### Subject Code
RS282

### Subject Title
Emotional Health

### Medium of Instruction
English

### Offering Department
Department of Rehabilitation Sciences

### Contact Hours

<table>
<thead>
<tr>
<th>Lecture</th>
<th>22 hours</th>
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<td>Workshop</td>
<td>6 hours</td>
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<td><strong>Total:</strong></td>
<td><strong>28 hours</strong></td>
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### Exclusion Requirements
Students who have taken similar subjects in their course, such as those studying for a degree in psychology, counseling, or social work.

### Objectives

1. Obtain current knowledge in understanding of emotions and emotions management.
2. Increase emotional literacy, including awareness of one’s emotions, and how emotions are linked to mind and body.
3. Appreciate the importance of emotions management in health and well-being.
4. Increase knowledge about the scope of emotion management strategies, Understand principles in selecting appropriate emotion management strategies and examine what strategies may work well for self.

### Learning Outcomes

Upon completion of the subject, students will be able to:

1. Describe what emotion is using current psychological models.
2. Explain how emotions are linked to bodily (physiological) sensations, thinking, and beliefs.
3. Describe the ways emotions are linked to health and well-being.
4. Examine the links among emotions, motivation, needs, and self-identity.
5. Outline the stages of emotional development.
6. Describe the components of emotional competence.
7. Describe the ways emotions are expressed through facial expression, body language, and interpersonal communication, and social behavior.
8. Discuss individual, gender, and cultural differences in emotions.
9. Examine one’s own strength and limitations in emotions management.
10. Identify appropriate short-term and long-term goals of emotions management, e.g. to become the boss of emotions, to promote self-acceptance, to pursue happiness in life.
11. Reflect on one's own ways of managing emotions and examine what strategies may work well for self.

*Attributes for all-roundness*
1. Enhance critical thinking.
2. Increase emotional literacy.
3. Apply emotions management strategies to promote health and productivity in everyday life.
4. Promote the use of self-reflection in self-understanding

**Teaching/Learning Methodology**

**Lectures**, with the aid of handouts and multimedia, will facilitate students to acquire current knowledge about emotions and emotions management.

**Practicals/Workshop**: students are required to join two 3-hour workshops which on two Saturday mornings in around Week 4 and Week 8 of semester. During the workshop, the instructor runs experiential activities in small groups (of 20 to 25 students) to facilitate students’ awareness and sensitivity toward emotions, examine one’s emotional literacy, reflect on one’s emotional life, and try out with emotion management strategies. This aims to assist students to integrate the various theories and strategies learnt to promote emotional well-being.

**Course Website**: provide a platform for students to access teaching-learning resources, to ask and discuss questions on forums, to do self-understanding exercises, and to conduct self-learning tasks.

**Course Outline**
1. Understanding emotions: nature, types, functions, and development of emotional competence.
2. Emotions, thinking, behavior, and body.
3. Emotions in everyday life: what emotions tell us about our motivation, needs, and who we are.
4. Emotional expression and interpersonal communication.
5. Individual, gender, and cultural differences in emotions.
6. Aspects of emotional competence.
7. Emotions management: goals, principles, and strategies.
8. Emotional issues and disorders.

**Assessment Method**

**Continuous assessment**:
1. **Self-understanding exercises**: students would complete online questionnaires in which they would receive summary scores on aspects of their emotional intelligence and 20%
emotional development. Guidelines for interpretation of these tests or exercise would be given on the website as well as through lectures.

2. **Reflective journal on selected areas**: students could write on topics like “strength and limitations in emotions management”, “review of one’s emotional development”, “how I could improve my own emotions management skills”.

3. **Open-book Class Test (one hour)**: multiple choice and short answers test on knowledge aspects.

4. **Class participation** (attendance, class discussion, participation in workshop)

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**Key References**


6. 饒見維《情緒涵養》台北：五南圖書，2003年。

**Subject Offering**

Department: Department of Rehabilitation Sciences

**Subject Teacher**

Dr Andrew Siu, Mr. Manfred Fung

**Enquiry**

Email: a.siu@inet.polyu.edu.hk
Tel: 2766 6753
Office: QT502