

**PSYCHOLOGY 156: HUMAN EMOTION**  
**Fall 2006**

**Instructor:**

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**Texts:** Understanding Emotions, 2<sup>nd</sup> Edition. Keith Oatley, Dacher Keltner, & Jennifer M. Jenkins

Reader at Copyworld, University Ave. south of Sacramento Ave.

**Goals and procedures.** The goal of this course is to introduce you to the major theories, issues, methods, and discoveries in the study of emotion. The lectures will be coordinated to complement your weekly reading, which you should do before each class session. Sections will focus on in depth discussion and review of specific issues covered in the course. There will be two non-cumulative exams (multiple choice, definition and short essay) devoted to the material in readings and lecture. Grading will be based on your cumulative point total from the exams (45% each exam) and participation in section (10%). Lecture notes are available through Black Lightning notes. Make up exams require advanced notice or legitimate excuse (e.g., illness with Dr.'s note), and will be essay exams graded by the professor.

**SCHEDULE FOR CLASS READINGS**

**August 28:** *Introduction*

**August 30:** *History, Definitions, Big Questions*

Chapter 1

**September 6:** *Evolutionary Approaches to Emotion*

Chapter 2

Darwin, C. (1872). Emotional expression in man and animals (Chapter 14). 3<sup>rd</sup> Edition. New York: Oxford University Press.

**September 11:** *Evolutionary Approaches to Emotion*

Chapter 2

**September 13:** *Social Constructivist Approaches to Emotion*

Chapter 3

Abu-Lughod, L. (1985). *Veiled Sentiments* (Chapters 3 and 4). Berkeley, CA: University of California Press.

**September 18:** *The Communication of Emotion*

Chapter 4

Ekman, P., & Friesen, W.V. (1971). Constants across cultures in the face and emotion. *Journal of Personality and Social Psychology*, 17, 124-129.

**September 20:** *The Communication of Emotion*

Chapter 4

Keltner, D. (1995). The signs of appeasement: Evidence for the distinct displays of embarrassment, amusement, and shame. *Journal of Personality and Social Psychology*, 68, 441-454.

**September 25:** *Emotion in Art, Narrative*

**September 27:** *Bodily Changes and Emotion*

Chapter 5

James, W. What is an emotion? *Mind*, 9, 188-205.

**October 2:** *Bodily Changes and Emotion*

Chapter 5

Levenson, R.W., Ekman, P., & Friesen, W.V. (1990). Voluntary facial activity generates emotion-specific autonomic nervous system activity. *Psychophysiology*, 27, 363-384.

**October 4:** *Emotions and the Brain*

Chapter 6

Davidson, R.J., Ekman, P., Saron, C., Senulis, J. & Friesen, W.J. (1990). Emotional expression and brain physiology. I: Approach/Withdrawal and cerebral asymmetry. *Journal of Personality and Social Psychology*, 58, 330-341.

**October 9:** *Emotions and the Brain*

Chapter 6

LeDoux, J. E. (1989). Cognitive-emotional interactions in the brain. *Cognition and Emotion*, 3, 267-289.

**October 11:** *Appraisal, Knowledge, Experience*

Chapter 7

Smith, C., & Ellsworth, P (1985). Patterns of cognitive appraisal in emotion. *Journal of Personality and Social Psychology*, 48, 813-838.

**October 16:** *Appraisal, Knowledge, Experience*

Chapter 7

Russell, J.A., (1991). Culture and categorization of emotion. *Psychological Bulletin*, 110, no. 3, 426-450.

**October 18:** EXAM 1

**October 23:** *Development of Emotions in Childhood*

Chapter 8

Kagan, J., & Snidman, N. (1991). Temperamental factors in human development. *American Psychologist*, 46, 856-862.

**October 25:** *Development of Emotions in Childhood*

Chapter 8

Dunn, J. & Munn, P. (1985). Becoming a family member: Family conflict and the development of social understanding in the second year. *Child Development*, 56, 480-492.

**October 30:** *Emotions in Social Relationships*

Chapter 9

**November 1:** *Emotions in Social Relationships*

Chapter 9

Levenson, R.W. & Gottman, J.M. (1983). Marital interaction: Physiological linkage and affective exchange. *Journal of Personality and Social Psychology*, 45, 587-597.

**November 6:** *Emotions and Cognition*

Chapter 10

**November 8:** *Emotions and Cognition*

Chapter 10

Lerner, J.S., & Keltner, D. (2001). Fear, anger, and risk. *Journal of Personality and Social Psychology*, 81, 146-159.

**November 13:** *Individual Differences and Personality*

Chapter 11

**November 15:** *Individual Differences and Personality*

Chapter 11

Gross, J.J., & Levenson, R.W. (1993). Emotional Suppression: Physiology, Self-report, and Expressive Behavior. *Journal of Personality and Social Psychology*, 64, 970-986.

**November 20:** *Emotions and Mental Health in Childhood*

Chapter 12

**November 22:** *Emotions and Mental Health in Childhood*

Chapter 12

Capps, L., Yirmiya, N., & Sigman, M. (1992). Understanding of simple and complex emotions in non-retarded children with autism. *Journal of Child Psychology and Psychiatry*, 33, 1169-1182.

**November 27:** *Emotions and Mental Health in Adulthood*

Chapter 13

Kring, A.M. (1999). Emotion in Schizophrenia: Old mystery, new understanding. *Current Directions in Psychological Science*, 8, 160-163.

**November 29:** *Emotions and Mental Health in Adulthood*

Chapter 13

Pennebaker, J. W. (1993). Putting stress into words: Health, linguistic and therapeutic implications. *Behavioral Research and Therapy*, 31, 539-548.

**December 4:** *Psychotherapy, Consciousness, and Well-being*

Chapter 14

Myers, D.G. (2000). The funds, friends, and faith of happy people. *American Psychologist*, 55.

**December 6:** *Psychotherapy, Consciousness, and Well-being*

Chapter 14

Fredrickson, B.L. (1998). What good are positive emotions? *Review of General Psychology*, 2, 300-319.