

# **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