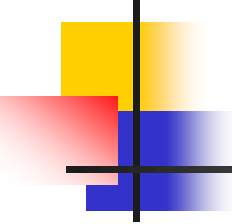
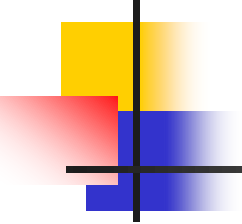


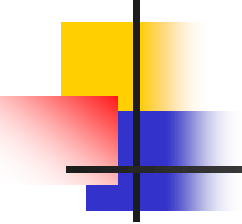
Emotional Intelligence

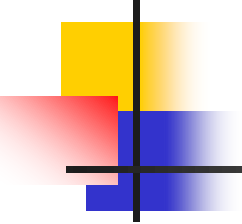


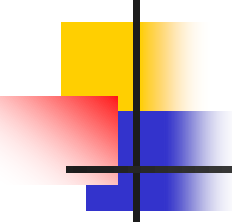
Learning Outcomes

- To develop an initial understanding of the term Emotional Intelligence.
- To consider the effect it has on learning.

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- Anyone can become angry – that is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way – this is not easy. (Aristotle in Goleman 1995)

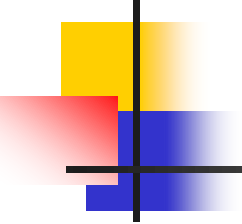
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- Emotions are very important - they give colour and meaning to our lives.
 - They allow us to experience love, joy, happiness, sadness, anger, fear and jealousy. Anger and fear help us protect ourselves by finding ways of surviving and fighting.

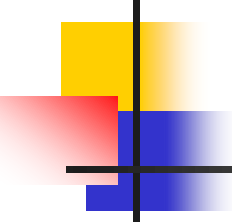
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- Unfortunately we can become engulfed and hi-jacked by our emotions.
 - Expressions such as 'losing your temper', 'feeling overwhelmed', 'paralysed with fear' used when we are not actually facing a life threatening situation, show that emotions can take over and make life difficult.



When emotions take over...

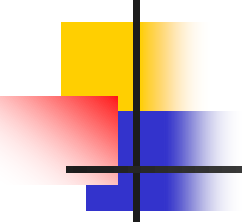
- Neo cortex – where higher order thinking takes place
- Limbic system – to do with emotions and memory (we remember best when we use our emotions in learning)
- The reptilian brain (primitive brain) – can slow down or prevent learning taking place. It looks after our basic survival.

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- Emotional intelligence is about being able to feel, recognise, communicate, manage, and learn from our emotions.



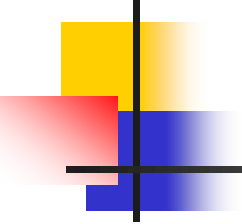
Development of the notion Emotional Intelligence

- Howard Gardner (1983)
- Interpersonal and Intrapersonal intelligence -
- looked at the importance of emotional self awareness, empathy and social skills and placed them alongside traditional intelligences. This legitimised their claim on teachers' time and attention.



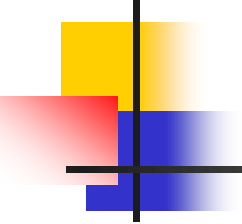
Inter/intrapersonal intelligence?

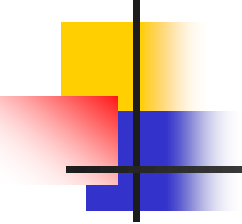
- Makes and maintains social relationships
- Recognises and uses a variety of ways to relate to others
- Can manage their own emotions
- Can empathise with other people
- Can express their own feelings and thoughts appropriately
- Is aware of the feelings of others
- Can control their impulses
- Takes part in collaborative tasks
- Is motivated to identify goals for themselves.
- Can see other people's point of view

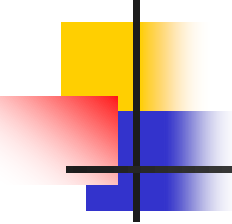


Development of the notion Emotional Intelligence

- 1990 – Jack Mayer, Peter Salovey et al published 2 articles that introduced the term EI into American psychology.
- 1995 Daniel Goleman wrote best seller 'Emotional Intelligence: Why it can matter more than IQ'
- 1997 Claude Steiner published his book: 'Achieving Emotional Literacy'

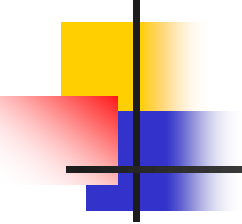
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- What are your thoughts about the first sentence on p34 'Academic intelligence has little to do with emotional life. The brightest among us can founder.....?'
 - How does Goleman define EI?

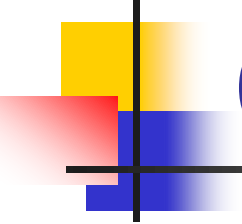
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- Why might the ability to control frustrations, handle emotions and get on with other people make a greater difference than IQ? Shouldn't a high IQ get you a good job and make you successful?



What are the key characteristics of...

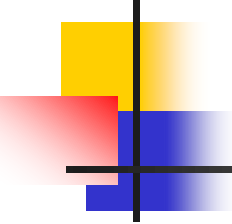
- knowing ones emotions
- managing emotions
- motivating oneself
- recognising emotions in others
- handling relationships

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- The idea that EI counts for more in life than IQ is written about by many.
 - The idea that academic inclination is the same as intelligent is seen to denigrate non academic talents and interests.



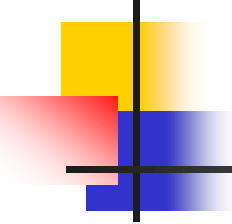
Characteristics of Emotional Intelligence –Salovey in Goleman (1996)

- Knowing ones emotions
- Managing ones emotions
- Motivating oneself
- Recognising emotions in others
- Handling relationships skilfully
- Impulse control – sacrificing immediate benefit in the interest of long term gain



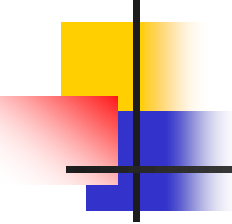
Characteristics of Emotional Intelligence –Goleman (1996)

- To motivate oneself
- Persist in the face of frustrations
- To control impulses and delay gratification
- To regulate one's moods
- Keep distress from swamping the ability to think
- To empathise
- To hope



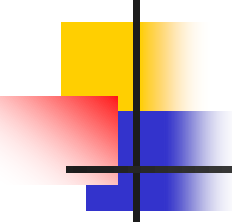
Characteristics of EI (1998)

- Self confidence
- Trustworthiness
- Initiative
- Optimism
- Leadership
- Political awareness



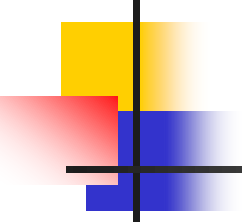
Developing Emotional Literacy in School (Weare 2004)

- *...the ability to understand ourselves and other people, and in particular to be aware of, understand and use information about the emotional state of ourselves and others with competence. It includes the ability to understand, express and manage our own emotions and respond to the emotions of others in ways that are helpful to ourselves and others*



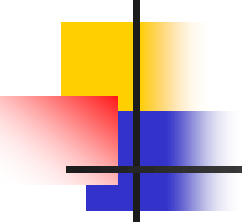
In essence....

- Everything we might want in a 'successful' person in addition to tradition skills eg literacy skills



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- Theatr Fforwm Cymru (2007) *A Toolkit for Developing Emotional Intelligence*.