

## PSY 340: Academic Assignment Details & Criteria: OPTION A – ac.EIA

<p><b>Your choice of assignment:</b> [due beginning of class Monday, April 7]</p> <p><b>Choose ONE Academic Assignment worth 15%:</b></p> <ul style="list-style-type: none"> <li>A) Emotion Illustration Assignment (ac.EIA)</li> <li>B) Emotion Quote Paper (ac.EQP)</li> <li>C) Emotions in a Children's Fiction Book (ac.ECB)</li> <li>D) Emotion Across History and Cultures (ac.EHC)</li> </ul> <p><b>OR</b></p> <p><b>Choose THREE Experiential Assignments each worth 5%:</b></p> <ul style="list-style-type: none"> <li>A) <b>Choose one from Section A:</b> <ul style="list-style-type: none"> <li>1. Sitting with Boredom (ex.SWB)</li> <li>2. Emotion Regulation (ex.ERG)</li> </ul> </li> <li>B) <b>AND Choose two from Section B:</b> <ul style="list-style-type: none"> <li>1. Emotions in Art (ex.ART)</li> <li>2. Emotions in Music (ex.MSC)</li> <li>3. Emotions in Movie (ex.MOV)</li> </ul> </li> </ul>	<p>The purpose of the Academic assignments is to broaden and demonstrate your understanding of a(the) concept(s) and information learned in class via either: (Option A) explaining in a nonscientific format for the public; (Option B) demonstrating/illustrating how these are evidenced in other disciplines; (Option C) analyzing how emotions are portrayed in a children's fiction book; or (Option D) examining differences across history and cultures.</p> <p>The purpose of the Experiential assignments is to further enrich your experience of the course content at a deeper level in order to more fully develop your emotional intelligence via one activity and two interactive engagements.</p> <p>All options require you to incorporate into your assignment findings from five (5) academic papers in and/or material presented in lecture.</p> <p>See Moodle for full details and criteria for each option.</p>	<p>15%</p>
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*from the syllabus:*

### 2. Plagiarism & AI Generate Content

**I have zero tolerance for either plagiarism or the use of AI text generators (e.g., ChatGPT) for *any* of your writing at *any* stage—including generating ideas, initial notes, and drafts.**



*The assignments are designed to help you build your communication, creative, and critical thinking skills. Using AI DOES THE OPPOSITE! Using AI reduces both your ability and your skill level. Generating ideas, thinking, writing, and learning must be practiced. There are no true shortcuts. I want your ideas, your synthesis, not some robot's ideas and words pieced together from common information it synthesized from the internet. Writing—and these assignments—are not primarily about output. Writing is a process of discovery, including the background work of searching, reading, and sifting through information, and the drafts produced before a finished product. These processes help you gain knowledge, help crystallize your thinking, and help you gain skills. Using AI robs you of all of this. If I want AI's opinion on a topic, I can do that myself. I am interested in your unique perspective, your voice.*

Moreover, AI-generated writing is generally just bad. The writing style sounds important and formal while being broad and vague. It is often empty writing that does not demonstrate understanding.

**I am interested in your unique perspective, your voice.**

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### BELOW ARE DETAILS FOR Option A – ac.EIA

(See Moodle for details for other options)

### Emotion Illustration Assignment (EIA)

Here is where you get to really dig into one emotion that you find most fascinating. Overall, this assignment is about deepening your understanding of an emotion, and sharing that understanding in a format that others can learn from in a NON-ACADEMIC manner. Your target audience is to be the general public--adults or children. This EIA is designed to play to your particular strengths with several format options. I cannot stress enough that this is not for an academic audience.

#### Overall criteria regardless of which option you choose for your EIA.

Your submission must include a cover sheet handed to me on paper regardless of the format of your EIA. (As noted below, some EIAs may need to be submitted on Moodle.)

Your cover sheet must contain the following information IN THIS ORDER:

- your name and student ID;
- PSY 340: Winter 2025;
- Academic OPTION A: ac.EIA
- what emotion your EIA is on;
- the specific format of your EIA (see format options on following pages);
- your target audience – adult, youth, child (if youth or child, specific age range).

DO NOT include any other information on the cover sheet.

In addition to referring to textbook and material presented in lecture, your CFB paper must include results from five (5) research articles. Criteria for the five (5) articles are:

- peer-reviewed from a non-predatory academic journal;
- at least three (3) of these articles must be published from 2018 onwards;
- an original study or a meta-analysis;
- (obviously) be relevant to your paper.

Your submission must also include a separate APA 7<sup>th</sup> edition formatted reference list of the five (5) journal articles you have incorporated into your paper, along with all sections of the textbook, lecture material, and other source material you refer to in your paper. This reference page is to be attached to your cover sheet. DO NOT INCLUDE references on your EIA!

Your EIA must also include:

- the basics of the emotion,
- positives and negatives of the emotion,
- why it is important to know this information,
- applied example to everyday life.

See grading sheet at the end of this document.

See following pages for specific criteria and examples of each type of format option for your EIA.



## PSY 340: Academic Assignment Details & Criteria: OPTION A – ac.EIA

### FORMAT OPTION: written article or blog entry

Write your paper as though it were a brief article (1000-1250 words) for Psychology Today or a self-help blog. Remember: This is NOT a formal paper. You need to refer to the course material and research articles you found, but you are NOT to cite them or quote them. That's what the separate reference page is for. I cannot stress enough that this is not for an academic audience. Include a word count of your article/blog entry at the bottom of the article/blog entry.

This format of an EIA must be handed in on paper (i.e., cover sheet, reference page, EIA.)


example:

<https://www.psychologytoday.com/ca/blog/shifting-workplace-dynamics/202312/this-year-do-less-to-get-more>

**Psychology Today**

Find a Therapist ▾ Get Help ▾ Magazine ▾ Today ▾

Find a Therapist (City or Postal Code)



Jaclyn Margolis Ph.D.  
Shifting Workplace  
Dynamics

MOTIVATION

## This Year, Do Less to Get More

Research suggests you're overlooking a critical type of resolution: Doing less.


Posted December 31, 2023 | Reviewed by Devon Frye

[f](#) [t](#) [in](#) [e](#)

✓ THE BASICS

What Is Motivation?

[Find counselling near me](#)



Source: Maddi Bazzocco / Unsplash

As the new year begins, you are likely considering your goals. Researchers have termed this phenomenon the "[fresh start effect](#)," showing that individuals are more likely to start thinking about their goals and priorities when a significant milestone is approaching, such as the start of a new year or a birthday.

However, when formulating your direction for the new year, [emerging research](#) suggests that you are likely to overlook an important type of resolution: Doing less.

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## FORMAT OPTION: infographic

It's your choice how to structure this. Note though, this is not necessarily the easiest option. You cannot just find one on-line and it is harder than it appears at first glance go incorporate all the criteria. Your EIA infographic:

- needs to be original;
- needs to include all the criteria noted on page 2 above;
- has to be aesthetically pleasing;
- must be designed to be poster-sized;
- and it must be saved as a pdf so that if someone wanted to print it out full size they could.

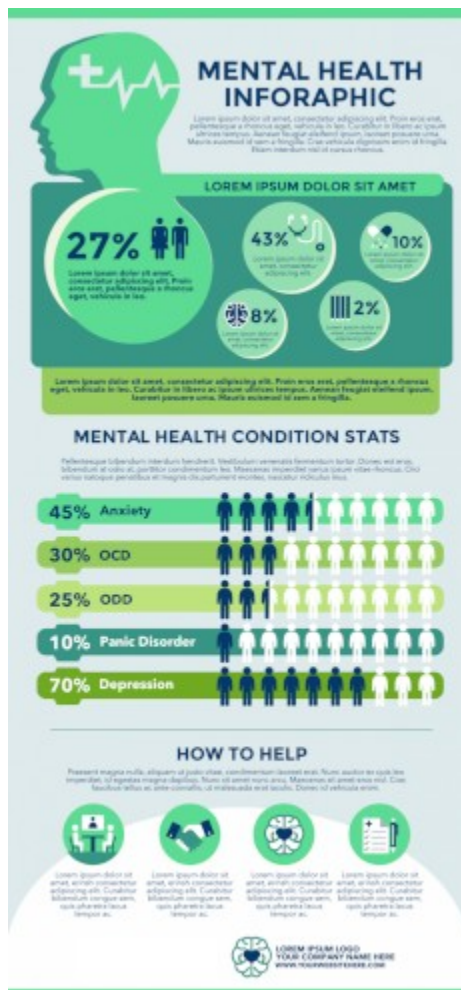
You need to refer to the course material and research articles you found, but you are NOT to cite them or quote them on the infographic. That's what the separate reference page is for. I cannot stress enough that this is not for an academic audience.

This format of an EIA can be submitted as a .pdf on Moodle (as printing a full size poster is expensive). You STILL though must hand in the cover sheet and reference page on paper on the due date. Do not also include the cover page and reference page on Moodle.

Here are some examples and websites to help you create your EIA infographic:

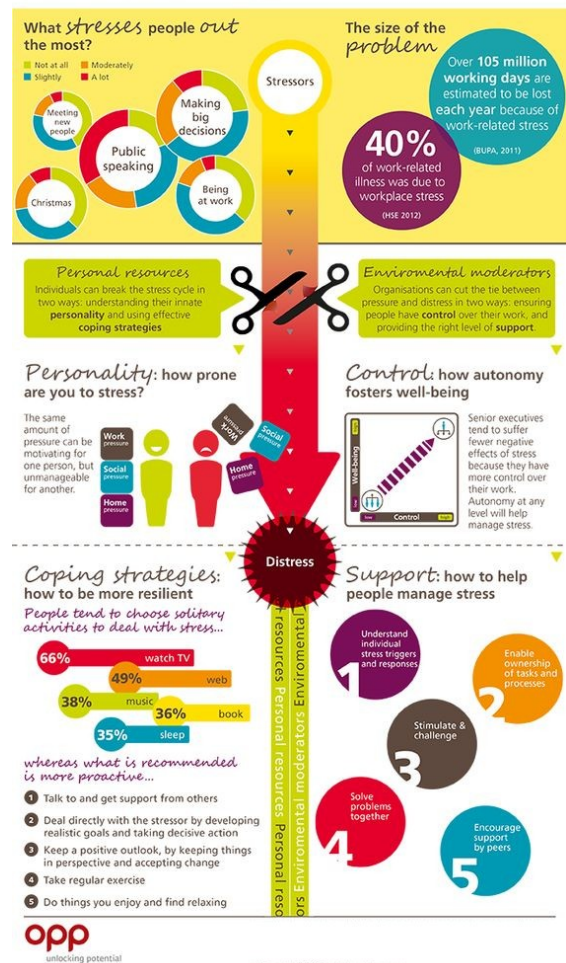
<https://www.easel.ly/blog/psychology-infographics/>

<https://www.nasponline.org/membership-and-community/social-media/infographics>



## The psychology of stress

If you think stress is everywhere, you're right! But do you know how to cut the seemingly inevitable tie between the stressors of modern life, and the type of distress that sends people off sick, off the radar or off the rails?





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### FORMAT OPTION: mini graphic novel or mini children's book

You can use a program or you can draw this by hand. If you want to keep this after it's graded, indicate that on your cover page and I will return it to you unscathed.

It's your choice how to structure this. You can do it comic-strip style or flip-book style or comic-book/graphic-novel style.

Whatever style you choose, your EIA mini graphic novel:

- needs to be original;
- needs to include all the criteria noted on page 2 above;
- has to be aesthetically pleasing;
- IF created on a computer, your EIA mini graphic novel must be saved as a pdf so that if someone wanted to print it out they could.

You need to refer to the course material and research articles you found, but you are NOT to cite them or quote them in your mini graphic novel. That's what the separate reference page is for. I cannot stress enough that this is not for an academic audience.

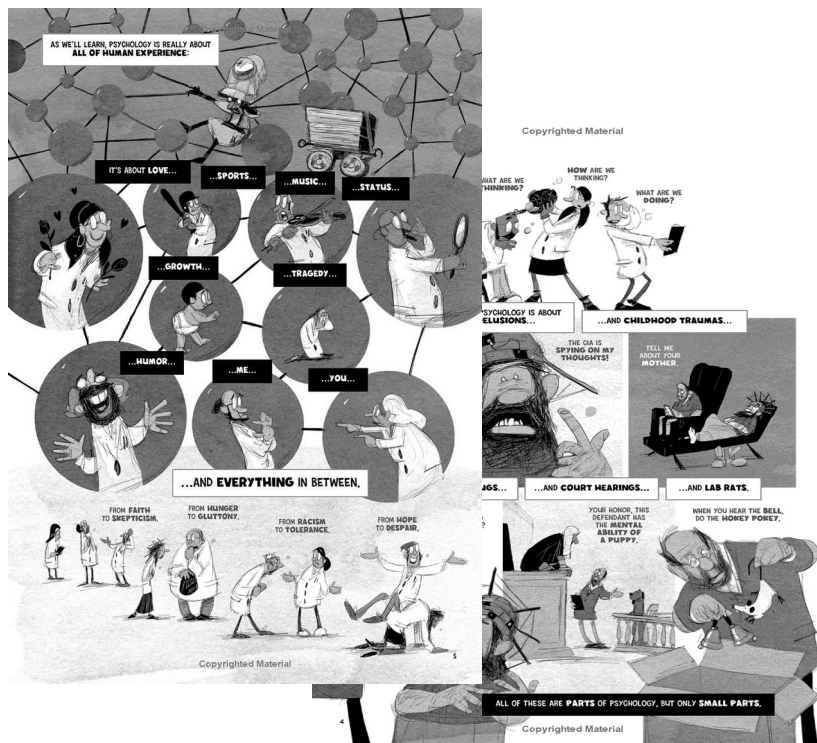
This format of an EIA can be submitted as a .pdf on Moodle (as printing it might be expensive). You STILL though must hand in the cover sheet and reference page on paper on the due date. Do not also include the cover page and reference page on Moodle.

Or, if you've drawn it by hand, submit your EIA mini graphic novel as a booklet on paper along with the cover page and reference list to me on the due date.

Here are some examples:

(way too long but you get the idea)

[https://www.amazon.com/Psychology-Introduction-Danny-Oppenheimer-PhD/dp/0393351955/ref=sr\\_1\\_1?dchild=1&keywords=comic+books+psychology&qid=1594209875&s=books&sr=1-1#reader\\_0393351955](https://www.amazon.com/Psychology-Introduction-Danny-Oppenheimer-PhD/dp/0393351955/ref=sr_1_1?dchild=1&keywords=comic+books+psychology&qid=1594209875&s=books&sr=1-1#reader_0393351955)



## PSY 340: Academic Assignment Details & Criteria: OPTION A – ac.EIA

### FORMAT OPTION: mini audio podcast

Aim for 15 to 20 minutes maximum. This should be ample time to cover the emotion in a detailed yet succinct way. Use your imagination. You could, for example, frame an audio podcast as a blog entry or an interview with an expert (and yes you can expert find an expert and interview them), It's entirely up to you.

Whatever style you choose, your EIA mini audio podcast:

- needs to be original;
- needs to include all the criteria noted on page 2 above;
- must be a maximum of 20 minutes.

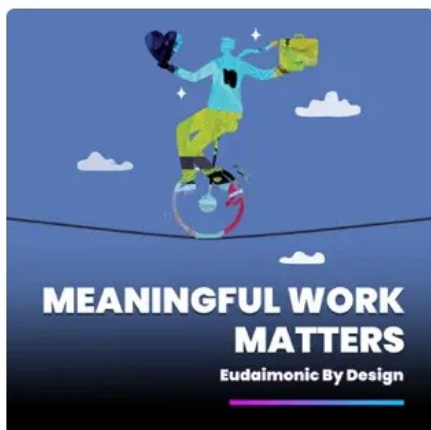
You need to verbally refer to the course material and research articles you found BUT not necessarily by name. That's what the separate reference page is for. (Give the gist of the findings.) I cannot stress enough that this is not for an academic audience.

This format of an EIA needs to be submitted as either the .mp3 file itself or as a link to the .mp3 file. You STILL though must hand in the cover sheet and reference page on paper on the due date. Do not also include the cover page and reference page on Moodle when you upload the .mp3 file or link to the audio file.

examples:

(This is a link to Dr. Scott Barry Kaufman's podcast page. The podcasts are interviews of about 60 minutes each, but they give you the idea for the audio portion.. (They are also really great to listen to!)

<https://scottbarrykaufman.com/podcast/>



(This is a link to Andrew Soren's podcast on meaningful work. It's a shorter podcast and brilliant.)

<https://podcasts.apple.com/au/podcast/meaningful-work-matters/id1713375473>

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### FORMAT OPTION: poem, song, game, video play .... no real limit

I've had a few students the past years submit wonderfully creative, artistic, and STILL informative poems, song lyrics (once even accompanied by a recording of the student performing the song!), original interpretative dance choreography (performed by the student and recorded) accompanied with an explanatory paper, video interviews, and complete original board games. I've not yet had someone submit a video "drama" play ... maybe that's up your alley to try! The sky's the limit!

You could even buddy-up on a submission. (If that's something you want to do to, then make up ONE cover sheet with everyone's names and ONE reference page. And only ONE person submits it on Moodle. Everyone in the group will get the same grade.

Whatever style you choose, your EIA:

- needs to be original;
- needs to include all the criteria noted on page 2 above;
- must be a maximum of 20 minutes (if it's a video or performance).

You need to incorporate the course material and research articles you found BUT not necessarily by name. That's what the separate reference page is for. (Give the gist of the findings.) I cannot stress enough that this is not for an academic audience.

How you submit this format of an EIA will, of course, depend on what you've chose to do. Bottom line, if it's something that can be handed in on paper—do so along with the cover sheet and reference list. If it needs to be submitted as an audio or video file, then submit that as either the audio or video file itself or as a link to audio or video file. You STILL though must hand in the cover sheet and reference page on paper on the due date. Do not also include the cover page and reference page on Moodle when you upload the .mp3 file or link to the audio file.



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Grading Sheet: \_\_\_\_\_ student name \_\_\_\_\_

COVER SHEET			
ITEM	POINTS DEDUCTED (%)		
Cover sheet information as noted on previous page.	<i>for each criteria not listed</i>	1%	
APA formatted separate reference list for ALL sources including course material	<i>for each missing reference</i>	-.25%	
For each of the minimum five (5) research articles For the three (3) recent articles:	<i>if does not meet peer-review criteria</i> <i>if does not meet research article criteria</i> <i>if not does meet topic-relevant criteria</i> <i>if a minimum of 3 articles are not from 2018 onwards</i>	-1% -1% -1% -1%	
APA 7 <sup>th</sup> edition formatting for ALL sources including course material	3 “free” errors then marks deducted for each error	-.25%	
<b>total marks deducted:</b>			
SUBMISSION ITSELF			
CRITERIA	worth	Letter	points
Basics of the emotion - clarity, comprehensiveness, accuracy	25%		
Positives and negatives of the emotion Why this is important for your audience to know this information - clarity, depth of thought, accuracy, clear links to course content	25%		
Recent research results included - clarity, accuracy	20%		
Applied example to everyday life	15%		
Language / style / flow / coherence / impact	15%		
<b>total points earned:</b>			
		<b>Letter Grade</b>	%
<b>subtotal Grade</b>			
<i>less deducted for errors/omissions on cover sheet from above</i>			
<b>GRADE ON PAPER</b>			

**Comments:**