EMOTIONAL INTELLIGENCE---HEART START

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The impact of parenting on emotional competence starts in the cradle. Based on studies, kids who have gotten a goodly dose of approval and encouragement from the adult in their lives, expect to succeed in life’s little challenges for they develop higher level of self confidence. On the other hand, children who come from homes that are chaotic and neglectful tend to expect failure as they grow older for they expect no encouragement or interest from their parents and teachers, finding school joyless and stressful, perhaps dropping out eventually.

The difference between the two outlooks--- children who are optimistic and confident versus the pessimistic ones starts to take shape in the first few years of life. Parents play the most important and the most crucial role in shaping a child’s outlook. They need to understand how their actions affect and generate confidence, curiosity, and pleasure in learning and the understanding of limits that would help children succeed in life. Success in school depends on emotional characteristics formed in the years before a child enters school.

The first foundation of shaping emotional intelligence is in the earliest years and continue to form throughout the school years. Everything that a child acquire in later life build on those of the earliest years and are all essential foundation for all learning. School success is not just merely having fund of facts or ability to read but also about emotional and social measures, being self-assured and interested; knowing what kind of behavior is expected; controlling impulse and avoiding misbehavior, being able to wait or develop patience, to understand and follow directions, and to ask help from teachers in times of
need and getting along with other children. Reports say that students who do poorly in school, lack one or more of these elements of emotional intelligence. There are cases wherein children have to repeat first grade causing them to fall further behind their peers. Thus, making them feel discouraged, resentful and disruptive and eventually lose interest in studying.

Parents and preschool teachers as well play a major role in developing a child’s capabilities whether or not they have given a child the kind of care that amounts to a “HEART START.”

According to Howard Gardner, a psychologist at the Harvard School of Education said, “The time has come to broaden our notion of the spectrum of talents.” This implies that it is important that a child must be in a field that suits him in order for him to excel and be able to perform at his best.

Education is not just merely about getting high grades. It is about helping children identifies and cultivate their talents and help them develop self-confidence and make them realized that there are many ways to succeed in life and it does not always good grades but also abilities that help them get there.

References:

Emotional Intelligence by Daniel Goleman