EMOTIONAL QUOTIENT: A GOLDEN TICKET TO A PRODUCTIVE LEARNING

by:

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Emotional Intelligence is one's level of emotional quotient wherein an individual is able to handle his emotions towards the given situation. It is more essential to take circumstances positively to be successful in the field you are choosing. In line with this emotional intelligence, is the approach on how you understand people and motivate them to live peacefully.

According to Deutschendorf (2015), it is not the smartest individuals that are most successful in life but those who have higher emotional quotient that can manage stress and control their emotions in the workplace. Some people may be academically brilliant but can’t handle difficult trials and can’t control their selves. Boosting your EQ is one of the ways to a prosperous career and better life. For as educators, this may be challenging for us to increase this hidden part of us. But this will help us to have a peaceful workroom.

EQ is very important in the teaching profession. As Mathematics teachers, we must learn how to put away the negative things and take every circumstances positively. The stress and pressure of our work specially the word problems that needs to understand by the students are indeed headaches. Waking up with knowledge in our mind to be transferred to the learners make us feel worried. Confusing equations, variables and formulas to be absorbed by the students give us burden in teaching Mathematics. Knowing for a fact that this is the most hated subject and feared by the students. In these situations, our emotional intelligence must work out. Patience, understanding and controlling our temper if the learners’ can’t understand the lesson must be the characters that Mathematics teachers should possess. In terms of discipline, it is our responsibility as educators to make a safe learning environment and keep things in order. It is one of our tasks to prevent bullying and manage students’ behavior.

In this aspect, adjusting our emotional intelligence is the key to have a peaceful environment. Let the students realize their sense of belongingness and make them feel our love
and care as teachers. Providing not only their material needs but emotional concern will motivate them to study and learn more. Most of the time, bully students are very annoying but we have to handle these situations well to avoid offenses. Counseling them in a proper way and listening to their problems are some effective ways to guide the bullies. Verbal and physical abuse will not help them to be matured. Seeing the learners getting worst is difficult for us. Knowing the reasons behind this is not enough to guide them. Corporal punishment is not also an effective way. Traditional practices like this is prohibited. Reprimand the students is inevitable but controlling your emotions to avoid such foul words is an effective way to handle them.

Even if our intelligence quotient is high, we will not be successful if our emotional quotient is low. It is the character that counts. Being intelligent is not sufficient to be an effective teacher but the way on how you care for the students to learn. Sacrifices in this field will prove how noble you are as an educator. Giving our students respect and veracious treatment are traits that must possess by an educator possess to make a creative and healthy learning environment.

References:

*Why Emotionally Intelligent People are More Successful?*

Harvey Deutschendorf 2015