



# Emotional Intelligence

## Course Syllabus

### Course Description

As teachers, it can be difficult to understand others' emotions and our own emotional reactions to others. Our emotions are the brain's manifestation of our bodily perceptions of the world around us. These perceptions are based on our past experiences that are organized as concepts that guide our actions and give our sensations meaning. This course challenges traditional notions of pre-programmed emotional states and explains the profound insights into the complexity of human emotions. Through engaging videos and real-world examples, participants will understand emotional processing as a tool for deepening the connection between a teacher and their peers or students. Participants will learn the fundamentals of how human emotions are made and the ways in which emotions are generated, regulated, and influence human actions. By understanding human emotions, teachers can build and maintain stronger relationships with their colleagues and students by reflecting on the actions that arise from individuals' past experiences.

This course enhances classroom teaching effectiveness and supports improved student outcomes by introducing new knowledge in emotional intelligence, focusing on how emotions are made, regulated, and applied to strengthen relationships and support student development and success.

### Course Objectives

At the end of this course you should be able to:

1. Understand what emotional intelligence is.
2. Understand how emotions are made.
3. Understand emotional intelligence theory in K-12.
4. Identify the relationship between emotional intelligence and employment.
5. Describe how emotional intelligence can influence educational leaders.
6. Understand how emotional intelligence influences student development.
7. Understand how emotional intelligence influences student success.
8. Identify other ways emotional intelligence can impact education.

### Modules

- Module 1: Emotional Intelligence, Quiz 1
- Module 2: The Secret Life of the Brain, Quiz 2
- Module 3: Emotional Intelligence theory in K-12, Quiz 3
- Module 4: Emotional Intelligence and Employment, Quiz 4
- Module 5: Emotional intelligence and Educational Leaders, Quiz 5



- Module 6: Emotional Intelligence and Student Development, Quiz 6
- Module 7: Emotional Intelligence and Student Success, Quiz 7
- Module 8: Beyond Emotional Intelligence, Quiz 8

### **Grading:**

Each quiz must be passed at an 80% or higher (three attempts allowed).

### **Format**

This is a self-paced, asynchronous (no required live meetings) course. Throughout the PD course, you will find it helpful to take notes along the way to assist with the quizzes. Within each module, you will find reflection assessments that are not graded but will help in your journey through the course. There is an interactive forum in the course to help you connect with peers and instructors, share ideas, and collaborate on best practices throughout your learning journey.