UPSTAIRS DOWNSTAIRS
The Whole-Brain Child

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Two brains are better than one

Emotional intelligence is a balance between the rational and emotional brain.
Emotional intelligence, IQ and personality are different

Emotional intelligence predicts performance

Emotional intelligence is the foundation for critical skills.
When Emotional Reasoning trumps IQ

People associate emotions with rational thinking and other high-level functions of the prefrontal cortex. But the best strategic thinkers show more activity in parts of the brain linked with emotion and intuition. Their nervous systems may even reprogram their thought to fine these areas up.

What is emotional intelligence?

1. Knowing one’s emotions
2. Managing emotions
3. Motivating oneself
4. Recognizing emotions in others
5. Handling relationships

What about our kids? Building EI

How we as adults/parents react:
- Ignore feelings altogether
- Be too laissez-faire
- Be contemptuous, showing no respect for how the child feels
- Seize the opportunity to become an emotional coach or mentor for the child.
Shaping emotional intelligence for school success

- Being self-assured and interested
- Knowing what kind of behaviour is expected
- How to rein in the impulse to misbehave
- Being able to wait
- Following directions
- Asking teachers for help
- Getting along with other children

A child’s readiness for school – 7 ingredients

- Confidence
- Curiosity
- Intentionality
- Self-control
- Relatedness
- Capacity to communicate
- Cooperativeness

Emotional Intelligence and Paying Attention

- Children with greater emotional intelligence suffer fewer attention problems
- Children with a more limited emotional vocabulary “often seem distracted”
- Emotional intelligence, working memory and emotional inhibition (two aspects of executive function) contribute to attentional abilities.
The cost of emotional illiteracy

- Withdrawal or social problems
- Anxious or depressed
- Attention or thinking problems
- Delinquent or aggressive

Schooling the Emotions

- The main hope of a nation lies in the proper education of its youth.
  - Erasmus

The Self-Science Curriculum

- Self-awareness
- Personal decision-making
- Managing feelings
Curriculum continued

- Handling stress
- Empathy
- Communications

Curriculum continued

- Self-disclosure
- Insight
- Self-acceptance

Curriculum continued

- Personal responsibility
- Assertiveness
- Conflict resolution
Social and Emotional Learning: Results

- Child Development Project – Evaluation in schools in Northern California, grades K-6
- Paths (Fast track project) – Evaluated in schools in Seattle, grades 1-5
- Seattle Social Development Project – Evaluated in Seattle elementary and middle schools.
- Yale – New Haven Social Competence Promotion Program – Evaluated in New Haven Public schools, grades 5-8
- Resolving Conflict Creatively Program – Evaluated in New York City schools, grades K-12
- The Improving Social Awareness – Social Problem Solving Project – Evaluated in New Jersey schools, grades K-6

References

References


