

Emotional Intelligence

Course – Emotional Intelligence

Credits: 3 / Teaching Hours: 45 hrs (Theory = 15 + Practical = 30)

Learning outcomes:

1. To understand the concept of emotional intelligence and learn ways of developing it.
2. To contextualize the role of emotional intelligence in management of individual emotions and make positive differences.

Unit I	Introduction: Emotional Intelligence, Models of Emotional Intelligence , EQ competencies: self-awareness, self-regulation, motivation, empathy, and interpersonal skills, Importance of Emotional Intelligence		
Unit II	For enhancing emotional intelligence EQ mapping , health and well-beingg , EQ skills for students success		
Unit III	Managing stress, suicide prevention through emotional intelligence, Techniques to manage emotions		
Unit IV	Applications of EI at family , school,Workplace, Relationships, Conflict Management and Effective Leadership		

Readings List: Bar-On, R., & Parker, J.D.A.(Eds.) (2000). The handbook of emotional intelligence. SanFrancisco, California: Jossey Bros.

Goleman, D. (1995). Emotional Intelligence. New York: Bantam Book.

Goleman, D. (1998). Working with Emotional Intelligence. New York: Bantam Books. Singh, D. (2003). Emotional intelligence at work (2 nded.) New Delhi: Response Books.

Pattern of Examination

Weightage :- - Theory – 15% Practical – 30%

Syllabus prepared by
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