

Emotional Intelligence

Key Skills in Social and Emotional Learning

Self-Awareness

- Recognizing and naming one's emotions
- Understanding of the reasons and circumstances for feeling as one does.

Self-Regulation of Emotion

- Verbalizing and coping with anxiety, anger, and depression
- Controlling impulses, aggression, and self-destructive, antisocial behavior
- Recognizing strengths in and mobilizing positive feelings about self, school, family, and support networks

Self-Monitoring and Performance

- Focusing on tasks at hand
- Setting short- and long-term goals
- Modifying performance in light of feedback
- Mobilizing positive motivation
- Activating hope and optimism
- Working toward optimal performance states, flow, manage inverted U relationship between anxiety and performance

Empathy and Perspective Taking

- Learning how to increase these, and develop feedback mechanisms to use in everyday life
- Becoming a good listener
- Increasing empathy and sensitivity to others' feelings
- Understanding others' perspectives, points of view, feelings

Social Skills in Handling Relations

- Managing emotions in relationships, harmonizing diverse feelings, viewpoints
- Expressing emotions effectively
- Exercising assertiveness, leadership, persuasion
- Working as a part of a team/cooperative learning group
- Showing sensitivity to social cues
- Exercising social decision-making and problem-solving skills
- Responding constructively and in a problem-solving manner to interpersonal obstacles

Elias, Maurice J., et. al., Promoting Social and Emotional Learning: Guidelines for Educators, ASCD, Alexandria, VA (1997)