



# Detailed Course Syllabus

<b>Academic Year</b>	2023/2024	<b>Semester</b>	Summer
<b>Study Program</b>	Undergraduate university study	<b>Specialization/Major in</b>	For Student Incoming Mobility
		<b>Year of Study</b>	1-3

## I. BASIC COURSE INFORMATION

<b>Name</b>	Psychology of Emotions		
<b>Abbreviation</b>	IZBEPSIH5	<b>Code</b>	251850
<b>Status</b>	Elective	<b>ECTS</b>	6
<b>Prerequisites</b>	None		
<b>Total Course Workload</b>			
<b>Teaching Mode</b>	<b>Total Hours</b>	<b>Teaching Mode</b>	<b>Total Hours</b>
Lectures	30	Seminars	30
<b>Class Time and Place</b>			

## II. TEACHING STAFF

### Course Holder

<b>Name and Surname</b>	Martina Knežević			
<b>Academic Degree</b>	PhD	<b>Professional Title</b>	Assistant Professor	
<b>Contact E-mail</b>	martina.knezevic@unicath.hr		<b>Telephone</b>	+385 (1) 3760 605
<b>Office Hours</b>	According to the schedule			

## III. DETAILED COURSE INFORMATION

<b>Teaching Language</b>	English
<b>Course Description</b>	This course provides an overview of theoretical and empirical approaches to emotions from a lifespan perspective. We will examine ways different researchers conceptualize, define and measure emotions; what is the function of emotions in our everyday lives; what is the biological basis of emotion and how they relate to various cognitive functions; how emotions are impacted by development and culture, but also various psychological disorders.
<b>Expected Educational Outcomes</b>	Distinguish the components of emotions and their evolutionary and cultural foundations. Describe emotions as complex processes. Analyze the connection between biological, behavioral, cognitive and social components of emotions. Comment on the theoretical and empirical approaches to emotions from a lifelong perspective. Explain the role of emotions in psychopathology. Present a seminar paper on a chosen topic from psychology of emotions.

### Textbooks and Materials

<b>Required</b>	Notes from the lectures. Oatley, K., Keltner, D. & Jenkins, J. M. (2018). <i>Understanding Emotions (4th Edition)</i> . Blackwell Publishing.
<b>Supplementary</b>	Johnston, E. & Olson, L. (2015). <i>The Feeling Brain. The Biology and Psychology of Emotions</i> . W. W. Northon & Company. Vab Der Kolk, B. (2015). <i>The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma</i> . Penguin Books. Gross, J. J. (2015). Emotion Regulation: Current Status and Future Prospects. <i>Psychological Inquiry</i> , 26(1). Tracy, J. L. (2014). An Evolutionary Approach to Understanding Distinct Emotions. <i>Emotion Review</i> , 6(4).

**Examination and Grading**

<b>To Be Passed</b>	Yes	<b>Exclusively Continuous Assessment</b>	No	<b>Included in Average Grade</b>	Yes
<b>Prerequisites to Obtain Signature and Take Final Exam</b>	Regular class attendance (at least 70%) Obtaining a minimum of 35% points (out of a total of 100% points) during classes (midterm exams, seminar paper)				
<b>Examination Manner</b>	Continuous evaluation of student work throughout the course (seminar, exams) Final exam (minimum 50%)				

**Grading Manner**

Type of assessment	Points
<i>During the semester</i>	
1st midterm exam	25%
2nd written exam	25%
Written and oral essay	20%
<i>End of semester</i>	
Final exam	30%
<b>Total</b>	<b>100%</b>

Points	Grade
90-100%	Excellent (5)
80-89.9%	Very good (4)
65-79.9%	Good (3)
50-64.9%	Sufficient (2)
0-49.9%	Insufficient (1)

**Detailed Overview of Grading within ECTS**

Activity	ECTS	% grade
Class attendance	1.5	0
1st written exam	1.1	25
2nd written exam	1.1	25
Seminar	0.9	20
Final exam	1.4	30
<b>Total</b>	<b>6</b>	<b>100</b>

<b>Midterm Exam Dates</b>	According to the schedule
<b>Final Exam Dates</b>	According to the schedule

#### IV. WEEKLY CLASS SCHEDULE

##### *Lectures*

<b>Week</b>	<b>Topic</b>
1.	Introduction
2.	Approaches to understanding emotions (historical overview)
3.	Defining emotions
4.	Evolution of emotions
5.	Cultural understanding of emotions
6.	Communicating emotions
7.	1 <sup>st</sup> midterm exam
8.	Bodily changes and emotions
9.	Brain mechanism and emotions
10.	Emotions and cognition
11.	2 <sup>nd</sup> midterm exam
12.	Development of emotions in childhood
13.	Emotion-based disorders in childhood
14.	Individual differences and emotions
15.	Emotions, mental disorders and well-being in adulthood

##### *Seminars*

<b>Week</b>	<b>Topic</b>
1.	Introduction
2.	Seminars and student presentations
3.	Seminars and student presentations
4.	Seminars and student presentations
5.	Seminars and student presentations
6.	Seminars and student presentations
7.	1 <sup>st</sup> midterm exam
8.	Seminars and student presentations
9.	Seminars and student presentations
10.	Seminars and student presentations
11.	2 <sup>nd</sup> midterm exam
12.	Seminars and student presentations
13.	Seminars and student presentations
14.	Seminars and student presentations
15.	Seminars and student presentations