Week 10 – Emotion and Cognition
Canceled due to snow

Week 11 – Emotion and College Mental Health
Examines of risk and resilience during emerging adulthood
Prevalence of mental health difficulties in college students (from class)
Risk factors for underrepresented students
Emodiversity (define, research findings linking to clinical and physical health)
Emotion-related impulsivity (define, research findings linking to clinical health)
EMERGE study (aims, target population)

Week 12.1 - Anxiety and Fear
3 themes in emotion & psychopathology (define, examples)
Fear vs. anxiety
Helpful vs. harmful aspects of anxiety
Phobias, Panic Disorder, OCD, GAD & Agoraphobia: symptoms, emotion specific component
Fear of fear hypothesis
Avoidance perspective on worry
Emotion regulation model of GAD
Exposure therapy for anxiety

Week 12.2 – Depression and Mania (Note: Mania Covered in 13.2)
3 themes in emotion & psychopathology (how apply to depression and mania)
Depression: symptoms, 2 views of emotion disturbance, emotion context insensitivity (ECI)
Mania: symptoms, 2 views of emotion disturbance, distinct positive emotions, positive emotion persistence (PEP)

Week 13.1 – Emotional Health
Emotional effects of stress (challenge vs. threat)
Stress and physical immunity (hotel study)
Robert Sapolsky
Lighter side of stress (define, example)
PTSD: symptoms, emotion specific component
4 trajectories of response to trauma (define, %)
Resiliency: definition, associations with adjustment, 3 components (define, example)
Expressive flexibility study

Week 13.2 - Happiness
Definitions of happiness
Broadsen & build theory of positive emotion
Myths/riddles about happiness
Dark side of happiness (key themes)