

Nurturing Emotional Intelligence through Literature

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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

Padhraic Smyth



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