Human Emotion

Psychology 3131
Professor June Gruber
“The most beautiful thing we can experience is the mysterious. It is the fundamental emotion that stands at the cradle of true art and true science.”

- Albert Einstein
I'm so excited
Dolores O’Riordan, Lead Singer of the Cranberries, Dies at 46

 RELATED COVERAGE

 ROCK REVIEW; Prim and Precise, for All Her Abandon

 Irish Group Living by Its Tunes

 Review/Pop; Irish Smiles and Scowls

 Dolores O’Riordan Dies at 46
Human Emotion
Human Emotion

- Psychology
- Psychiatry & Psychotherapy
- Neuroscience
- Linguistics
- Anthropology
- Sociology
- Economics
- Philosophy
- Political Science
- Computer Science
- Art & Music
<table>
<thead>
<tr>
<th>Introduction &amp; Overview</th>
<th>What is Emotion</th>
<th>Emotion Elicitation</th>
<th>Emotion Measurement</th>
<th>Emotion in Animals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Evolution &amp; Emotion</td>
<td>Culture &amp; Emotion</td>
<td>Emotion &amp; Morality</td>
<td>Gender &amp; Sex</td>
<td>Aging &amp; Emotional Brain</td>
</tr>
<tr>
<td>Self-Conscious Emotions</td>
<td>Emotions and Others</td>
<td>Laughter, Crying, &amp; Touch</td>
<td>Unconscious Feelings</td>
<td>Cognition &amp; Emotion</td>
</tr>
<tr>
<td>Brain and Physiology of Emotion</td>
<td>Emotion Regulation</td>
<td>Emotional Intelligence</td>
<td>Physical &amp; Mental Health</td>
<td>Happiness &amp; Well-Being</td>
</tr>
</tbody>
</table>
Roadmap

Key Questions

Logistics

Who’s Who
Question

What is an emotion?
Question

Are emotions evolutionarily evolved?
Question

Why do we laugh and cry?
Question
How can we measure emotion?
Film Clips
Happy

Courtesy: Sarah Hughes (USA) - 2002 Salt Lake City, Figure Skating, Ladies' Free Skate. Originally aired by NBC Sports 2002. Clip appearing on YouTube.
Film Clips

Sad

Film Clips
Amusement

Courtesy: Naked Gun.
Question

Do culture & age change our emotions?
Question

Can we read other people’s emotions?
Question

Is our brain emotional?
Question

Can emotion go awry?
Question

What’s sex got to do with it?
Question

Do emotions make us self-conscious?
Question

Does our wallet reflect our feelings?
Question

Sleep: Overnight therapy?
Question

Do monkeys & dogs have feelings?
Question

What is happiness?
“Happiness is the meaning and the purpose of life, the whole aim and end of human existence.”

ARISTOTLE
“The very motion of our life is towards happiness.”

- D A L A I L A M A
The Art of Happiness
“What we call happiness in the strictest sense comes from the satisfaction of needs which have been dammed up to a high degree.”

- SIGMUND FREUD
Question

How can we find happiness?
HAPPINESS
A DARK SIDE?
Objectives

Exposure to current issues and theories of emotion.

Scientific methods and ways of thinking about emotions.

Curiosity and excitement in this new discipline.
Roadmap

Key Questions

Logistics

Who’s Who
Logistics

Syllabus & Website
Requirements
Extra Credit Opportunities
Readings
No Electronics
“The most beautiful thing we can experience is the mysterious. It is the fundamental emotion that stands at the cradle of true art and true science.”

- Albert Einstein
Logistics

Syllabus & Website
Requirements
Extra Credit Opportunities
Readings
No Electronics
Welcome! This course will introduce students to a diverse array of theoretical and empirical issues related to the study of human emotion. Some questions the course will address include: What are our emotions? What purpose do they serve? How do emotions relate to our thoughts, memories, and action? How are emotions expressed? What are the biological bases of human emotion? The course provides an overview of current thinking on these and related questions in the psychological study of emotion.
Course Logistics

Syllabus & Website
Requirements
Extra Credit Opportunities
Readings
No Electronics
Course Logistics

Course Website
Requirements
Extra Credit Opportunities
Readings
No Electronics
Experts In Emotion
# Experts in Emotion

Course Twitter Account

#psych3131
@psych3131
Course Logistics

Course Website
Requirements
Extra Credit Opportunity
Readings
No Electronics
The Future’s So Bright, I Gotta Wear Shades

James J. Gross
Department of Psychology, Stanford University, USA

Abstract

In this article I consider the future of the field of emotion. My conclusion—borrowing the title of a little-remembered song from the 1980s—is that “the future’s so bright, I gotta wear shades.” I begin this article by considering some of the many daunting conceptual and empirical challenges here; this is clearly not a field for the faint of heart. I then turn to some of the incredible conceptual and empirical opportunities here; there are so many it’s easy to feel dizzy. In the final section, I predict that the field of emotion will broaden and become more problem focused, and hazard a “top 10” list of hot topics.
Course Logistics

Course Website
Requirements
Extra Credit Opportunity
Readings
No Electronics
Students are Better Off without a Laptop in the Classroom

What do you think they’ll actually use it for?

By Cindi May on July 11, 2017
Questions?
Roadmap

Key Questions

Logistics
Thank You!

Psychology 3131
Human Emotion
Professor June Gruber