

# Emotional Intelligence (EI)

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# Background

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TRANSITION TO  
STUDENT-CENTERED  
EDUCATION



PSYCHOLOGICAL  
FACTORS



SELF-DIRECTED  
LEARNING ABILITY


# Questions

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How to improve one's self-learning ability



What psychological factors are associated with self-directed learning?



How can students do this on their own

# EMOTIONAL INTELLIGENCE

## DEFINITION

Emotional Intelligence (EI) refers to the ability to recognize, understand, manage, and effectively express one's own emotions, as well as the capacity to effectively interact with others by understanding and managing their emotions. It plays a significant role in personal and professional relationships, decision-making processes, and overall mental well-being.

## CHARACTERISTICS

- **Empathetic Response:** Actively listening and offering comfort when a friend shares about a loss.
- **Self-awareness in Stress:** Breaking tasks into pieces when recognizing anxiety from tight deadlines.
- **Motivation Regulation:** Setting small goals to maintain enthusiasm for a long-term project.

# How does emotions affect our learning process


Researchers have often mentioned that emotion is the foundation of learning and thus has an important impact on the learning process.



Emotion not only serves as a motivator to enhance learning but also sometimes can prevent one from learning effectively.



Learners often differ in how they manage their emotions, which can either motivate them to learn or discourage their learning process. Therefore, learning outcomes are affected severely by their Emotional Intelligence



# How does EI connect to SDL (Or SDLR)

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- Emotional intelligence is born from observing people who can process information about their emotions and use it to guide efficient thinking and behavior (Tyng et al., 2017). It is the ability to regulate, express, and assess emotions to improve cognitive functions (Abbas et al., 2021, Mayer and Salovey, 1997).
- EI is considered highly contributory to achieving a self-regulated state that, in the end, promotes attaining academic and personal goals (Johnston et al., 2010,



Can EI be  
improved?

As a  
matter of  
facts...

- It can!
- Through training programs, self-reflecting programs, or mindfulness practices.
- Multiple universities have training courses/education programs regarding improving EI





Some  
afterthoughts of my  
own



What are some future  
improvements can we  
make



The transition from  
teacher-centered  
learning to student-  
centered learning



Raise awareness for  
caring students'  
mental health (adults  
as well)

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# Thank You

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# Free Discussion Time