

Nurturing Emotional Intelligence through Literature

Irma K. Ghosn (Lebanon)

Children develop emotional intelligence during the early years of life, and emotional intelligence has been associated with academic achievement. However, today's children seem to be low on emotional well being. This deficiency may harm not only their academic development, but also their personal relationships.

Literature has the potential of fostering emotional intelligence by providing vicarious emotional experiences that shape the brain circuits for empathy and help the child gain insight into human behavior. Literature also promotes language learning by enriching learners' vocabulary and modeling new language structures. Moreover, literature can provide a motivating and low-anxiety context for language learning.

What is emotional intelligence?

Children develop emotional intelligence during the first 15 years of life as they mature. According to Goleman (1995), emotional intelligence is a more reliable predictor of academic achievement than is the IQ. Emotionally intelligent children apparently perform better in academic tasks than other children. One can relate this to the ELT class and argue that emotional intelligence is also a factor in second language learning.

Goleman (1995:9) defines emotional intelligence as "knowing what one's feelings are and using that knowledge to make good decisions." It includes the ability to maintain hope and an optimistic outlook in the face of disappointments and difficulties. He also defines emotional intelligence as empathy, which is awareness of the feelings of others. According to him, empathy develops as a result of experience and interaction with others. Referring to recent brain research, Goleman further suggests that "repeated emotional lessons of a child's life literally shape the brain circuits for that response" (O'Neil 1996). Empathy can thus become a lifelong skill through appropriate learning experiences.

Today's children, however, seem to lack the ability to empathize, negotiate and cooperate, and they often cannot feel optimistic and hopeful about the future. This void has potentially negative consequences, first on their academic achievement and second on their interpersonal relationships. These two factors together will influence children's psychosocial development and can lead to behavior problems, alienation, and perhaps even aggression and violence.

Emotional intelligence and literature

There are a number of good reasons for using literature in a language class, in particular the potential of literature to nurture emotional intelligence and caring communication.

Nurturing Intelligence Literature Guide

Thomas S. C. Farrell, George M. Jacobs



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Nature and Nurture. Pt. 1. Their Influence Upon Intelligence. Pt. 2. Their Influence Upon Achievement National Society for the Study of Education, 1928

Nurturing a Daoist-Inspired Classroom Pedagogy Through the Contemplative Lenses of Teacher Diaries David McLachlan Jeffrey, 2024-08-01 The harmonizing influence of ancient Daoist philosophy is of much relevance to the world in which we live today and this is especially so in the field of global education Among the growing numbers of contemporary teachers and scholars who nurture Daoist wisdom in their classrooms this book takes the unique pathway of considering its applications through the contemplative lenses of teacher diaries Its South African born author has taught academic English for over three decades in Japan the Middle East and the People s Republic of China Since early childhood he has infused his fascination for

Daoist wisdom with his enjoyment of writing diaries and in ways that derive insights into the compassionate frugal and humble foundations of Daoist inspired pedagogies within contemporary classroom environments This book presents Daoist wisdom in terms of it being the Supreme Ultimate of all ways It introduces the classical Daoist texts of the Laozi the Zhuangzi and the Liezi and shares a short historical overview of Daoism with its growing global influence As such it emphasizes that Daoist inspired pedagogies encourage a delicate balance between intuitive insights and intellectual analysis and in ways that are not antagonistic toward each other but which dance together as one In this regard the role of meditation during the undertaking of diaries is specifically highlighted concerning its propensity to bring one into the present moment pacify racing thoughts and transcend the ego It also shows how a meditative state of mind that accompanies the reading writing and analysis of the diary entries contributes to deeper self discernment along with unique intuitive insights related to oneself as a teacher and the classroom environment In addition this book describes how the Wordsmith Tools Program and the Book of Changes can be used as additional approaches to analyzing thought patterns within the diary entries and how these also nurture inward contemplations and the intuitive insights that accompany them Thereafter considerations based on the applications of core Daoist principles for classroom pedagogies are filtered through the contemplative lenses of teacher diaries These principles are the unintentional integrity of de the complementary duality of yin yang the cosmic vitality of qi the self so ness of ziran the unforceful spontaneity of wuwei and the unblemished purity of pu This book illustrates through its diary lenses how these six Daoist principles can be nurtured in ways that contribute to a scholarliness that is grounded in an equal appreciation for the logical applications of intelligence along with the uniqueness of intuitive creativity which cannot be explicitly taught but which spontaneously arises from within the deep reservoirs of intuitive wisdom which exist within the true selves of everyone In addition this book shares pearls of Daoist wisdom for teachers from within the poetic chapters of the Laozi as well as within the amusingly enlightening stories in the Zhuangzi and the Liezi such that their ancient teachings can be applied to Daoist inspired pedagogies and nurtured in ways that unite the joyfulness and scholarly efficacy of both teaching and learning It is shown how doing so enhances a sense of awe wonder openness and contemplative oneness within the classroom environment making it a happier more contented and more meaningful place for both teachers and students

A Practical Guide to Artificial Intelligence in Higher Education: Innovation and Applications Mageswaran Sanmugam,Zuheir N. Khlaif,Wan Ahmad Jaafar Wan Yahaya,Zaleha Abdullah,2025-07-08 This book explains how educators can use artificial intelligence in education to enhance student engagement and improve learning outcomes by sharing best practices for using AI to enhance learning quality and foster sustainable teaching This book covers various topics related to the use of AI in education from designing activities to using AI in teaching to using AI in assessment by following the ethical considerations of using AI in teaching The book not only discusses the related topics to using AI in education but also presents best practices of using AI in teaching and learning from different countries and provides best practices of ethical

considerations based on lives experiences of the authors Furthermore the book introduces the teaching methods of integrating AI in teaching and learning Therefore this book offers essential information and a practical guide to using AI in education

Cambridge English Prepare! Level 7 Student's Book James Styring,Nicholas Tims,2015-04-30 Prepare is a lively 7 level general English course with comprehensive Cambridge English for Schools exam preparation integrated throughout This flexible course brings together all the tools and technology you expect to get the results you need Whether teaching general English or focusing on exams Prepare leaves you and your students genuinely ready for what comes next real Cambridge English exams or real life The Level 7 Student s Book engages students and builds vocabulary range with motivating age appropriate topics Its unique approach is driven by cutting edge language research from English Profile and the Cambridge Learner Corpus Prepare to sections develop writing and speaking skills A Student s Book and Online Workbook is also available separately

Nurturing Our Humanity Riane Tennenhaus Eisler,Douglas P. Fry,2019 Nurturing Our Humanity offers a new perspective on our personal and social options in today s world showing how to structure our environments from family and gender relations to politics and economics to support our great capacities for consciousness caring and creativity It examines where societies fall on the partnership domination scale and how this impacts equity sustainability peace and how our brains develop Combining cutting edge findings from biological and social science it explains regressions to strongman rule and other dangerous trends re examines our past including societies that for millennia oriented toward partnership and outlines actions to move us in this life sustaining and enhancing direction

Social Psychology Theories and Methods in Education Zaremohzzabieh, Zeinab,Abdullah, Haslinda,Ahrari, Seyedali,2023-08-18 The integration of social psychology and school education has long been a challenge for scholars hindering progress in understanding student behavior and effective educational practices Social Psychology Theories and Methods in Education addresses this critical issue by providing a comprehensive exploration of the intersection between these fields Edited by esteemed scholars this book fills the existing literature gap covering diverse content concerns theoretical perspectives and research methods It equips academic scholars educators researchers and students with a robust foundation to apply social psychology in educational contexts fostering impactful research and enhancing educational practices Designed for academic scholars Social Psychology Theories and Methods in Education is an invaluable resource for those seeking an enriched social psychological approach to educational issues Social psychologists educators educational researchers and students will find this book highly beneficial as it empowers them to bridge the gap between theory and practice With its current theories methodologies and trends in school education this handbook enables readers to generate impactful research and enhance educational practices across diverse settings

Nature and Nurture Guy Montrose Whipple,1928

Nature and Nurture National Society for the Study of Education,1928

The Student's Guide to Peer Mentoring Louise Frith,Gina May,Amanda Pocklington,2017-05-24 Whatever stage of the peer mentoring journey your

students are at this engagingly written book will help them to get the most out of their peer mentoring experience It explains the role of peer mentors in universities and shows students exactly what s involved in providing academic and pastoral support to other students The book also contains a helpful trouble shooting chapter packed with supportive guidance on dealing with challenging scenarios The final chapters of the book prompt students to reflect on the skills they have developed through peer mentoring and help them to articulate these skills to prospective employers This book will be an essential companion for both aspiring and current student mentors and an invaluable reference point for staff involved in facilitating peer mentoring schemes *Resources in Education* ,2001-04 Changing Perspectives Resource Manual ,1997

National Central Library Newsletter □□□□□□,2003 *Essentials for Successful English Language Teaching* Thomas S. C. Farrell,George M. Jacobs,2020-11-26 This book is about how to teach English as a second language and how second language students learn With Communicative Language Teaching CLT at its centre it takes a practical approach to second language teaching backed up by clearly explained theory Presenting eight essential principles across twelve chapters the book covers Learner Autonomy Social Learning Integrated Curriculum Meaning Diversity Thinking Skills Alternative Assessment and Teacher Co learning and shows how technology and reflective teaching can be used to support and enhance these essentials in the classroom Combining theory and practice *Essentials for Successful English Language Teaching* explains how these principles interweave and support each other within the CLT paradigm demonstrating why they are best implemented as a whole rather than one at a time Now revised and brought fully up to date this new edition includes A brand new chapter covering technology and cooperation in teaching practice and how they support CLT based activities Vignettes for each essential principle to consolidate theory and demonstrate best practice Updated real world examples drawing on teaching experiences from North America Africa and Asia Taking a big picture view that assumes no prior knowledge of linguistics or language education *Essentials for Successful English Language Teaching* is an energising and fun guide for language practitioners **Nurture Your Child's Gift** Caron B Goode,2011-06-21 What if the purpose of living is to fulfill a vision or dream we brought with us into this life Any parent or person working with children knows that each child when nurtured and encouraged develops according to his or her unique temperament and abilities *Nurture Your Child s Gift* asks us to see our children s unique gifts and shows us how we can encourage their dreams *Nurture Your Child s Gift* Describes recent mind body advances from medicine sports psychology and education and shows how to apply them directly to developing children s self esteem empowerment and wholeness Provides holistic applications of breathing music creative problem solving self dialogue affirmation and imagery Includes self reflection exercises that enable parents to nurture their own gifts as they work to encourage their children s **The Empath's Path** Sergio Rijo,2023-07-23 *The Empath s Path Journey to Self Discovery* is a captivating exploration of the empathic world designed to empower and guide individuals on their empathic journey If you have ever felt the weight of the world on your shoulders or experienced waves of others

emotions crashing into you you may carry the remarkable blessing and power of being an empath This comprehensive guide authored by a leading expert in empathic understanding Judy Dyer gently navigates new empaths through their transformative journey It offers profound insights practical solutions and gentle strategies to help empaths embrace their gift fully and channel their hypersensitivity into something beautiful Unravel the mysteries of empathy and understand the potentials of your energy and abilities Find solace in coping with spiritual hypersensitivity and discover spiritual healing tools that aid in releasing negative energies leading to insomnia exhaustion and adrenal fatigue Gain tools for protecting your energy and creating a sanctuary for rejuvenation and recharge The Empath s Path extends beyond personal development It explores the power of empathy in relationships offering guidance on maintaining balance in personal connections parenting with empathy and navigating empathic dynamics in romantic relationships Embrace empathy as a catalyst for social change and community building Learn to utilize empathy in addressing global challenges environmental issues and social justice matters Empower yourself as an empathic leader and visionary and inspire others to contribute positively to the collective empathic consciousness This book takes you on a journey of self discovery encouraging introspection emotional healing and personal growth It reveals the potential of empathy as a tool for mindfulness meditation and spiritual awakening deepening your connection with higher consciousness The Empath s Path also explores the fascinating intersection of empathy and science delving into the neuroscience behind empathy and its impact on the mind body connection It showcases how empathy thrives in education the arts technology and healthcare revolutionizing these fields with its transformative power Throughout this enlightening journey readers will be captivated by the poetic and emotional tone of the author s writing Judy Dyer weaves a compelling narrative that engages the heart and mind guiding readers on a path of personal growth healing and empowerment If you seek to embrace your empathic gift enrich your relationships and make a positive impact on the world The Empath s Path Journey to Self Discovery is the ultimate guide that will empower you to embark on a transformative and fulfilling empathic journey

Jsl Vol 11-N6 JOURNAL OF SCHOOL LEADERSHIP,2014-09-29 The Journal of School Leadership is broadening the conversation about schools and leadership and is currently accepting manuscripts We welcome manuscripts based on cutting edge research from a wide variety of theoretical perspectives and methodological orientations The editorial team is particularly interested in working with international authors authors from traditionally marginalized populations and in work that is relevant to practitioners around the world Growing numbers of educators and professors look to the six bimonthly issues to deal with problems directly related to contemporary school leadership practice teach courses on school leadership and policy use as a quality reference in writing articles about school leadership and improvement

International Conference on Information Systems and Intelligent Applications Mostafa Al-Emran,Mohammed A. Al-Sharafi,Khaled Shaalan,2022-10-22 This book sheds light on the fundamental and innovative topics in information systems and their societal impact on individuals and organizations It mainly focuses on the role of artificial intelligence in

organizations human computer interaction IS in education and industry and IS security privacy and trust The outcomes are expected to assist the decision makers in formulating the required policies and procedures for using cutting edge technologies

A Historic-Critical and Literary-Cultural Approach to the Parables of the Kingdom Melissa Lynch, 2012-07-31 This is the accompanying text book for the Parables of the Kingdom curricular unit for Language Arts The New Testament Parables are approached from a historic critical and literary cultural lens which analyzes history geography economic distribution and feudal systems as well as literary techniques and narrative story mapping It also includes a chapter on Roman Catholic social justice extensions of the parable teachings Student work studies include vocabulary comprehension summary and discussion questions and group activities

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web the load schedule provides data that is a close approximation of the amount of power consumed for normal peak and anything in between loads electrical equipment 2017 making a load schedule for a certain establishment can take a lot of time and meticulousity because a mistake in choosing the protective device will cause electrical hazards

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web mar 6 2015 any data given in the schedule of loads were backed by calculation based on a well settled electrical principles and code requirements the general rule the cable and circuit breaker must always be coordinated computations circuit 1 i 1 200 va 220 v 5 45 ampere wire 5 45 80 6 82 amperes use 2 0 sqmm tw wire or 14 awg 1

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