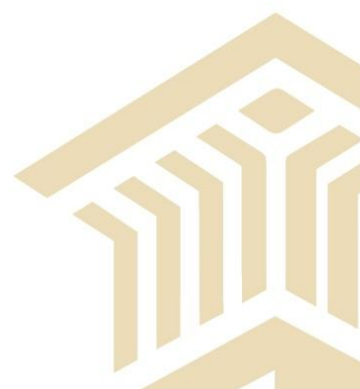


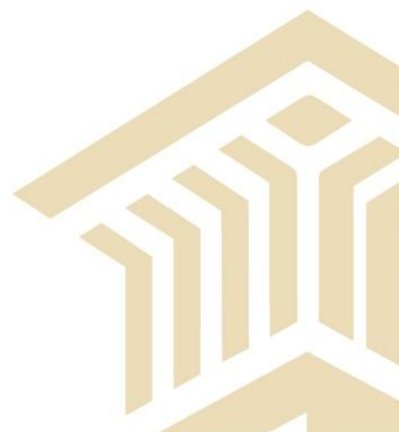
Useful information

Materials, criteria, indications



What has to be study, what can help in addition

RESOURCES and MATERIALS



Mandatory resources (what has to be studied)

- ◆ **Classes' material:** all slides uploaded on Discite (you don't have to remember all the details!)
 - ◆ those created by the teacher about all the different topics
 - ◆ the materials presented by the different groups concerning different emotions
- ◆ **Books**
 - ◆ MORTARI, L. (2017). **La sapienza del cuore.** Pensare le emozioni, sentire i pensieri. Milano: Raffaello Cortina Editore (*chapters 7 and 8*)
 - ◆ IORI, V. (2009). **Il sapere dei sentimenti.** Fenomenologia e senso dell'esperienza. Milano: FrancoAngeli (*entire book*)
 - ◆ These books are useful to contextualize the topics, to think about your future profession, to self-reflect about your relationship with affective states. You are not required to remember every single concept, but to study the main ideas and to get material for you re-elaboration of all topics.



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For students who did not reach the minimum amount of presence

- ◆ In addition to the mandatory resources (see previous slide), students who did not reach the minimum amount of presence will have to add the following materials, depending on their percentage of presence
- ◆ Presence between 66% and 50% will add
 - ◆ MORTARI, L. (2017). **La sapienza del cuore.** Pensare le emozioni, sentire i pensieri. Milano: Raffaello Cortina Editore (*chapters 5 and 6*)
- ◆ presence below 50% will also add
 - ◆ RIME', B. (2008) **La dimensione sociale delle emozioni.** Bologna: Il Mulino (chapters 1, 2, 4)

Students will also have to present a specific affective state (see group work directions), deepened individually



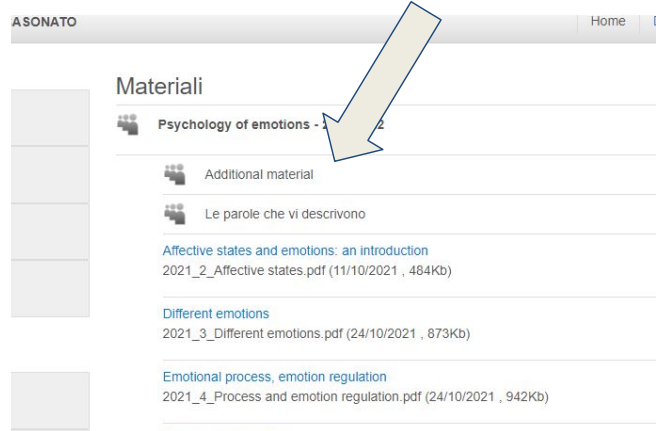
Additional material

(what can help deepening and understanding)

For those who need an Italian reference

- ◆ D'URSO, V., TRENTIN, R. (1998) **Introduzione alla psicologia delle emozioni**. Bari: Editori Laterza (chapters 1, 2, 3, 4, 5, 6)
- ◆ BARONE, L. (2007). **Emozioni e sviluppo**. Percorsi tipici e atipici. Roma: Carocci editore (chapters 1, 2, 4, 5, 6)
- ◆ RIME', B. (2008) **La dimensione sociale delle emozioni**. Bologna: Il Mulino (chapters 1, 2, 4)

In-depth articles (materiale di approfondimento)



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Italian books' chapters divided by content of each class

- 1. Affective states**
Cap. 1 D'Urso&Trentin; Cap. 2 Rimè; Cap. 1 Barone
- 1. Different emotions**
Just slides and additional material
- 1. Emotional process, emotion regulation**
Capp. 4 e 6 Barone; articolo nella cartella additional material
- 1. Theories and authors**
Cap. 1 Rimè; Capp. 2, 4, 5, 6 D'Urso&Trentin; Cap. 1 Barone
- 1. Physiology**
Capp. 2, 3 D'Urso& Trentin
- 1. Emotional development**
Capp. 2, 5 Barone
- 1. Emotions' expression**
Cap. 4 Rimè, Cap. 7 D'urso&Trentin
- 1. Emotional intelligence / competence**
Cap. 8 Barone; Cap. 7 D'Urso&Trentin; articolo nella cartella additional material;



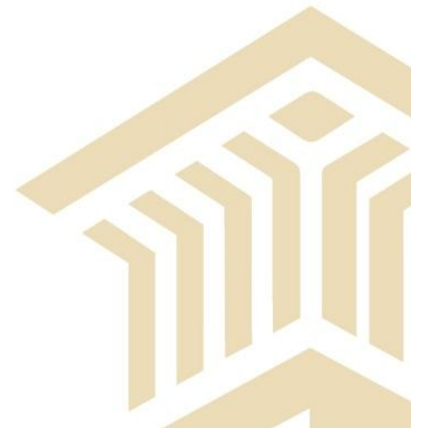
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EXAM



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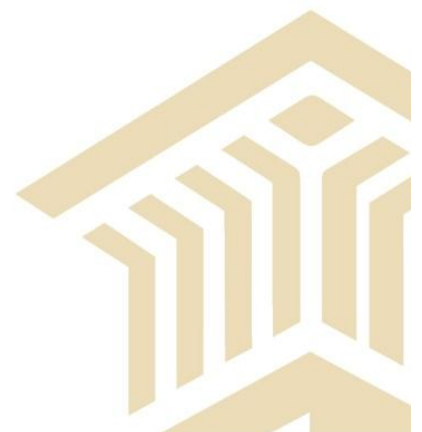


Exam – evaluation parameter

- ◆ The exam is composed of a **written test** and an **oral discussion**
- ◆ The assessment (valutazione) will be based on the following criteria:
 - ◆ knowledge of the topics,
 - ◆ critical reasoning skills,
 - ◆ ability to re-elaborate the experience,
 - ◆ clarity and relevance of the language



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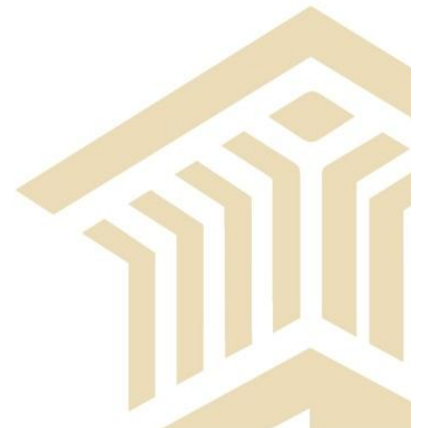


Exam – structure

- ◆ The written exam will be composed of 11 questions
 - ◆ 9 open ended questions (7 in English + 2 in Italian) on theoretical topics
 - ◆ Max 3 points each
 - ◆ 2 multiple-choice questions
 - ◆ 1.5 points each
- ◆ The oral exam
 - ◆ will focus on personal re-elaboration of contents (see next slide) - one prepared by the student, one about group work
 - ◆ might deepen some theoretical topics if needed
- ◆ The final score will be based on the followings:
 - ◆ Written exam: 50%
 - ◆ Oral exam: 50%



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Personal re elaboration - what do I have to do?

- ◆ The aim of the individual reflection is to connect theoretical concepts presented during the classes, to your personal experience and ideas. And to allow you to combine, in writing, emotional and cognitive contents.
- ◆ To do so, you can chose to:
 - ◆ Deepen a specific a **topic** addressed during the course or an **affective state** and connect it with your personal experience/idea
 - ◆ (in the light of the idea that we learn both from theory and from personal experience).
 - ◆ You can comment what the chosen topic means to you, what happened during your internships or you can express your personal idea about how you find it or about how you imagine it in your future professional life.
 - ◆ Present any stimulus you like (**a book, a movie**) and comment it in the light of the theoretical contents addressed during the course, as well as adding your personal interpretation of it/them
- ◆ Remember to always include:
 - ◆ Theoretical contents
 - ◆ personal considerations (please report both emotional and cognitive contents)
- ◆ You will have 5 to 10 minutes to discuss it in English



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Group work

- ◆ Who, what?
 - ◆ 3 groups
 - ◆ One emotion each

- ◆ Content
 - ◆ definition
 - ◆ Manifestation (arousal, typical behavioral responses etc)
 - ◆ Antecedents in the educational work
 - ◆ Needs hiding behind the affective state
 - ◆ How can you treat it/manage it

- ◆ How?
 - ◆ Synthetic slides,
 - ◆ Partly in English, partly in Italian

Each of you needs to be able to describe the general work of the group and to focus on one part specifically



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How about questions?

- ◆ If you have any questions, do not hesitate to contact me via e-mail:
marta.casonato@ius.to
- ◆ If needed, we can also arrange a virtual meeting



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