

The Effects of COVID on EQ and Technology within Education



Emotional
Intelligence



Technology



COVID

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Key Terms



Emotional Intelligence (EQ) are cognitive skills that demonstrate understanding, management, and demonstration of motivation and emotions



Social-emotional competencies (SEC) are the components that comprise social emotional learning.



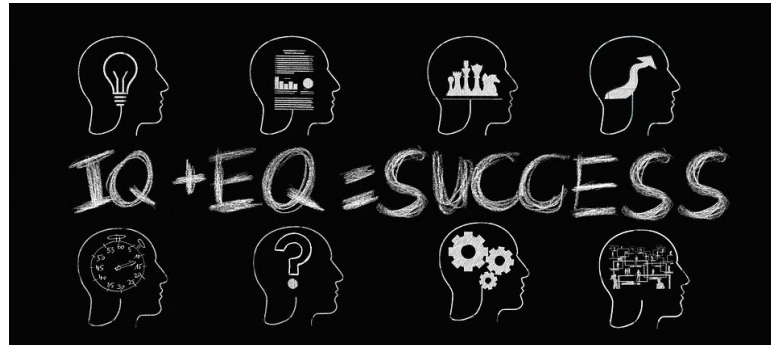
Technology, a series of tools that expand teaching, communication and sharing of information, most often understood as digital technology.



COVID-19 (Coronavirus Disease 2019) is a condition caused by the coronavirus with symptoms that include cough, fever and shortness of breath.

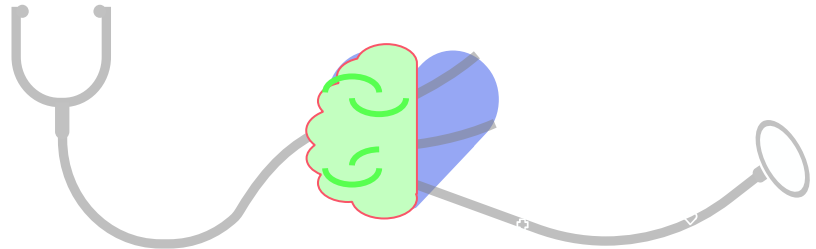
Introduction

COVID-19 has affected educational systems worldwide, leading to widespread closures of schools, colleges and universities. The COVID-19 pandemic has also affected economies and societies worldwide. With various forms of lockdown and social distancing now in place, it has become important to understand and instruct students regarding emotional intelligence in various learning environments to encourage and allow them to understand the emotional impacts of the current significant changes they find themselves in. Students need the tools to help them process what they're going through and to cope with these changes in healthy ways. EQ tools will do just that, but how do we teach and observe EQ in a new virtual classroom?



Emotional Intelligence

- Emotional intelligence is the awareness of emotions, the ability to regulate emotions, and the ability to leverage awareness and regulation of emotions into responsible decisions (Serrat, 2017; Sharma, 2008).
- Emotional intelligence (EQ) gained visibility in the 1990s, and its impact continued to grow (Cartwright & Pappas, 2008).
- The theory of emotional intelligence has been researched significantly since the 1960s and was popularized by Daniel Goleman (Goleman, 1995).

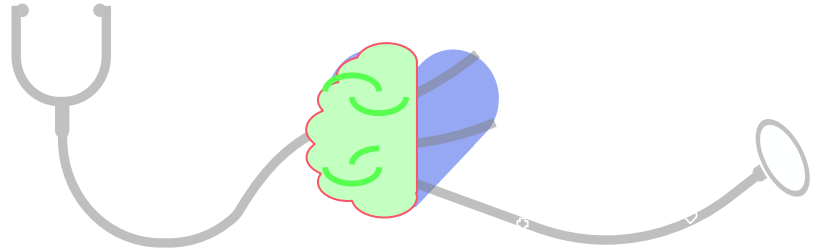


Importance of Emotional Intelligence

Emotional intelligence is vital because students do not learn alone; instead, they learn in collaboration with their peers, teachers, and the guidance of their families. (Durlak et al., 2011)

According to the Yale Center for Emotional Intelligence (n.d., para. 1), “emotions drive decision making, learning, relationships, creativity, and health” showing their high significance in life”.

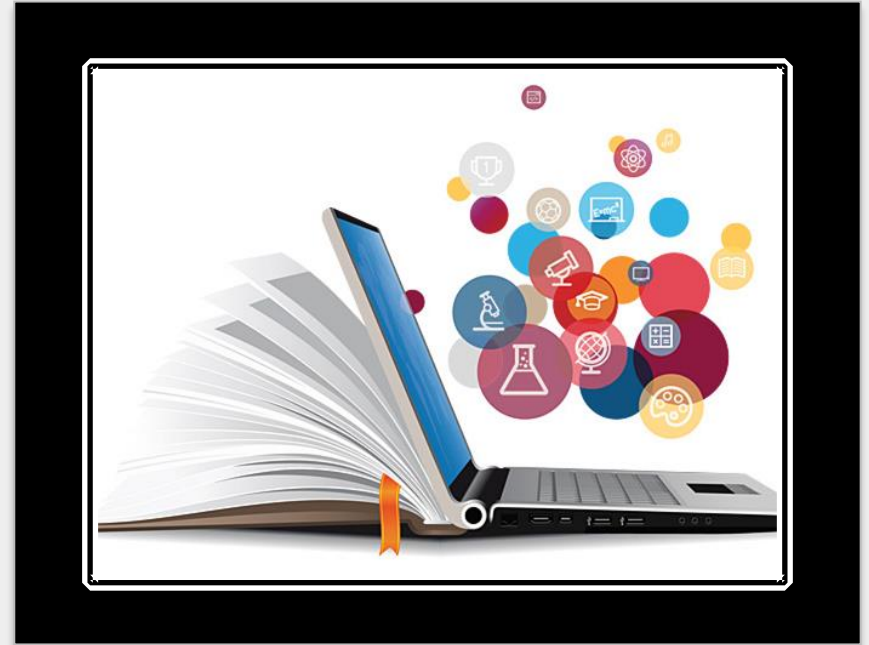
Goleman (1995) mentions that skills related to emotional intelligence are twice as important for a better performance than technical skills and IQ combined.



Technology: Productive Influence on Education

Where do we see technology as a benefit to education? How do these factors play in the future of American education?

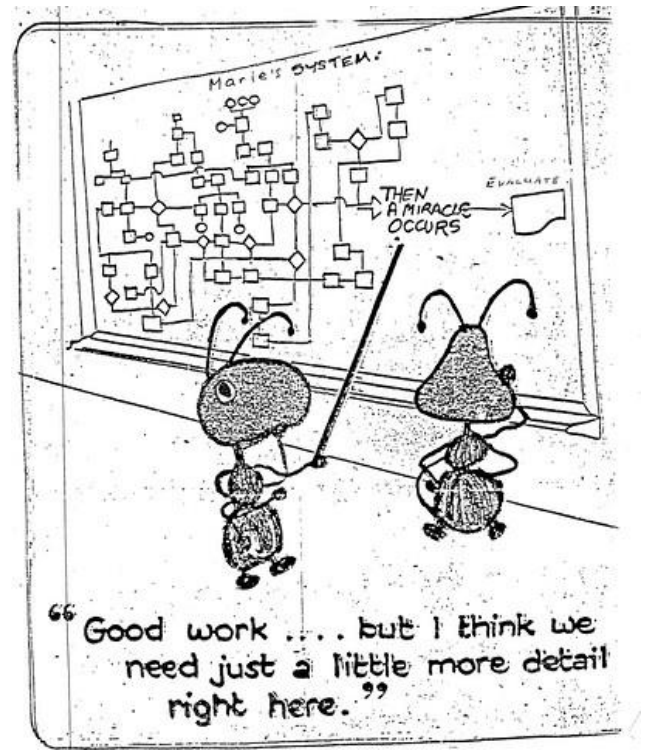
- Student engagement
- Beyond the classroom
- Self-paced learning
- Expanded teaching options/techniques



Technology: a Detriment to Education

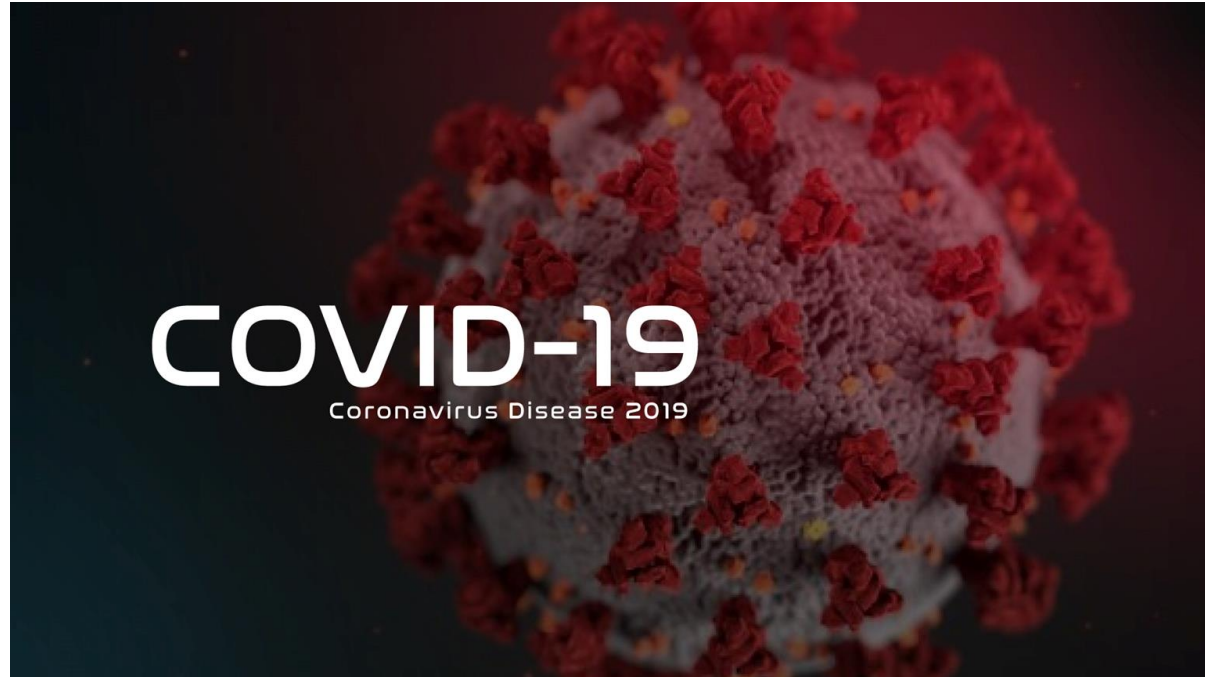
What areas does technology need to improve upon to make it more viable in our 21st century education system?

- Schools plan, but physical hardware is yet to be procured (one for one).
- Cost of materials
- Education policies need to change to accommodate for the “new normal”.



COVID-19 Changes Education

- Accessibility Issues
(King, 2020)
 - ◆ Internet
 - ◆ Computers
 - ◆ Tech knowledge
 - ◆ Disabilities
- Online formats
 - ◆ MOOCs
 - ◆ Zoom
 - ◆ Google
- Where does EQ fit in?



COVID 19 and Emotional Intelligence

- Faculty perceive EQ at an increased level due to COVID-19 (Baba, 2020)
 - Gender is a significant variable
 - Perspectives the same across several universities
- EQ predictor of online team effectiveness (Mysirlaki & Paraskeva, 2020)
- Resources released by the American Federation of School Administrators
 - Adult Self-Care
 - Educators and School Communities
 - Diversity, Equity and Inclusion
 - Families and Parents



Technology: Social Emotional Learning Apps



Teachers can suggest that their students use this app to help them plan homework, study, practice for an oral presentation to overcome anxiety, have healthy sleeping habits and maintain a positive attitude in class

Pros:

It's free

It lets players set their own goals

It uses video game progression and rewards to encourage healthy behavior

Cons:

The only accountability is to oneself, so success very much relies on one's own determination

Not suitable for very young children because it requires players to have a good level of self-control



Technology: Social Emotional Learning Apps

The Social Express is an educational curriculum designed to teach children and teenagers how to perceive emotions and handle social situations. It uses interactive animated videos that put its protagonists in many different scenarios, and the player is prompted to evaluate the emotions of the scene and decide what action the characters should do.

Pros:

It can be used individually as well as in groups

The animated videos show the results of both good and bad decisions

Cons:

The app focuses on teaching positive social behaviors to children with a social learning challenge, so players outside its target audience may not find it as useful

Technology: Social Emotional Learning Apps

Smiling Mind is an Aussie-designed mobile app that aims to teach “mindfulness” to people of all ages through sessions of guided meditation of varying length. It contains a vast repertoire of programs aimed at different age groups (from ages 6-12, to teenagers, young adults, etc.) and different activities (school, daily commute, sport, relaxation, and more).

Pros:

It's free

It takes mere seconds to set up and can be used for short “boosts” of mindfulness during the day

The programs for children and students are especially well done

Cons:

Its focus is mainly on self-improvement and healthy habits; only a small portion of its lessons tackle relationships



Our ASK: The First Step...

Know your EQ score?

Strengthen your emotional and mental health today. Change starts from understanding. Made free for schools and community.

Take a free forever, digital, academic based EQ assessment
(SELDA)

www.eq123.org

What would the world be like if we were all 10% happier?

Conclusion

- Covid-19 made major changes to the way that we educators operate on a daily basis.
- Technology and other distance learning tools had to step up its role to ensure students were still getting a quality education.
- Social Emotional Learning is an important part in working with a diverse student body. Working with different cultural backgrounds and understanding how students work emotionally is an important part of reaching out to student welfare.
- Focusing on your emotional health will help build resilience and happiness.



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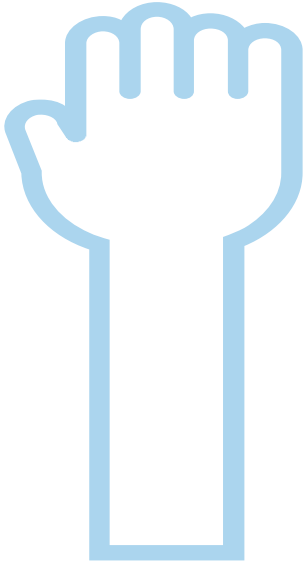
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Thank You

Questions & Answers

Know your EQ? www.eq123.org

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