

WAYS IN ENHANCING LEARNERS EMOTIONAL INTELLIGENCE

by:

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Many teachers shared their ideas for using various strategies to make students feel like valuable members of the school community. Teachers process the best advice to assist students in expressing positive behaviors toward people around them, including teachers, peers, school officials, authorities, and community members.

It is an essential aspect of educational practice to teach students how to regulate their emotions and deal accordingly with the emotions of others. To accomplish this, teachers must incorporate the development of emotional learning programs into all learning experiences.

The program is known to be beneficial not only in enhancing learners' emotional intelligence but also in preventing bullying and increasing educational achievement. Incorporating an emotional intelligence learning program into everyday learning activities teaches students how to interact with their peers. Most importantly, learners start to comprehend that emotional intelligence is just as valuable as academic achievement. Emotional intelligence empowers learners to connect positively with others, predict their emotions, and experience effective levels of empathy.

It is believed that later in life people with high EQ gain the trust and confidence of their higher authority, make their fellow workers feel appreciated, and impress admirers wherever they go. Early experiences and education, like any other form of teaching, can help children master the artwork of relating to others.

People who are emotionally intelligent can perform both intrapersonally and interpersonally. Intrapersonal functioning is a person's precise evaluation of their own

emotions, which they can use to explore their life. And interpersonal functioning implies that they can comprehend and communicate effectively with others. While these abilities are interconnected in varied ways, a student may excel in certain areas of emotional intelligence. When discussing a learner's academic skills, the first thing that usually comes to mind is their cognitive intelligence. However, many educators argue that focusing solely on cognitive ability is too narrow a lens through which to assess a learner's capabilities and undermines the impact of emotional intelligence. Social-emotional development is important, and a high IQ isn't always an assurance of academic success.

According to Bandura, learners learn best by observing significant people around them. Thus, teachers could be seen role models to execute the importance of EI. Students will learn to be smarter emotionally thru observing teachers' personal EI execution. Below are the tips in promoting Emotional Intelligence in the classroom:

- Respect each child's feelings, and keep in mind that his negative feelings are evidence of unfulfilled emotional needs.
- Do not assign negative labels to DepED students. Avoid the word 'should,' as well as subjective labels.
- Instead of addressing them as 'students,' try addressing them as 'children.'
- Assist students in labeling correctly their emotions. Teach them a range of emotional expressions. Discuss feelings with your students, allow them to express their feelings, teach them how to feel, and show empathy, concern, and care for them. Inquire about how they are feeling and what would make them happy. Teach them how to overcome their own problems by demonstrating empathy, compassion, and mutual respect for one another's feelings.
- Show support to learner's individual needs, talents, potential and interests.
- Assure students that it is okay to be open about their emotions. Tell them that it is okay to express feelings of hatred, hurt, vengeance, violence, or destruction.

- Allow them to express themselves without expressing disapproval, shock, or horror. Nothing they say should be invalidated or judged. Turn off your inner judge if you want them to open up.
- Don't add to their pain, stress, discomfort, or fear by attempting to hold their behavior with triggering phrases.
- It is important to check on the language to be used when interacting with the learners.
- Before addressing the learner's behavior, verify their feelings first.

Although intelligence is important for success in life, emotional intelligence is essential for connecting well with others and accomplishing your goals. Many people assume that emotional intelligence is at least as significant as regular intelligence, and many believe that emotional intelligence plays an important role in fostering peaceful communities.

Emotional intelligence is the awareness of one's own actions and feelings, as well as how they affect those around them. It also implies that you value others, pay attention to their wants and needs, and can empathize or identify with them on a variety of levels.

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