



Gateway to Success Teachers' Newsletter

Building your Students' EQ

As educators one of our main goals is to help students acquire new concepts and skills that will help their academic success. You can also help their emotional success by understanding EQ. EQ is emotional intelligence. Unlike IQ, which is a more stable, crystallized measure of intelligence, EQ is a person's understanding and management of difficult feelings like anger, sadness, frustration and stress. Helping our students to accomplish this will help them cope and deal with life's stressors. Here are some things you can do in the classroom to help build your students' EQ.

Help your students understand feeling concepts

Even in adolescence, students misunderstand their feelings. As educators, you can help students understand the myriad of emotions that may encompass one event. For example, a physical altercation may be fueled by anger but the feeling of fear or of being disrespected is also involved.

Validate their feelings

Although teens may tell you that they don't care, they do really care about how the adults in their life view them. That is why it is so important for teachers to validate their students' feelings. Validating their feelings not only helps them understand that their feelings are ok but that you value them as well.

Teach problem-solving skills

Teach problem-solving skills by encouraging your students to really think about the problem, the feelings involved and the best possible solution. If you find your student's struggling, give them a starting suggestion and encourage them to work through the rest of the solution.



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For more information contact the Director of Pupil Services (626) 943-3410

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