

William Arsenio, PhD
Graduate Liberal Studies Program
william.arsenio@einstein.yu.edu

Spring 2015
Wesleyan University
Home: 860 347-6450

Emotions, Motivation, and Development – SCI 614

This class focuses on research and theory regarding children's and adults' emotions and emotional development. Topics include: the motivational and communicative roles of emotions; biological substrates of emotions; emotion regulation and social competence; adult socialization of children's emotions; nature and nurture in emotions; and a number of other developmental and clinical issues. Class sessions will typically include a lecture during the first part of the class, followed by breakout discussion groups. In addition, we will also see relevant movies and participate in at least one informal class experiment. During the last few classes, each student will give a brief oral summary of a theme related to his or her final research paper.

Course Requirements

- 1) Consistent attendance & timely reading of assignments. Please let me know in advance if you have an anticipated conflict, and please email me if something unexpected happens.
- 2) A weekly 1 page reaction paper to the readings for that week. You can ask questions, make comments, agree/disagree with readings – just your honest responses. This will be used to help us in our discussions, and it is graded pass/fail.
- 3) The major written requirement is a 10-12 page term paper on a topic appropriate to the class content. On-going feedback will be provided regarding possible topics, guidelines on how to write Psychology papers, how to use available library resources at Wesleyan, etc. The paper is due one week after the last class, and it should be mailed to me at 335 Ridge Rd., Middletown, CT 06457.
- 4) A brief oral presentation (20 minutes) on a theme related to the term paper. More details will be provided in class.

Grading Policy

The class paper will count for 60% of your grade. You may get preliminary feedback on a draft of your paper (in this case submitted by email) prior to submitting your final version. Feedback will be limited to general aspects of your paper, including appropriate writing style, basic clarity, and depth/sophistication. The feedback phase is NOT required and is not graded.

Oral reports will count for 20% of your grade and will be evaluated on clarity and informational content. 5% of the grading is based on the pass/fail one page weekly response papers. The remaining 15% of your grade is based on class participation.

Required Text & Readings

There is one required text, *Understanding Emotions* (3rd edition, 2014) by Keltner, D., Oatley, K., & Jenkins, J., New York: Wiley. Other readings in the form of xeroxed articles and chapters will be available on Moodle – the Wesleyan course content site.

Readings

Week 1 - Overview of the Field

Week 2 - Theoretical Foundations

Keltner, D., Oatley, K., & Jenkins, J. (2014). *Understanding Emotions*, Chapters 1, 2 & 4.

Goleman, D. (1995). *Emotional Intelligence*, Chapters 1 & 2, “What are emotions for?” & “Anatomy of an emotional hijacking.” New York: Bantam Books.

Week 3 – Biological Roots of Emotions

Keltner, D., Oatley, K., & Jenkins, J. (2014). *Understanding Emotions*, Chapters 5 & 6.

Ledoux, J., & Phelps, E. (2008). Emotional networks in the brain. In M. Lewis & J. Haviland-Jones (Eds.), *The Handbook of Emotions*, 3rd Ed. (pp. 159-180). New York: Guilford Press.

Week 4 – Attachment, Temperament, & Emotions

Keltner, D., Oatley, K., & Jenkins, J. (2014). *Understanding Emotions*, Chapter 11.

Bowlby, J. (1988). Chapter 7, “The role of attachment in personality development” in *A Secure Base: Parent-Child Attachment and Healthy Human Development*. Basic Books.

Cassidy, J. (1994). Emotion regulation: Influences of attachment relationships. In N. Fox (Ed.), *The Development of Emotion Regulation* (pp. 228-249) Monographs of the Society for Research in Child Development. Chicago: University of Chicago Press.

Bates, J., Goodnight, J., & Fite, E. (2008). Temperament and emotion. In M. Lewis & J. Haviland-Jones (Eds.), *The Handbook of Emotions*, 3rd Ed. (pp. 485-496). New York: Guilford Press.

Week 5 – Emotions & Cognition

Keltner, D., Oatley, K., & Jenkins, J. (2014). *Understanding Emotions*, Chapters 7 & 10.

Zajonc, R. (1984). On the primacy of affect. *American Psychologist*, 39, 117-123.

Lazarus, R. (1984). On the primacy of cognition. *American Psychologist*, 39, 124-129.

Week 6 – Emotion Regulation

Cole, P., Michel, M., & Teti, L. (1994). The development of emotion regulation and dysregulation: A clinical perspective. In N. Fox (Ed.), *The Development of Emotion Regulation* (pp. 73-100) Monographs of the Society for Research in Child Development. Chicago: University of Chicago Press.

Gross, J. (2008). Emotion regulation In M. Lewis & J. Haviland-Jones (Eds.), *The Handbook of Emotions, 3rd Ed.* (pp. 485-496). New York: Guilford Press.

Arsenio, W., & Loria, S. (2014). Coping with negative emotions: Relations with adolescents' academic performance and stress. *Journal of Genetic Psychology*.

Urry, H., & Gross, J. (2010) Emotion regulation in older age. *Current Directions in Psychological Science*, 19(6) 352-357.

EMOTIONS. AND PSYCHOPATHOLOGY – Weeks 7-9

Week 7 – Background and Theory

Keltner, D., Oatley, K., & Jenkins, J. (2014). *Understanding Emotions*, Chapters 12 & 13.

Week 8 – Emotions & Moods in Depression & Anxiety Disorders

Moffitt, T., Caspi, A., Taylor, A., Kokaua, J., et al. (2010). How common are mental disorders? Evidence that lifetime prevalence rates are doubled by prospective versus retrospective ascertainment. *Psychological Medicine*, 40, 899-909.

Farach, F. & Mennin, D. (2007). Emotion-based approaches to the anxiety disorders. In J. Rottenberg, & S. Johnson (Eds.), *Emotion and Psychopathology: Bridging Affective and Clinical Science* (pp. 243-262). Washington DC: American Psychological Association.

Monroe, S., & Reid, M. (2009). Life stress and major depression. *Current Directions in Psychological Science* 18(2) 68-72.

Arsenio, W., Segin, M., & Siegel, L. (2004) Emotion-related abilities and depressive symptoms in Latina mothers and their children. *Development and Psychopathology*. 16, 95-112.

Week 9 – Emotions, Victimization, & Aggression – the Arsenio Version

Arsenio, W, & Lemerise, E. (2001). Varieties of childhood bullying: Values, emotion processes, and social competence. *Social Development*, 10, 59-73.

Arsenio, W. F., Adams, E., & Gold, J. (2009). Social information processing, moral

reasoning, and emotion attributions: Relations with adolescents' reactive and proactive aggression. *Child Development*, 80(6), 1739-1755.

Arsenio, W. (2014). Moral emotion attributions and aggression. In M. Killen & J. Smetana (Eds.), *Handbook of Moral Development (2nd ed. pp 235-256)*. NJ: Lawrence Erlbaum Associates.

Week 10 – Positive Emotions

Fredrickson, B. (2001). The role of positive emotions in positive psychology: The broaden-and-build theory of positive emotions. *American Psychologist*, 56, 218-226.

Tugade, M., & Fredrickson, B. (2004). Resilient individuals use positive emotions to bounce back from negative experiences. *Journal of Personality and Social Psychology*, 86(2), 320-333.

Seligman, M., Steen, T., Park, N., Peterson, C. (2005). Positive psychology progress: Empirical validation of interventions. *American Psychologist*, 60, 410-421.

Tay, L., & Diener, E. (2011). Needs and subjective wellbeing around the world. *Journal of Personality & Social Psychology*, 101, 354-365

Week 11 – Culture, Gender, & Emotions

Keltner, D., Oatley, K., & Jenkins, J. (2014). *Understanding Emotions*, Chapter 3.

Mesquite, B. (2001). Culture and emotions: Different approaches to the question. In T. Mayne & G. Bonanno (Eds.), *Emotions: Current issues and future directions. Emotions and social behavior*.

Brody, L., & Hall, J. (2008). Gender and emotion in context. In M. Lewis, J. Haviland-Jones & L. Barrett (Eds.), *Handbook of emotions, 3rd Ed.* New York: Guilford Press.

Miyamoto, Y., Uchida, Y., & Ellsworth, P. (2010). Culture and mixed emotions: Co-occurrence of positive and negative emotions in Japan and the United States. *Emotion*, 10(3), 404-415.

Kitayama, S., & Uchida, Y. (2009). Happiness and unhappiness in East and West: Themes and variations. *Emotion*, 9(4), 441-456.

Week 12 – Integration & Summary

Keltner, D., Oatley, K., & Jenkins, J. (2014). *Understanding Emotions*, Chapter 14.