

seconds

Self



Science

The Emotional Intelligence Curriculum

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Second Edition, Revised and Updated

Self Science The Emotional Intelligence Curriculum

Christine Wilding



Self Science The Emotional Intelligence Curriculum:

Self-science Karen Stone-McCown, Joshua M. Freedman, Anabel L. Jensen, Marsha C. Rideout, 1998 Self Science is a curriculum and a process for teaching social and emotional skills. It is a flexible framework where students do activities or experiments that lead to discussion and learning. The students' own experiences, concerns, and questions drive the content so the process works with people from all kinds of backgrounds, all ages, and all levels. Self Science fuses cognitive and affective learning; students build feeling and thinking skills at the same time. Rather than telling children what not to do, Self Science provides multiple options of what to do. It helps children become more aware of themselves and make more conscious decisions about the ways they think, feel, and act independently and interdependently. Nationally and internationally, parents and teachers are increasingly concerned about school culture and emotional intelligence competencies. Issues of exclusion, violence, depression, and underachievement are all addressed within this preventative, comprehensive program. Self Science, so named because emotional intelligence grows from the study of ourselves and our relationships, is one of the few comprehensive, developmental, and research-based curricula for creating a school-wide culture of emotional intelligence. The Self Science program creates a fundamental shift in the structure of the school toward collaboration, inclusion, and humanism. Part of the power of Self Science is its flexibility. Once a facilitator understands how a lesson flows, she or he can easily adapt any current topics, other exercises, and even academic subject matter into the lessons. In addition, Self Science can be taught as a stand-alone class or folded into existing programs such as class meetings, advisory, life skills, or community service.

Self-Science Karen S. McCown, Anabel L. Jensen, Joshua M. Freedman, Marsha C. Rideout, 1999-08-01 Emotional Intelligence Christine Wilding, 2017-09-07 A TOOLKIT FOR IMPROVING YOUR LIFE Emotional Intelligence is a way of developing a well-balanced thoughtfulness in our lives. The ability to use our thoughts and feelings to change our behaviour and create a positive influence on our surroundings, on our friends, and our colleagues is one which can produce fundamental improvements in our professional and personal lives. It will help us to lift our performance at work, enjoy better relationships, and communicate better with those around us. This book combines detailed practical application of Emotional Intelligence principles along with insights from the fields of mindfulness and positive psychology to create a powerful tool for change which you can use right away. It presents practical strategies to help you set and achieve new goals, either at work or at home, and to engage effectively and positively with everyone around you. ABOUT THE SERIES People have been learning with Teach Yourself since 1938. With a vast range of practical how-to guides covering language, learning, lifestyle, hobbies, business, psychology, and self-help, there's a Teach Yourself book for whatever you want to do. Join more than 60 million people who have reached their goals with Teach Yourself and never stop learning. Emotional Intelligence Peter Salovey, Marc A. Brackett, John D. Mayer, 2004 Book of readings collected by the founders of emotional intelligence introduces theory, measurement, applications of Educating People to Be Emotionally Intelligent Reuven Bar-On, J.G. Maree, Maurice Jesse

Elias,2007-03-30 Daniel Goleman the literary catalyst for worldwide interest in emotional intelligence sets the stage for this groundbreaking book in his foreword explaining its landmark importance People can be educated to be more emotionally intelligent and this particular type of education takes place through a specific type of parenting at home formal education at school and training and coaching at work As a result of this education extensively described in this comprehensive book people s lives can be improved they can become more effective productive and content in what they do Some of the best known researchers professors and practitioners worldwide team up in this work to recognize and reflect the rapidly growing global interest in scientifically based applications of emotional intelligence in education to show readers the diverse applications of EI and to guide them in applying what is known about this topic The breadth of coverage array of experts international scope and clear practical tone of this book will appeal to parents educators psychologists counselors trainers and corporate coaches mental health and human resource practitioners and healthcare providers Parents and educators need to perform their caregiving roles and teach with emotional intelligence if children are to develop the skills and discernment needed to cope with the complexities of an increasingly globalized world Workplaces that apply emotional intelligence are more pleasant places in which to work provide a more fulfilling experience for employees and are in the end more productive organizations Emotional intelligence can be developed by most individuals to increase performance in many areas of life And a growing body of evidence indicates EI skills may improve physical health as well as mental health This book will become a benchmark for future researchers and practitioners

Emotional Intelligence Gerald Matthews,Moshe Zeidner,Richard D. Roberts,2004 A comprehensive scientific examination of the popular psychological construct of emotional intelligence

Change Your Life With Emotional Intelligence Christine Wilding,2010-06-25 Change Your Life with Emotional Intelligence takes Daniel Goleman s revolutionary psychological theory and transforms it into practical self help for you to boost emotional awareness in any part of your life It introduces you to the principles of EI explaining why the qualities of assertiveness perception motivation etc really matter if you want to live a fulfilled and successful life The book takes an applied approach encouraging you first to understand your own emotional identity then to develop life skills like developing a sense of responsibility overcoming anger and being more assertive It will help you to use these skills to transform relationships with those around you either in the workplace or in personal relationships and will even offer insight into how to help your children develop emotional intelligence It is full of interactive exercises top tips and motivational quotes and offers plenty of further resources NOT GOT MUCH TIME One five and ten minute introductions to key principles to get you started AUTHOR INSIGHTS Lots of instant help with common problems and quick tips for success based on the author s many years of experience TEST YOURSELF Tests in the book and online to keep track of your progress EXTEND YOUR KNOWLEDGE Extra online articles at www.teachyourself.com to give you a richer understanding of emotional intelligence FIVE THINGS TO REMEMBER Quick refreshers to help you remember the key facts TRY THIS Innovative exercises illustrate

what you ve learnt and how to use it *Developing Children's Emotional Intelligence* Shahnaz Bahman,Helen Maffini,2008-09-25 This book uses the four cornerstones of emotional intelligence self awareness self management relationship awareness and relationship management as the theoretical background and provides practical strategies for application in the classroom **Handbook of Positive Psychology** C. R. Snyder,Shane J. Lopez,2001-12-20 The Handbook of Positive Psychology provides a forum for examining the more positive side of the human condition In its pages readers are treated to an analysis of what the foremost experts believe to be the fundamental strengths of humankind It looks at the power and vitality of the human spirit as it faces a multitude of life challenges The Handbook is the first systematic attempt to bring together leading scholars to give voice to the emerging field of positive psychology *Improve Your Emotional Intelligence - Communicate Better, Achieve More, Be Happier: Teach Yourself* Christine Wilding,2013-12-27 Do you want to dramatically improve your performance at work enjoy better relationships and communicate better with those around you Emotional Intelligence is the way we use our thoughts and feelings our personality to change our behaviour and create a positive influence on our surroundings our friends and our colleagues This book brings you the very latest research on Emotional Intelligence and combines it with insights from the fields of mindfulness positive psychology and altruism creating a holistic approach and a powerful tool for change It presents practical strategies to help you set and achieve new goals either at work or at home and to engage effectively and positively with everyone around you Learning tools include Try It Now Remember This Key Facts Case Studies and Focus Points A completely updated and revised edition

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