



Mahidol University
International College

Course Syllabus

1. **Program** Social Science Division
College Mahidol University International College
2. **Course Code** ICSP 362
Course Title The Psychology of Emotional Well-being
3. **Credits** 4 credits
4. **Prerequisites** None
5. **Trimester** Summer Term 2026

6. Course Description:

This course introduces students to the psychology of emotional well-being emphasizing how the study of emotion can be applied to different domains of life. Students will discuss various concepts related to emotional well-being from different psychological perspectives. They will develop a deeper understanding of the positive and negative emotions experienced by human beings and analyze their causes and effects on well-being. Students will also explore the various models of emotion and critically analyze their merits and limitations, as well as their practical application.

7. Course Objectives

By the end of the course, students will be able to:

1. Understand the history of the study of human emotion as it relates to well-being.
2. Explore emotional well-being from various psychological perspectives.
3. Classify the various emotions and identify factors influencing their expression.
4. Critically analyze the environmental factors influencing emotional well-being.
5. Develop an awareness of the cultural influences on emotional well-being.
6. Formulate strategies to cope with negative emotional states and foster positive emotional states to cultivate higher levels of well-being.

8. Teaching Methods

Interactive lectures, class discussions, individual project, field trips

9. Teaching Media

Core texts, Power Point slides, video clips, a selection of digital handouts

Yarwood, M. G. (2022). *Psychology of Human Emotion: An Open Access Textbook*.

Affordable Course Transformation, Pennsylvania State University.

Brackett, M. (2019). *Permission to feel: Unlocking the power of emotions to help our kids, ourselves, and our society thrive*. Celadon Books.

Additional text and materials will be provided during the trimester.

10. Evaluation

Assessment	AI Level	Percentage
MT	CLO 1-5	20%
Final	CLO 1-5	30%
Emotional Action Plan	CLO 3-6	20%
Homework	CLO 3-5	20%
5 Emotion Journal Entries	CLO 6	10%

11. Grade Assessment

Grading will be undertaken using a traditional A-F (or P-F) basis.

12. Course Outline

Class	Topic	Hour
Class 1	Definition of emotion; Components of an emotion; Emotions, moods, traits, disorders	3
Class 2	Classic theories of emotion: James-Lange, Cannon-Bard, and Schachter-Singer	3
Class 3	Social Constructivist Theory	3
Class 4	Cognitive Appraisal Theory: the relationship between thought and emotion	3
Class 5	Inside Out viewing and reflection, Group discussion and applications	6
Class 6	Emotional Intelligence Basics: emotions and well-being	3
Class 7	The RULER Model of Emotion; MT (Midterm Exam)	3
Class 8	Recognizing emotional reactions and Understanding their origin ; Field visit	6
Class 9	Emotional labeling, emotional expression and its consequences	3
Class 10	Toxic positivity and the dark side of positive emotions; Regulating emotions	3
Class 11	Practices for emotion regulation	3
Class 12	Novelty, Expressive Writing, and Reframing Emotions	3
Class 13	Emotional Intelligence Action Plan and Course Review ; Field visit	6
Class 14	Final Exam	
		48 Hours

13. Student Work

Emotional Action Plan - Individually, students will monitor their emotional landscape, analyze their emotional data, and formulate an emotional action plan focused on developing their own emotional intelligence.

Homework – A variety of homework will be given during the course, such as reflections on videos, responses to short readings, naturalistic observation of emotional expressions in the field, and more.

Journal entries – Students will complete 5 journal entries exploring the causes and effects of various emotional experiences.

14. Course Coordinator

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Office Hours: By appointment