



Course Syllabus

Course Code	Course Title	ECTS Credits
PSY-290	Cognitions and Emotions	6
Prerequisites	Department	Semester
PSY-110, PSY-111, PSY-260	Social Sciences	Spring
Type of Course	Field	Language of Instruction
Elective	Psychology	English
Level of Course	Lecturer(s)	Year of Study
1 st Cycle	Dr Maria M. Hadjimarkou	2 nd
Mode of Delivery	Work Placement	Co-requisites
Face-to-Face	N/A	None

Course Objectives:

The main objectives of the course are to:

- study the area of cognition and emotion
- become familiar with the historical perspectives and methodological issues concerning research in this field of study
- learn the particulars about basic emotions and how they can influence cognitive processes such as attention and memory

Learning Outcomes:

After completion of the course students are expected to be able to:

1. Discuss the major concepts and theories regarding emotion
2. Explain the methods that are used in the area of emotion research and the methodological issues within the field of cognitions and emotions
3. Demonstrate knowledge of key ideas in cognition and emotion
4. Explain the evolutionary significance of emotion within a cultural context
5. Analyze the physiological basis of emotion

6. Demonstrate knowledge of key ideas in memory, thought processes and emotional expression
7. Illustrate how the area has developed historically, leading to contemporary perspectives in cognition, in emotion and to their integration
8. Analyze basic emotions within the normal human behavior and within the context of various disorders such as major depression

Course Content:

1. The nature of emotion
2. The evolution of emotion
3. Culture and Emotion
4. Autonomic nervous system and hormones
5. Emotion and the brain
6. Emotion regulation
7. Fear and Anxiety
8. Anger and Disgust
9. Love
10. Happiness
11. Emotion and cognition
12. Emotion in clinical psychology

Learning Activities and Teaching Methods:

Lectures and Assignments

Assessment Methods:

Attendance and Participation, written exams

Required Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
Emotion	Shiota, M. N. & Kalat, J. W.	Wadsworth, Cengage Learning	2012	978-0-495- 91288-0