

PSYC5800H
ANTICIPATORY EMOTIONS AND CLIMATE CHANGE

Instructor	Stefania Maggi
Term	Winter 2024
Course Delivery	Online
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Office Location	Zoom
Office Hours	By appointment

COURSE DESCRIPTION/INSTRUCTOR'S STATEMENT

This graduate level course will immerse students in a learning environment where they will deepen critical understanding of anticipatory emotions and the role that these emotions play in supporting mental health and motivating climate action. By completing assignments uniquely designed for this experiential course, students will strengthen theoretical understanding of this field of study, sharpen their collaborative and communication skills, and expand their repertoire of knowledge mobilization strategies. Students will also learn to apply theoretical knowledge about anticipatory emotions and climate change to the co-creation of a virtual space where other students will learn about climate change and mental health, practice mindfulness, emotion regulation, and learn to cope with climate related distress. The virtual environment will be created in the [EON-XR platform](#). No prior knowledge of EON-XR is required, and students will receive the needed technical support so that they will be able to concentrate on content creation and knowledge mobilization efforts.

EVALUATION (SUBJECT TO CHANGE)

Reflection paper 10%; 2 presentations 60% (30% each); Project Proposal 30%.

TEXT

No textbook is required. A list of required readings will be provided.