



VISWANADHA INSTITUTE OF PHARMACEUTICAL SCIENCES

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Guest lecturer: Emotional Intelligence and Learning Practices

Date: 27-04-2019

Venue: Seminar hall, Viswanadha Institute of Pharmaceutical Sciences, Visakhapatnam.

Organized by: Viswanadha Institute of Pharmaceutical Sciences, Visakhapatnam

Speaker: Dr. BLR Madhavi, Assoc. Professor, Acharya & BM Reddy College of Pharmacy, Bangalore

OBJECTIVE AND OUTCOMES OF THE SEMINAR

Objective: Emotional Intelligence is highly important in a teen's development. There is considerable evidence pointing to its positive role in helping students deal with stress, develop relationships, and handle the transitions facing them.

Whether you're a teacher, parent, or a student yourself, you've probably become well aware of how it's been popping up everywhere recently, in lessons, curricula, and even exams.

Emotional intelligence can be said to cover five main areas: self-awareness, emotional control, self-motivation, empathy and relationship skills. It is, of course, important for good communication with others – and is therefore a gateway to better learning,

friendships, academic success and employment. Skills such as these developed in our formative years at school often provide the foundation for future habits later on in life.

The goal of the Emotionally Intelligent Teacher Workshop is to provide teachers with resources to create a safe, satisfying, caring, and productive college environment. This one-day, highly interactive seminar focuses on leadership and professional development. Because interpersonal relationships have been shown to be a prominent determinant of effectiveness another goal is to improve relationships with students and the various stakeholders in the college community. Tools presented in the workshop are designed to serve as coping mechanisms for stress, which continually ranks as the top reason why teachers leave the profession. Specifically, the workshop provides participants with: (1) in-depth information about the four EI skills (i.e., the perception, use, understanding, and management of emotion), (2) knowledge of how EI skills play an integral role in academic learning, decision making, classroom management, stress management, interpersonal relationships, team building, and the overall quality of one's life, and (3) innovative strategies and tools to increase each EI skill using activities, simulations, and group discussions.

Outcomes:

- Identify positive and negative emotions during your teaching sessions. Compare and contrast the two emotions and list how you felt. Each time you feel negative, attempt to remember the positive times as this will help re-energise your thinking and mindset.

- Develop strategies that provide opportunities to regulate your emotions through self-reflection. Find a quiet corner and examine yourself (e.g. what could I have done better? How will I develop teaching strategy differently next time? Did I deal with students and provide sufficient answers?)
- Enhance ability to increase self-regulatory practices when you notice your emotions as you experience them or understand your physical feelings as you feel the emotion coming on.

Motivation

This is considered to be a major characteristic of a good teaching. Motivation is an inner desire to achieve objectives that are set out, for example when carrying out teaching sessions. Maintaining motivation as a teacher and of your students is instrumental. Therefore, introduce action plans for all your students. These actions should be set out as specific short-term targets throughout the academic year.





