

Emotional Intelligence

(Goleman)

Emotional Intelligence (EI), a term coined by author Daniel Goleman, refers to understanding personal feelings and applying this knowledge when making positive behaviour choices. EI combines intrapersonal and interpersonal intelligence and includes these five characteristics and abilities:

- self-awareness of emotions
- mood management
- self-motivation
- empathy
- managing relationships.

The term “EQ” is often used to represent a relative measure of a person’s healthy or unhealthy innate emotional intelligence.

Goleman believes we must teach children how to recognize and manage their emotions. Educators can model emotional intelligence through their caring and respectful interactions with children.

Schools can help children develop the ability to manage their emotions and make rational decisions, which in turn nurtures emotional intelligence. The classroom provides many opportunities to teach emotional literacy (the ability to have and manage emotions), which can improve children’s achievement scores and overall performance.

Essential life skills related to emotional intelligence include:

- knowing, accepting and managing oneself
- connecting, communicating and cooperating with others
- dealing with conflict.

The EI approach can be integrated across subject areas and can support cooperative learning. Traits of students who are emotionally competent include confidence, curiosity, self-control, cooperation and responsibility.

Related Web site

www.eiconsortium.org

Related publications

Brearley, Michael. *Emotional Intelligence in the Classroom: Creative Learning Strategies for 11–18 Year Olds*. New York, NY: Crown House Publishing, 2001.

Doty, Gwen. *Fostering Emotional Intelligence in K–8 Students: Simple Strategies and Ready to Use Activities*. Thousand Oaks, CA: Corwin Press, 2001.

Goleman, Daniel. *Emotional Intelligence: Why it Can Matter More Than IQ*. New York, NY: Bantam, 1997.

Goleman, Daniel. *Working with Emotional Intelligence*. New York, NY: Bantam, 2000.

Mapes, Katta. *Stop! Think! Choose! Building Emotional Intelligence in Young People*. Tucson, AZ: Zephyr Press, 2000.