

Module code	SEL518	Level	5
Module title	Psychology of Emotions	Credit value	10
Common/Core/ Elective	Elective	ECTS Credits	5
		Notional learning hours	100
Courses on which the	All	Teaching Period	Autumn/Spring

1. Module description

An emotion is defined as a complex reaction pattern that involves experiential, behavioural and physiological elements; it is a subjective and socially shared experience. Since the COVID-19 pandemic began, the ways in which people have expressed their emotions has changed as we have been forced to communicate virtually; the lack of contact with others and face-to-face experiences have impacted people, especially the youngest.

Human emotions have increasingly been expressed digitally through video calls, social media and online messages, and people have become less used to facial expressions. This has impacted on the development of emotions in childhood and emotional awareness in adolescence and adulthood, as well as verbal and non-verbal communication in the family context, and working and educational environments.

This module aims to introduce you to types of emotions, emotion development and theories, physiological changes, abnormal emotional processing, facial expressions, and the use of emojis in virtual communication.

2. Learning outcomes

Upon successful completion of this module you will be able to:

Communication (MLO5)

Communicate effectively, both orally and in writing, concepts concerning emotion in multicultural and international settings within virtual and digital contexts

Discipline Knowledge (MLO7)

Examine and apply psychological theories, concepts, and facts in expressing, sharing, and communicating emotion virtually and non-virtually

Interdisciplinary Perspectives (MLO9)

Investigate and apply perspectives on emotion from different disciplines in multifaceted scenarios

3. Learning and teaching methods

Classes for the module use a range of learning and teaching methods to facilitate understanding in the psychology of emotions, such as in-class individual and group work, asynchronous activities, reflective journal on emotional states, essential and recommended reading.

This module takes an active-learning approach to facilitate understanding in the psychology of emotions. Each week you will engage in a variety of synchronous and asynchronous

activities (e.g., in-class individual and group work, debates and personal reflections) as well as self-directed learning.

Through this approach to learning, you will develop new knowledge and skills applying them to real-world workplace situations (e.g., role-play, case studies). These activities, along with formative assessment and feedback, will culminate in the summative assessment which will showcase how you have met the learning outcomes of the module.

Learning hours	
Directed learning	36 hours
Workshops/classes	36
Guided/Self-guided learning	64 hours
Total	100

4. Assessment, formative feedback and relative weightings

Assessment 1: Presentation

Weight (%): 100

Word Count or Equivalent: 10 minutes

You will prepare an individual presentation examining psychological perspectives of emotion, including their applications in multicultural settings and differing disciplines within virtual and non-virtual contexts. You will examine psychological theories and concepts, and present in front of your peers.

Each summative assessment will be preceded by an opportunity of formative assessment accompanied by formative feedback.

Mapping of assessment tasks for the module

Assessment tasks	LO1	LO2	LO3	LO4	LO5	LO6	LO7	LO8	LO9	
Presentation					X		X		X	

5. Indicative resources

Adolphs, R. & Anderson, D.J. (2018). *The Neuroscience of Emotion: A new Synthesis*. Princeton University Press.

Feldman Barret, L., Lewis, M., & Haviland-Jones, J.M. (2018). *Handbook of Emotions*. Guildford Press.

Lemaire, P. (2021). *Emotion and Cognition: An Introduction*. Routledge.

Journals: Emotion; Emotion Review; Cognition and Emotion; Motivation and Emotion; Journal of Emotional and Behavioural Disorders