This seminar will focus on readings and discussions about the roles that emotions play in our daily lives. Emotions can be characterized in different ways, including behaviorally, physiologically, and psychologically. Although emotions are a natural part of human life, we often have to regulate our emotions in social contexts which may include masking or curbing as well as heightening or intensifying certain types of emotions.

- Why and how do we do this?
- At what ages do people start regulating their emotional expressions?
- Are there sex and cultural differences?

These are some of the questions and issues we will address in this seminar. Brief readings will be assigned weekly to provide background information. Through dialogue and intellectual exchange via face-to-face or online forums, we will think critically and learn from one another’s experiences about the role of emotions in our lives and how we could harness the power of our emotions to achieve our goals, including promoting health and well-being.

Readings will include:


Potential weekly meeting time: 12noon to 1pm on Tue., Wed., or Thurs. (to be determined)
Place: Coffee shop on or near campus (to be determined)