

Course Title	:	Understanding Emotions and Emotion Regulation
Course Code	:	GEK2003
Department	:	Education Policy and Leadership

Synopsis

Emotions are intimately involved in virtually every aspect of the teaching and learning process and, therefore, an understanding of the nature of emotions and emotion regulation in the context of education is essential. This course is appropriate for all students and student teachers as well as those interested in understanding their emotions and applying emotional regulation in life, learning, and future teaching environments. The course will provide a platform for students and student teachers to understand and regulate their emotions, and to cultivate Positive Emotions, Positive Relationships and Communications, Positive Accomplishments, and Positive Health.

The course is divided into three parts. (1) The first part of the course aims at understanding human and teacher emotions and emotion regulation (individual vs interpersonal; student vs teacher) from a theoretical perspective. This part will focus on the recent theories of emotions and emotion regulation in international and local contexts. (2) In the second part, the course will focus on empirical findings related to human and teacher emotions and emotion regulation. This will help students understand the concepts from an empirical perspective. This will begin with international studies and move on to more local empirical studies. (3) The third part will focus on how to apply the strategies from the empirical studies to students' real-life and work-related settings. It will support students to appropriately analyze emotions and take actions in real-life and work-related settings. Students will learn to assess and utilize relevant strategies in different life and/or work situations.