

# PSYCHOLOGY OF EMOTIONS CERTIFICATE

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## Program Description

The ability to effectively manage your emotions is one of the most critical determinants of success in personal relationships as well as at any level of an organization. Emotions not only help us understand ourselves and our social relationships with others, but they also help us respond to stimuli in our environment efficiently, change our behavior, and develop relationships with others. Likewise, failure to understand emotions can often get in the way of achieving important personal and professional goals.

In this certificate program, you will build an emotional lexicon to help you identify emotions, explore how emotions impact your cognition and decision making, and implement a series of strategies that can assist in the regulation of emotions. You'll practice identifying emotions in others and reflect on how emotions affect your daily life and professional interactions. To help you develop as a leader, you will create a personal plan for taking control of your own emotions. Throughout the program, you will have the opportunity to strengthen your own emotional skills as well as your ability to handle challenges in work and in life successfully.

## Key Takeaways

- Explore why emotions matter and how they impact work and daily life
- Examine best practices for recognizing and identifying emotions
- Learn how emotion impacts cognition
- Discover how emotions are tied to morality
- Regulate your emotions to help achieve your life and career goals

## What You'll Earn

- Psychology of Emotions Certificate from Cornell University's College of Arts & Sciences
- 40 Professional Development Hours (4 CEUs)

## Total Investment

- 2 months to complete all the courses

## How to Enroll

For more information on how to enroll, please visit Psychology of Emotions Certificate (<https://ecornell.cornell.edu/certificates/leadership-and-strategic-management/psychology-of-emotions/>).

## Courses

Code	Title	Hours
eCornell CAS561	Understanding Emotions	0
eCornell CAS562	Recognizing Emotions	0
eCornell CAS563	How Emotions Shape Thinking	0
eCornell CAS564	Making Emotions Work for You	0