

LCLM 5006 Developing Emotional Intelligence Skills

Emotional Intelligence in Group Projects

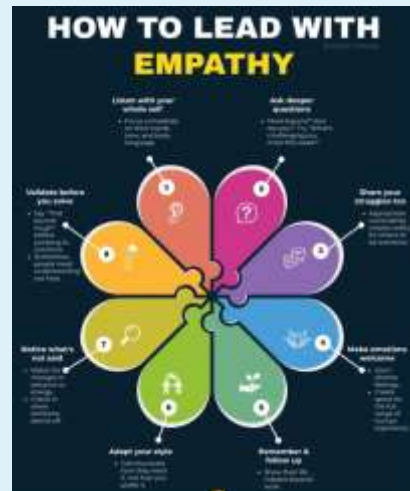
Introduction

Emotional intelligence (EI) has four capacities: Perceive, Understand, Use and Manage emotions. Group project pressure, feedback, and varying styles of work are managed with the support of EI (Kukah et al. 2022).



1. EI in Teamwork

EI enhances teamwork, as pupils can sense early on the tension and manage the defensive responses and communicate effectively. For example, an emotionally intelligent leader who understands the deadlines are not met will take the action to ask him what can be done to help instead of pointing out the fault. The key EI skills are: self-awareness, self-regulation, motivation, empathy and social skills. Evidence is relevant to student success: In a synthesis of 158 studies of 42,529 students, EI was found to predict academic outcomes (MacCann and Brown, 2022).



2. Managing Own Emotions

Students can relieve stress by identifying the emotion, taking a time out before responding, challenging assumptions, and developing positive responses. Emotion, pause, reflect, respond, better outcome would be ideal. Students can continue to be productive by reflecting through journals, using short task plans, and mindfulness breathing. Corrected correlation ρ between EI and job stress in the workplace is also negative, with an overall corrected correlation of -0.43 in 31 samples (Doğru, 2022).

3. Understanding Others' Emotions

Empathy enhances collaboration through active listening and awareness of disengagement or adjustment of communication. Perspective taking: transform conflict into problem solving. Constructive feedback needs to be specific, respectful and related to the task.

Conclusion / Recommendations

EI facilitates teamwork, decreases stress and boosts team performance. Pupils need to be taught to regularly reflect, listen actively, provide feedback in a calm manner, and review deadlines and share responsibility.

References

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