



Created Date	2020-07-24 22:01:43		
Course Title	COGNITION AND EMOTION REGULATION		
Location	Realtime online lecture/WDHB09		
Instructor	Hur Ju Yoen		
Office			
e-mail & Office Hour	jhurl@yonsei.ac.kr		
Target Students	Undergraduate students majoring in psychology, except freshman students ** The current syllabus is tentative and subject to change. Final version with the complete reading list will be shared at the first class**		
Course Description & Goals	Our intrapsychic lives are dominated by two sorts of phenomena: thoughts (cognition) and feelings (emotion). Cognition and emotion closely in		
Prerequisite	Intro to Psychology (required) & preferably, students who've taken Abnormal Psychology		
Course Requirements	This course will be a Blended Learning course, consisting of lectures, small-group discussion, and skills practice. On Tuesdays (11am ? 12:50		
Grading Policy(Absolute)	* Grading rubric is subject to change* Attendance (5%) Research participation (5%) Reading quizzes (15%) Mid-term and Final Exam (25% x 2 = 50%) Final presentation (25%)		
Texts & References			
Instructor's Profile	Assistant Professor, Department of Psychology PhD in Clinical Psychology Licensed Clinical Psychologist (USA)		
TA's Name & Contact Information	TBU		
Syllabus in English	Our intrapsychic lives are dominated by two sorts of phenomena: thoughts (cognition) and feelings (emotion). Cognition and emotion closely in		
Week	Period	Weekly Topic & Contents	Course Material Range & Assignment
12	2020-11-17 2020-11-23	Self-compassion	
13	2020-11-24 2020-11-30	Acceptance and Commitment Therapy in an Emotion Regulation Context - theory and practice	
14	2020-12-01 2020-12-07	Class Presentation	
15	2020-12-08 2020-12-14	Self-study and final exam period	
16	2020-12-15 2020-12-21	Self-study and final exam period	
11	2020-11-10 2020-11-16	Mindfulness of Thinking, Responding to stress instead of reacting	
1	2020-09-01 2020-09-07	Introduction. Cognition and emotion regulation	*Final version with the complete reading list will be
2	2020-09-08	Development of emotion regulation. Neural substrates of emotion regulation.	

	2020-09-14		
3	2020-09-15 2020-09-21	Individual differences in emotion reactivity and regulation	
4	2020-09-22 2020-09-28	The role of appraisal in emotion	
5	2020-09-29 2020-10-05	Perseverative Cognition and Psychopathology 9/30: Chuseok Holiday	
6	2020-10-06 2020-10-12	Cognitive restructuring - theory and practice	
7	2020-10-13 2020-10-19	Maximizing Positive Emotions (Positive Emotion Regulation) - theory and practice	
8	2020-10-20 2020-10-26	Mid-term period	
9	2020-10-27 2020-11-02	Working with fear and anxiety - theory and practice	
10	2020-11-03 2020-11-09	Mindfulness and Emotion Regulation - theory and practice	

