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Self



Science

The Emotional Intelligence Curriculum

Karen Stone McCown, M.A.
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Joshua M. Freedman
Marsha C. Rideout

Second Edition, Revised and Updated

Selfscience The Emotional Intelligence Curriculum

**Gerald Matthews, Moshe
Zeidner, Richard D. Roberts**



Selfscience 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 an 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 under achievement 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 **The Science of Emotional Intelligence** Simon George Taukeni, 2021-09-15 Emotional intelligence EI is the best instrument to build stronger relationships communicate effectively relieve stress overcome challenges and achieve career and personal goals As such this book covers a variety of topics related to the science of EI Chapters address the science and philosophy behind EI using EI to cope with consequences strategies to develop EI in early childhood education neuromarketing emotional responding and adversity brain networks of emotional prosody processing humor events and wellbeing and much more

Emotional Intelligence Peter Salovey, Marc A. Brackett, John D. Mayer, 2004 Bool of readings collected by cd 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**

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Zeidner, Richard D. Roberts, 2004 A comprehensive scientific examination of the popular psychological construct of emotional intelligence **Developing Children's Emotional Intelligence** Shahnaz Bahman, Helen Maffini, 2008-09-25 This book uses

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