HS8012: EMOTIONS IN EVERYDAY LIFE

Course Description
Emotions are important but what are emotions? Are emotions shared biological experiences that constitute a universal language or cultural particulars? What is the significance of emotions in everyday life? In this course, we address the fundamental questions of what we feel and how we feel by taking a broad approach to examine how emotions have been conceptualized in the human sciences exploring issues that cut across many fields ranging from the arts to technology. We shall focus on the contemporary times where “technologies of emotions” ranging from medication to meditation and wearable devices seek to detect, track, measure, evaluate and regulate emotions as practices of self-perfection, healing and/or treatment. We also examine the implications these technologies of emotions have in terms of human relatedness and sensitivity to others, oneself and the world. Specific topics include: emotions and the body; emotions and technology; emotions and religion as well as emotions and the arts.

Course Requirement
Participation (attendance, quizzes, response notes) 15%
Mid-term Assignment (2-page single spacing reflection paper) 15%
Final Examination 70%

Course Schedule
Week 1, Aug 13: Introduction to the Course
Course syllabus review
Readings: none

Week 2, Aug 20: What Are Emotions?
Brief definitions of emotion – a philosophical baseline
Readings:

Week 3, Aug 27: Biological Dimensions of Emotions
Human and animal emotions; Darwin’s evolutionary theory of emotions; Anthropomorphism
Readings:

Film: Animal Minds: Do Animals have emotions?

**Week 4, Sep 3: Emotions and the Body I**
The body as medium and metaphor for emotions; embodiment and experiences
Readings:

**Week 5, Sep 10: Emotions and the Body II**
Ethnography of pain; representation of pain in art: Frida Kahlo
Readings:
1. Jackson, Jean (1994) “Chronic pain and the tension between the body as subject and object” in *Embodiment and experience: the existential ground of culture and self*

Online art exhibition: “Pain Exhibit”

**Week 6, Sep 17: Emotions and the Body III**
Emotions, Sense and Sensing
Readings:
   - Hiroko Kikuchi “Umami”
   - Caroline A. Jones “Synesthesia”

Film: David Chang of Momofuku on Umami, MSG and the “Chinese restaurant syndrome”

**Week 7, Sep 24: Emotional Health in Singapore**
“Under-happy”: Singapore’s state of emotional health
Guest speaker: TBD

Recess Week: Sep 28 – Oct 2 (no class)
Week 8, Oct 8: Medicalizing Emotions
How do psychiatrists learn to do what they do? What is it like for psychiatrists to deal with people who are in emotional extremity? Do they treat people's brains or their minds?
Readings:
   - Introduction.
   - Ch1. What’s Wrong with the Patient?
Film: TBD

Week 9, Oct 15: Emotions and Religion
Thai Buddhism and meditation; ethics; phenomenology
Readings:
1. Cook, Joanna (2010) Meditation in Modern Buddhism: Renunciation and Change in Thai Monastic Life:
   - Ch1. Meditation and monasticism: making the ascetic self in Thailand
   - Ch4. Meditation as ethical imperative
Film: TBD

Week 10, Oct 22: Emotions and Meditation
Meditation session (non-religious)
Guest Instructor: TBD

Week 11, Oct 29: Emotions, Technology and the “Quantified Self”
What are the technological devices in the market that (purport to) monitor, regulate and/or even manipulate emotional habits? What are the wider implications or significances of these devices, machines and technologies?
Readings:
   - Introduction: Mapping the Machine Zone
   - Ch.8 Overdrive: Chasing Loss, Playing to Extinction

Week 12, Nov 5: Emotions and Technological Socialization
“Facebook. Twitter. SecondLife. “Smart” phones. Robotic pets. Robotic lovers. Thirty years ago we asked what we would use computers for. Now the question is what don’t we use them
for. Now, through technology, we create, navigate, and perform our emotional lives.” – Sherry Turkle.

Readings:
1. Turkle, Sherry (2011) *Alone together: why we expect more from technology and less from each other*:  
   - Ch4. Enchantment  
   - Ch5. Complicities  
   - Ch6. Love’s Labor Lost

Film: Sherry Turkle’s TED talk

**Week 13, Nov 12**
Review Lecture

**NTU Academic Integrity Policy**

[http://www.ntu.edu.sg/ai/ForEveryone/Pages/NTUAcademicIntegrityPolicy.aspx](http://www.ntu.edu.sg/ai/ForEveryone/Pages/NTUAcademicIntegrityPolicy.aspx):

The Student Academic Integrity Policy supports the University in the “pursuit of truth which depends on absolute integrity of conduct among all members of the community” and in creating “a climate of respect for the individual, and encourages self-respect which makes an individual worthy of trust” (enshrined in the NTU Honor Code). All members of the NTU community are responsible for upholding the values of academic integrity in all academic undertakings.

**Objective**
This policy is to reinforce the University’s commitment to maintain integrity and honesty in all academic activities of the University community. It applies to all undergraduates of the University in all programmes of study, including non-graduating students.

**Definitions**
The following are defined as acts of academic dishonesty in the context of this policy:

**Plagiarism**
NTU Honor Code currently defines ‘plagiarism’ as ‘to use or pass off as one’s own, writings or ideas of another, without acknowledging or crediting the source from which the ideas are taken’. This includes: The use of words, images, diagrams, graphs or ideas derived from books, journals, magazines, visual media, and the internet without proper acknowledgement; Copying of work from the internet or any other sources and presenting as one’s own; and
Submitting the same piece of work for different courses or to different journals and publications.

**Academic Fraud**
Academic fraud is a form of academic dishonesty involving cheating, lying and stealing. This includes:
- **Cheating** – Bringing or having access to unauthorised books or materials during an examination or assessment, or in any work to be used by the lecturer, tutor, instructor or examiner as a basis of grading.
- **Collusion** – Copying the work of another student, having another person write one’s assignments, or allowing another student to borrow one’s work.
- **Falsification of Data** – Fabrication or alteration of data to mislead such as changing data to get better experiment results.
- **False Citation** – Citing a source that was never utilised or attributing work to a source from which the referenced material was not obtained.

**Facilitating Academic Dishonesty**
This includes allowing another student to copy an assignment that is supposed to be done individually,
- Allowing another student to copy answers during an examination/assessment, and
- Taking an examination/assessment or doing an assignment for another student.

**Policy**
The foundation of good academic work is honesty. Maintaining academic integrity upholds the standards of the University.
1. The responsibility for maintaining integrity in all the activities of the academic community lies with the students as well as the faculty and the University. Everyone in this community must work together to ensure that the values of truth, trust and justice are upheld.
2. Academic dishonesty affects the University’s reputation and devalues the degrees offered.
3. The University will impose serious penalties on students who are found to have violated this Policy. The following penalties may be imposed: expulsion; suspension; zero mark/fail grade; marking down; re-doing/re-submitting of assignments or reports; and verbal or written warning.
Please fill-in, sign and attach this **Cover Sheet** to your Assignment Report.

**Assignment Cover Sheet**

Academic Year and Semester:

Course code and Title:

Course Coordinator’s Name:

Student’s Name(s) (official): __________________________________________

**Academic Dishonesty**

All members of the NTU community are responsible for upholding the values of academic integrity in all academic undertakings. Students should not plagiarise or pass off as their own, the writing or ideas of another, without acknowledging or crediting the source from which the ideas are taken. NTU takes a serious view of any form of academic dishonesty. Plagiarism, cheating, and other forms of academic dishonesty are considered serious offences for which disciplinary penalties will be imposed.

**Declaration**

I have read and understood the NTU Academic Integrity Policy (available online at http://www.ntu.edu.sg/ai/ForEveryone/Pages/NTUAcademicIntegrityPolicy.aspx) and declare that all graded and nongraded assignments will be my/our group’s own work and will not involve plagiarism or collusion. The sources of other people’s work will be appropriately referenced. Quotation marks will be used around materials written verbatim from other sources; citations will clearly indicate paraphrasing of other sources. I will not submit any work for this course/module that is (in whole or part) graded work for another course/module.

**Student’s Signature:** ______________________ **Date:**__________________

No assignments will be marked until the student has submitted this form.