

## PSY 340: Your Choice Assignment - Overview of Options

<i>This is just an OVERVIEW – please see Moodle for details and criteria of each option!!</i>		
<p><b>Your Choice Assignment:</b> [due beginning of class Friday, April 10]</p> <p><b>I. Choose ONE Academic Assignment worth 15%:</b></p> <ul style="list-style-type: none"><li>A) Emotion Illustration Assignment (ac.EIA)</li><li>B) Emotion Quote Paper (ac.EQP)</li><li>C) Emotions in a Children's Fiction Book (ac.ECB)</li><li>D) Emotion Across History and Cultures (ac.EHC)</li></ul> <p>AND</p> <p><b>II. Choose ONE Experiential Assignment worth 10%:</b></p> <ul style="list-style-type: none"><li>A) Emotion Regulation (ex.ERG)</li><li>B) Emotions in Art (ex.ART)</li><li>C) Emotions in Music (ex.MUS)</li></ul>	<p>The purpose of the <u>Academic</u> assignment (Section I) is to broaden and demonstrate your understanding of a(the) concept(s) and information learned in class via: (Option A) explaining in a nonscientific format for the public; (Option B) demonstrating/illustrating how these are evidenced in other disciplines; (Option C) analyzing how emotions are portrayed in a children's fiction book; or (Option D) examining differences across history and cultures.</p> <p>The purpose of the <u>Experiential</u> assignment is to further enrich your experience of the course content at a deeper level in order to more fully develop your emotional intelligence via one interactive activity.</p> <p>All options require you to incorporate into your assignment findings from five (5) academic papers and/or material presented in lecture.</p>	25%

### *from the syllabus:*

**"AI" Use Policy:** I have zero tolerance for either plagiarism or the use of generative "AI" (e.g., ChatGPT, Grammarly) for any of your writing at any stage—including generating ideas, initial notes, and drafts.

Students are not allowed to use any kind of generative "AI" for any part of any assignments in this class (i.e., WRF, ENG, EDC, YCA). This includes no "AI" use for idea generation, outline drafts, writing, checking grammar or typos, refining your written assignment – or any part of these assignments. Generative "AI" tools include programs, sites, and applications includes programs/applications such as Grammarly, ChatGPT.

Use of ANY such tools (not just the ones listed here) in this class constitutes Academic Dishonesty (which goes on your student record) and will result in a grade of "0" for the assignment.



Assignments are designed to help you build your communication, creative, and critical thinking skills. Using "AI" DOES THE OPPOSITE! Using "AI" reduces both your ability and your skill level. Generating ideas, thinking, writing, and learning must be practiced. There are no true shortcuts. I want your ideas, your synthesis, not some LLM bot that pieced together words from common information on the internet. Writing—and all the assignments—are not primarily about output. Writing is a process of discovery, including the background work of searching, reading, and sifting through information, and the drafts produced before a finished product. These processes help you gain knowledge, help crystallize your thinking, and help you gain skills. Using "AI" robs you of all of this. If I want "AI"'s output on a topic, I can do that myself. I am interested in your unique perspective, your voice. Plus, "AI"-generated writing is generally just bad. The writing style sounds important and formal while being broad and vague. It is often empty writing that does not demonstrate understanding.

"AI" is not intelligent; it does not think, it does not understand the meaning of words or words. So-called generative "AI" tools are really Large Language Models. These are probability models and produce output purely on patterns and probabilities that a particular word or phrase is preceded and followed by a particular word or phrase. Output produced by these LLMs ("AI") is often incorrect. Further, the information that LLMs ("AI") is trained on often is done so without the original producer's permission.

**I am interested in your unique perspective, your voice.**

## PSY 340: Your Choice Assignment - Overview of Options

### Academic Assignment – Option A: Emotion Illustration Assignment (ac.EIA)

Here is where you get to really dig into one emotion that you find most fascinating. Overall, this assignment is about deepening your understanding of an emotion, and sharing that understanding in a format that others can learn from in a NONACADEMIC manner. Your target audience is to be the general public--adults or children. This EIA is designed to play to your particular strengths with several format options. I cannot stress enough that this is not for an academic audience.

#### Overall criteria regardless of which option you choose for your EIA.

Your submission must include a cover sheet handed to me on paper regardless of the format of your EIA. (As noted below, some parts of some EIAs may need to be submitted on Moodle.)

Your cover sheet must contain the following information IN THIS ORDER:

- your name and student ID;
- PSY 340: Winter 2026;
- Academic OPTION A: ac.EIA
- what emotion your EIA is on;
- the specific format of your EIA (see format options on following pages);
- your target audience - adult, youth, child (if youth or child, specific age range).

DO NOT include any other information on the cover sheet.

In addition to referring to textbook and material presented in lecture, your EIA assignment must include results from five (5) research articles. Criteria for the five (5) articles are:

- peer-reviewed from a non-predatory academic journal;
- at least three (3) of these articles must be published from 2018 onwards;
- an original study or a meta-analysis (i.e., not a book chapter);
- (obviously) be relevant to your paper.

Your submission must also include a separate APA 7<sup>th</sup> edition formatted reference list of the five (5) journal articles you have incorporated into your assignment, along with all sections of the textbook, lecture material, and other source material you refer to in your paper. This reference page is to be attached to your cover sheet.

DO NOT INCLUDE references on your EIA!

Your EIA must also include:

- the basics of the emotion,
- positives and negatives of the emotion,
- why it is important to know this information,
- applied example to everyday life.

Your EIA can take one of many forms

- written blog entry
- infographic
- original graphic novel or children's book
- audio podcast
- poem, song
- game
- video play



See details, criteria, and grading sheet on Moodle.

## PSY 340: Your Choice Assignment - Overview of Options

### Academic Assignment – Option B: Emotion Quote Paper (ac.EQP)

You will write a 1000- to 1250-word essay based on one of the quotes on your name card that you will be given for this class. This assignment is meant to help you develop an attitude of consilience towards learning, that is, “the linking together of principles from different disciplines”. Essentially, this assignment assesses how well you understand the academic constructs and concepts from the course and well you can link them to work in other disciplines. This assignment will help you to develop, integrate, and apply your knowledge of the science and psychology of emotions.

In your paper you are to briefly explain your interpretation of what the quote means. Then, for the bulk of the paper, discuss the quote and its meaning in the context of course content. In other words, link the concepts learned in the course to your interpretation of the quote's meaning. Include discussion of how the quote illuminates, or contradicts, course content and the extra research articles you found.

In addition to referring to textbook and material presented in lecture, your EQP paper must include results from five (5) research articles. Criteria for the five (5) articles are:

- peer-reviewed from a non-predatory academic journal;
- at least three (3) of these articles must be published from 2018 onwards;
- an original study or a meta-analysis (i.e., not a bookchapter);
- (obviously) be relevant to your paper.

Your submission must include a cover sheet containing the following information IN THIS ORDER:

- your name and student ID;
- PSY 340: Winter 2026;
- Academic OPTION C: ac.EQP;
- the quote and who said it;
- word count of your paper (not including cover page, title, references).

DO NOT include any other information on the cover sheet.

Your submission must also include an APA 7<sup>th</sup> edition formatted reference list of the five (5) journal articles you have incorporated into your paper, along with all sections of the textbook, lecture material, and all other source material you refer to in your paper.

This paper is to be written in a relaxed, yet still formal, academic, style of writing.

**See details, criteria, and grading sheet on Moodle.**



## PSY 340: Your Choice Assignment - Overview of Options

### Academic Assignment – Option C: Emotions in a Children's Fiction Book (ac.ECB)

You will choose a children's fiction book to base your paper on. Note: This cannot be a book specifically about an emotion or emotions. It has to be a children's FICTION book wherein the characters – adult and children – deal with emotions or emotional situations. This assignment assesses how well you understand the academic constructs and concepts from the course and how well you can see them at play in the world around you—specifically in this case, in a children's book. This assignment will help you to develop, integrate, and apply your knowledge of the science and psychology of emotions.

You will then write a 1000- to 1250 -word critical analysis of how emotions are portrayed in this book. You're looking, for example, to see which emotions seem to be portrayed. How do you know that? How are characters displaying, reacting to, and dealing with emotions and emotional situations? How does this align with what we learned in class and what the research articles you found suggest? (Do not just simply answer only these questions in your paper; these are just to get you started.)

In addition to referring to textbook and material presented in lecture, your ECB paper must include results from five (5) research articles. Criteria for the five (5) articles are:

- peer-reviewed from a non-predatory academic journal;
- at least three (3) of these articles must be published from 2018 onwards;
- an original study or a meta-analysis (i.e., not a book chapter);
- (obviously) be relevant to your paper.

Your submission must include a cover sheet containing the following information IN THIS ORDER:

- your name and student ID;
- PSY 340: Winter 2026;
- Academic OPTION C – ac.ECB;
- the title of the children's book and its author;
- word count of your paper (not including cover page, title, references).

DO NOT include any other information on the cover sheet.

Your submission must also include an APA 7<sup>th</sup> edition formatted reference list of the five (5) journal articles you have incorporated into your paper, along with all sections of the textbook, lecture material, and all other source material you refer to in your paper.

This paper is to be written in a formal academic style of writing.

If you choose this option, I strongly suggest you come chat with me about possible choices of books.

**See details, criteria, and grading sheet on Moodle.**



## PSY 340: Your Choice Assignment - Overview of Options

### Academic Assignment – Option D: Emotion Across History and Cultures (ac.EHC)

You will choose one emotion as the focus of your paper. You will write a 1000- 1250-word critical analysis which addresses the following points: a) etymology of the English emotion word; b) changes across history of how this emotion has been regraded, experienced, and expressed; and c) differences across cultures of how this emotion is regarded, experienced, and expressed. This assignment is meant to help deepen your understanding of this emotion and broaden your appreciation of differences in this emotion that have occurred across history and that occur across cultures.

I suggest starting with the Online Etymology Dictionary - <https://www.etymonline.com> - but do not stop there. You must also conduct a broad search for the history of the emotion.

In addition to referring to those resources, you must also refer to textbook and material presented in lecture, and include results from five (5) academic articles.

Criteria for the five (5) articles are:

- peer-reviewed from a non-predatory academic journal;
- at least three (3) of these articles must be published from 2018 onwards;
- an original study or a meta-analysis (i.e., not a book chapter);
- (obviously) be relevant to your paper.

Your submission must include a cover sheet containing the following information IN THIS ORDER:

- your name and student ID;
- PSY 340: Winter 2026;
- Academic OPTION D: ac.EHC;
- what emotion your EHC is on;
- word count of your paper (not including cover page, title, references).

DO NOT include any other information on the cover sheet.

Your submission must also include an APA 7<sup>th</sup> edition formatted reference list of the five (5) journal articles you have incorporated into your paper, along with all sections of the textbook, lecture material, and all other source material you refer to in your paper.

This paper is to be written in a formal academic style of writing.

**See details, criteria, and grading sheet on Moodle.**



## PSY 340: Your Choice Assignment - Overview of Options

### Experiential Assignment – Option A: Emotion (ex.ERG)

**IMPORTANT TIME LINE for engaging in this activity:** If you choose this assignment, engage in the "Preliminary Activity" around March 17<sup>th</sup> after the Emotional Intelligence Lecture. The "Main Activity" is based on the RULER and Mood Meter methods that we will cover in the Emotional Intelligence Lecture. Complete the Main Activity over a consecutive 7-day period between March 17 and April 8. That gives you at minimum a couple days to write your 1000-1250 word essay summarizing your experiences of engaging in this activity (in order to hand it in on the deadline of Monday April 13<sup>th</sup>).

You will engage, daily, in this activity over the course of a consecutive 7-day period. You will make a log entry each day. At the end of the seven (7) days, you will write a 1000-1250 word essay on your experience.

March 17<sup>th</sup> or so -- Preliminary Activity: Think about and reflect on what emotion(s) you wish you could regulate more effectively. This could be a "negative" emotion you would like to down-regulate or a "positive" emotion you would like to up-regulate. Choose an emotion you feel often (or want to feel) and are genuinely struggling with. Use the RULER approach presented in class of Recognize, Understand, Label, Express (the next step is the Regulate). Reflect on each aspect of the RULER approach and jot these reflections down in a notebook (paper-and-pen or on an electronic device, whichever feels most natural to you). Think about what situations cause you to be less emotionally regulated than you would like to be; ask your self what triggers you. What emotions do you end up feeling and how do you express those emotions? What quadrant of the Mood Meter do you end up in when encountering these triggers? What quadrant would you like be in? What emotions would you like to be feeling in these situations? How would your ideal self behave in these situations? What do you normally do to regulate your emotions or deal with this(these) triggering situations?

A 7 day period between March 17<sup>th</sup> and April 8<sup>th</sup> - Main Activity: Now move on to the Regulate aspect of the RULER approach. Choose one or two emotion regulation strategies (discussed in class) to engage in to help you regulate these emotions and deal with your triggers. Create a detailed, specific plan. Write your plan down. Be sure to also plan for failure! Now, for the next seven (7) days, carry out your plan. Each night, make a log entry noting how successful you were in regulating your emotions and in carrying out your plan. Include in your daily logs what went right, what did not go so well, which emotions you were able to regulate, which emotions you would have liked to regulate more effectively, how you actually expressed the emotion, how close to your "ideal self" you came in regulating (i.e., experiencing and expressing) this emotion, how much movement you were able to make into the quadrant of the Mood Meter that you waned to be in, and rate how difficult it was to do that (on a scale from 1 to 5 with 1 = fairly easy and 5 = quite difficult).

At the end of this 7-day period: You will write a 1000-1250 word essay summarizing your experiences of engaging in this emotion regulation activity over the past seven (7) days. In your essay, in addition to noting specific details, instances, and ratings also note how your experience with regulating your emotion(s) changed over the course of the seven days. Do not just provide a list of episodes with ratings, truly reflect on these experiences and the impact of engaging in this emotion regulation activity. At the end of your essay, briefly connect relevant material presented in lecture to your experience and engagement with this emotion regulation activity.

Your submission must include a cover sheet containing the following information IN THIS ORDER:

- your name and student ID;
- PSY 340: Winter 2026;
- Experiential OPTION A: ex.ERG;
- word count of your paper (not including cover page or title).

DO NOT include any other information on the cover sheet.

This paper is to be written in a personal yet still academic style of writing.



**See details, criteria, and grading sheet on Moodle.**

## PSY 340: Your Choice Assignment - Overview of Options

### Experiential Assignment – Option B: Emotions in Art (ex.ART)

This interactive engagement involves immersing yourself in artwork(s) by visiting the Art Gallery of Alberta. Admission to the Art Gallery of Alberta is FREE for students! (Just present your student ID card.) See <https://www.youraga.ca/visit/hours-and-admissions> for hours and address/directions and current exhibits. (Note that featured exhibits will change over the course of the semester, so check the website out early so you can plan your visit (or visits!) accordingly. You will need to take a paper notebook and pen—something small just to note some thoughts down. It is better to engage in this alone, so that you are not rushed and so you are not influenced by a companion. [You can go with a friend, BUT you must engage in this by yourself. If you go with a friend, split up and explore different sections at different times. Agree ahead of time that you will not rush each other and will simply wait for the other person at the entrance of the gallery when you are finished – no matter how long that takes.] See sample notebook entry log below.

To get the most from this experiential assignment, you will need to slow down. Spend at minimum an hour at the Art Gallery (90 minutes is preferable). The purpose is to engage and experience. Turn your cellphone OFF (not just silent) and either leave it with your coat at the admission, or keep at the bottom of your bag rather than your pocket. Stroll slowly around the various exhibits, pausing to actually *look* at each piece of art. When you come to a piece of artwork you find particularly intriguing, stop and deeply engage with the work. Fully immerse yourself in the piece with your whole being. Then, think about what emotions this work of art evokes in you. Be specific, approach this from a view of emotional granularity. Give yourself time to let these emotions be evoked into your awareness. Then jot down all these emotions.

Now, think about how this artwork evokes these emotions for you: what aspects of the artwork evoke emotion for you, and which aspects evoke which emotions. Be specific. For example, note the colours, the shapes, the texture, the style, the lighting, the size, etc. After some time, make some notes on this. Before moving on to other pieces of artwork, be sure to jot down the title of the artwork, the artist, the year, and which gallery/exhibit you are in.

Repeat this process for a couple of other pieces of artwork as you stroll through the various exhibits and galleries. Choose artworks that really "speak" to you, that you are drawn to, that make you naturally stop and want to experience them.

Before you leave the Art Gallery, sit quietly and review the notes you made. Be sure your notes are detailed. Revisit one or two artworks that evoked the strongest emotion in you and/or evoked the broadest range of emotions. (This might be different pieces or it might be the same piece.) Re-experience this piece of art (or these two pieces of art).

You will then write a 1000-1250 word essay on this experience and your engagement with the artwork describing, as noted above, the emotions that the artwork(s) evoked for you and how (what features of) the artwork evoked those emotions. At the end of your essay, briefly connect relevant material presented in lecture to your experience and engagement with the artwork.

Your submission must include a cover sheet containing the following information IN THIS ORDER:

- your name and student ID;
- PSY 340: Winter 2026;
- Experiential OPTION B - ex.ART;
- the title of the artwork(s); the artist(s) name(s); the year(s) produced;
- the medium of the artwork (e.g., painting, sculpture);
- word count of your paper (not including cover page or title).

DO NOT include any other information on the cover sheet.

This paper is to be written in a personal yet still academic style of writing.

**See details, criteria, and grading sheet on Moodle.**



## PSY 340: Your Choice Assignment - Overview of Options

### Experiential Assignment – Option B2: Emotions in Music (ex.MSC)

Choose a piece of instrumental music (not a song, choose an instrumental with no words) which evokes strong emotions in you. With no distractions, deeply engage in listening to this piece of music—experience the music, let it envelope your whole being. Then, think about what emotions this piece of music evokes in you. Be specific, approach this from a view of emotional granularity. To get the most from this experiential assignment, you will need to engage with this piece of music a few times over the course of a few days to truly capture nuances of emotions. Jot down all these emotions.

Now, think about how this piece of music evokes these emotions for you: what features of the music evoke emotion(s) for you, and which features evoke which emotion(s). Be specific. For example, note the tempo, the timing, the melody, the key, the instrument(s), the volume, changes within the piece in key, tempo, volume, instruments, etc. Note changes in your emotions as these elements change. Again, to get the most from this experiential assignment, you will need to engage with this piece of music a few times over the course of a few days to fully notice these aspects and how they are tied to emotions evoked in you.

You will then write a 1000-1250 word essay on this experience and your engagement with the music describing, as noted above, the emotions that the music evokes for you and how (what features of) the music evokes those emotions. At the end of your essay, briefly connect relevant material presented in lecture to your experience and engagement with the music.

Your submission must include a cover sheet containing the following information IN THIS ORDER:

- your name and student ID;
- PSY 340: Winter 2026;
- Experiential OPTION C - ex.MSC;
- the title of the piece, the composer, the performer(s);
- if possible, a URL link to the piece;
- word count of your paper (not including cover page or title).

DO NOT include any other information on the cover sheet.

This paper is to be written in a personal yet still academic style of writing.

**See details, criteria, and grading sheet on Moodle.**

