

St. Mary's College Puthanangadi

Department of Psychology

ADD ON COURSE ON

STM/BSC/PSYOB/2020-21/002

EMOTIONAL INTELLIGENCE

Course duration : **32 hrs**

Participants: U.G Students

About the course : Emotional intelligence allows to understand and manage emotions in order to self-motivate and to create positive social interactions; it helps to realize the true potential. The value and benefits of EI are vast in terms of personal, academic, and professional success.

Objectives of this course are:

- To Understand and improve in self -awareness and self- management.
- To realize and create positive social interactions skills and leadership management
- To understand and develop self- management and interpersonal management

Detailed Syllabus

Module 1: Models Of Emotional Intelligence

8hr

Definition, history, emotions and intelligence, Models: ability based, trait based or Mixed based

Module 2: Emotional Intelligence: Understanding Four Skills

8hrs

Personal competence, social competence

Module 3: Emotional Intelligence and Conflict Management

8hrs

Conflict, properties of interpersonal conflict, leadership and conflict management

Module 4::Strategies to Increase Emotional Intelligence

8hrs

Self-awareness strategies, self-management strategies, social awareness

Strategies, relationship management strategies