i>What makes us happy?</i>	Reading: Does fatherhood make you happy? <i>Time Magazine</i>
Friday, 11/16/2018	Topic: <i>Happiness</i>	Reading: Fredrickson, 2013 <i>Advances in Experimental Social Psychology</i>
Monday, 11/19/2018	How to give a scientific presentation	Reflection paper due: What is an emotion?
Wednesday, 11/21/2018	<b>NO CLASS— THANKSGIVING</b>	
Friday, 11/23/2018	<b>NO CLASS— THANKSGIVING</b>	
Monday, 11/26/2018	Online QUIZ #9 Emotions and mental health and Happiness	
Wednesday, 11/28/2018	Peer feedback on research proposals	
Friday, 11/30/2018	Paper consultations	
Monday, 12/3/2018	<b>PAPER PRESENTATIONS</b>	
Wednesday, 12/5/2018	<b>PAPER PRESENTATIONS</b>	
Friday 12/7/2018 (during finals) 4pm	<b>PAPER PRESENTATIONS</b>	