

How to use EI in the classroom

by Expressions

ANOTHER APPROACH

Your responsibility to your students is to teach. Your students count on the wisdom you have gained from your experience or educational background and your overall intelligence. However, being an effective instructor does not solely depend on your intellectual quotient (IQ); it also depends on how well you can use your emotional intelligence (EI). From my teaching experience, I have observed that not every student learns through the same methods, has the same motivation, or acts in the same way in the classroom.

So, it seems apparent that acknowledging differences in teaching and learning styles, as well as being able to connect with your students, is important to reach a positive outcome.

1 RESPECT

Create an environment of respect. Make sure you acknowledge all forms of diversity, and disabilities in your classroom as well as different learning styles.

Do not get frustrated if some students are not learning the material as quickly as you expect. A major part of emotional intelligence is showing empathy.

Try to put yourself in your student's shoes and remember what it was like when you were learning a new concept and how it made you feel.

Try a another way of explaining a concept or a different technique, **this could ease some of the stress learning.**

3 SELF-MANAGEMENT & AUTHENTICATION

Validate students. We as humans like to feel valued rather than dismissed. So, make an effort to understand what your students may be feeling and relay this to them while also helping them resolve their own issues. If a student complains about losts of homework at night, you could say, "I know you are feeling tired and I appreciate the hard work you are putting into the class... Why do you think it is necessary that we go over these types of problems?"

If you empower your students to figure out on their own why something is necessary compared to you just telling them that it is, they may be more accepting of the task. It's hard being told what to do, so encourage self-management.

Be honest and own up to your mistakes.

2 EMPATHY & EMOTIONS

Manage your emotions while taking responsibility. There will be situations that frustrate you, but not only should you obviously learn to hold back visible anger, you should also take responsibility for your emotions without placing blame on your students.

Focus on using "I" instead of "You" when making a statement. For example, instead of saying, "You are not working hard enough to understand this concept," say "I am confused about what is making this concept difficult to understand... Let's try together to understand what is not making sense."

Avoiding putting the students on the defensive may help open their minds to learning.

Practice empathy with your students and foster empathy within students.

Empathy in the classroom promotes positive relationships.

It's time to increase your emotional intelligence and create a better learning environment for everyone.