YAŞAR UNIVERSITY
COURSE SYLLABUS

Graduate School/Faculty/School	**FACULTY OF SCIENCE AND LETTERS**					
Department/Program	**SCIENCE CULTURE DEPARTMENT**					
Course Title	**Course Code**	**Semester**	**Course Hour/Week**		**Yaşar Credit**	**ECTS**
			Theory	**Practice**		
Foundations of Emotional Literacy	UFND 5220	FALL / SPRING	**2**	**0**	2	2

Course Type	
1. Compulsory Courses	
2. Program Elective Courses	
3. Faculty / Vocation School Elective Courses	
4. Distance Learning Courses	
5. Modern Languages Courses	
6. Compulsory YÖK Courses	
7. University Elective Courses	X
8. Prerequisite Courses	
9. Course Adaptation	

Language of Instruction	English
Level of Course	Associate Degree (Short Cycle) X Undergraduate (First Cycle) Graduate (Second Cycle) Doctoral Course (Third Cycle)
Special Pre-Conditions of the Course (recommended)	

Course Coordinator	
Course Instructor(s)	
Course Assistant(s)/Tutor (s)	
Aim(s) of the Course	This course aims to equip students with fundamental skills in emotional awareness and regulation. Students will explore the structure, origins, and types of emotions, and learn how emotional responses—especially in interpersonal conflict—can influence behavior. The course supports students in recognizing and managing maladaptive emotions such as anxiety, anger, inadequacy, and helplessness, while helping them understand the personal narratives behind these feelings. The overall goal is to enable students to use their emotional capacity more effectively in problem-solving and personal development.
Learning Outcomes of the Course	By the end of this course, students will be able to: 1. **Identify** and name a range of basic and complex emotions. 2. **Recognize** the link between emotions and underlying needs. 3. **Detect** situations in which they experience anxiety, inadequacy, helplessness, or anger. 4. **Explain** the cognitive and psychological structures behind emotional responses. 5. **Use** their emotional self-awareness to develop empathy toward others.

	6. **Apply** appropriate emotional regulation techniques such as breathing, cognitive reframing, emotion reflection, and body language strategies in relevant situations.
Course Content	The course introduces the role of emotions in shaping interpersonal behavior and decision-making. Topics include recognizing different emotions, identifying emotional needs, understanding how thoughts trigger emotional responses, and evaluating these thoughts for accuracy. Techniques for emotional regulation—such as breathing exercises, cognitive restructuring, reframing, reflective listening, and nonverbal communication—are also taught to help students manage intense and dysfunctional emotions like anger and anxiety.

COURSE OUTLINE/SCHEDULE (Weekly)			
Week	**Topics**	**Preliminary Preparation**	**Methodology and Implementation (theory,practice, assignment etc)**
1	Orientation Course Introduction, Objective and Expectations	Reading the recommended resources and monitoring of the suggested videos	Theory
2	MODULE 1: What are emotions and what are they for?	Reading the recommended resources and monitoring of the suggested videos	Theory
3	MODULE 1: What are emotions and what are they for? Emotions in terms of emotion-focused therapy, humanistic therapy and cognitive behavioural therapy	Reading the recommended resources and monitoring of the suggested videos	Theory
4	MODULE 2: Which emotions do you recognise? -Matching facial expression with emotion	Reading the recommended resources and monitoring of the suggested videos	Theory and practice
5	MODULE 3: Learning the mental structures behind emotions	Reading the recommended resources and monitoring of the suggested videos	Theory and practice
6	MODULE 3: Learning the mental structures behind emotions -What is cognitive distortion? Which emotions does it cause?	Reading the recommended resources and monitoring of the suggested videos	Theory and practice
7	MODULE 3: Learning the mental structures behind emotions -What are the types of cognitive distortion?	Reading the recommended resources and monitoring of the suggested videos	Theory and practice
8	Midterm Exam	Assignment	
9	MODULE 4: Do you feel your emotions?	Reading the recommended resources and monitoring of the suggested videos	Theory and practice
10	MODULE 4: Do you feel your emotions? -In which situations do you feel anxiety, anger, helplessness and inadequacy?	Reading the recommended resources and monitoring of the suggested videos	Theory and practice
11	MODULE 4: Do you feel your emotions? -What do these emotions make you do?	Reading the recommended resources and monitoring of the suggested videos	Theory and practice
12	MODULE 5: How do you express your feelings? -What are the dysfunctional aspects of the way you express your emotions?	Reading the recommended resources and monitoring of the suggested videos	Theory and practice
13	MODULE 5: How do you express your feelings? -How does it affect their relationships?	Reading the recommended resources and monitoring of the suggested videos	Theory and practice
14	MODULE 5: How do you express your feelings? -Ways of expressing emotion	Reading the recommended resources and monitoring of the suggested videos	Theory and practice
15	MODULE 5: How do you express your feelings? -Breathing exercises, bodily relaxation, cognitive restructuring, reframing as ways of emotion regulation.	Reading the recommended resources and monitoring of the suggested videos	Theory and practice
16	Final Project Presentation	Self-assessment report	Project

Required Course Material (s) /Reading(s)/Text Book (s)	The major course materials will be uploaded to the learning environment in the module sections.
Recommended Course Material (s)/Reading(s)/Other	-

ASSESSMENT		
Semester Activities/ Studies	**NUMBER**	**WEIGHT in %**
Mid- Term		
Attendance		
Quiz / Participation		
Assignment (s)	1	40
Project		
Laboratory		
Field Studies (Technical Visits)		
Presentation/ Seminar		
Practice (Laboratory, Virtual Court, Studio Studies etc.)		
Other (Placement/Internship etc.)		
Final Exam	1	60
TOTAL		**100**
Contribution of Semester Activities/Studies to the Final Grade		40
Contribution of Final Examination/Final Project/ Dissertation to the Final Grade		60
TOTAL		**100**

ECTS /STUDENT WORKLOAD				
ACTIVITIES	**NUMBER**	**UNIT**	**HOUR**	**TOTAL (WORKLOAD)**
Course Teaching Hour (14 weeks* total course hours)	14	Week	2	28
Preliminary Preparation and finalizing of course notes, further self- study		Week		
Assignment (s)		Number		
Presentation/ Seminars		Number		
Quiz and Preparation for the Quiz		Number		
Mid- Term(s)		Number		
Project (s)	1	Number	8	8
Field Studies (Technical Visits, Investigate Visit etc.)		Number		
Practice (Laboratory, Virtual Court, Studio Studies etc.)		Number		
Final Examination/ Final Project/ Dissertation and Preparation	1	Number	14	14
Other (Placement/Internship etc.)		Number		
Total Workload				50
Total Workload/ 25				2
ECTS				**2**

ETHICAL RULES WITH REGARD TO THE COURSE (IF AVAILABLE)	
STUDENT WITH DISABILITIES OR SPECIAL NEEDS	
Students with disabilities or special needs are encouraged to contact the instructor and the Unit for Students with Disabilities (http://eob.yasar.edu.tr/) for academic adaptations.	
ASSESSMENT and EVALUATION METHODS:	
Final Grades will be determined according to the Yaşar University Associate Degree, Bachelor Degree, and Graduate Degree Education and Examination Regulation.	
PREPARED BY	Abdulvahap YORGUN
UPDATED	
APPROVED	