

Mood Regulation And Emotional Intelligence Individual

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Advances in Psychology Research - Alexandra M. Columbus 2008

"Advances in Psychology Research" presents original research results on the leading edge of psychology research. Each article has been carefully selected in an attempt to present substantial psychology advances across a broad spectrum.

Emotions in Groups, Organizations and Cultures - Charmine E. J. Härtel 2009-07-09

The study of emotions in organizations is unlocking exciting insights into why employees behave as they do in groups, organizations and in different cultural contexts. This title showcases a collection of the work advancing knowledge and practice in these areas.

Emotional Intelligence EQ - Travis Emotion 2019-10-27

Do You Find Yourself Struggling on a Daily Basis in Every Social Interaction You Encounter? Perhaps you find it difficult to understand what people around you are doing at any given moment, or when someone does something unexpected that leads to unwanted and unexpected consequences for you, you lose it. Does this sound like you at all? If it does, you may struggle with your self-awareness and self-regulation, two of the foundations of emotional intelligence. Luckily for you, this does not mean the end of the world, nor is this the end of your chance for success in the future. There is a solution to your own emotional volatility--developing your emotional intelligence. Are you ready to begin working on these problems once and for all? Do you want to ensure that you are capable of controlling yourself the next time something does not go as expected? Maybe you want to develop better social skills to begin deepening your relationships and bring meaning back to your life once more. All of these are consequences of developing your own emotional intelligence, and when you do this, you are capable of so much more than you ever thought possible. Your relationships will improve. People will begin to like you again. You will be more confident and comfortable in your own behaviors simply because you are able to trust that you will not lose your cool when faced with adversity or when something does not go according to plan. Gone will be the days of strife just because you hit a red light and were two minutes late to work! With the skills you will develop in learning to manage your own emotional state, you will be able to shift your entire mindset away from that draining, negative pit that has held you down for far too long. You will be able to dig your way out, using emotional intelligence as your shining beacon of light through the darkness, and into the world of positivity once and for all, and the results are undeniable. If this sounds like something you wish for yourself, it is not too late--by reading this book, you will find yourself learning about the following: A deeper understanding of what emotions are, their purposes, and why they are so motivational An understanding of empathy and why it is so incredibly important to cultivate and encourage, as well as how it is beneficial to people as a whole Working knowledge of emotional intelligence and everything that it entails The difference between EQ and IQ and why so many people everywhere prefer people who are highly emotionally intelligent to intellectually intelligent An understanding of the personal competencies and the skillsets associated with each of the following: self-awareness, self-regulation, self-management, and motivation An understanding of the social competencies and the skillsets associated with each of the following: empathy, social awareness, relationship management, and social skills The parts of the brain that are relevant to emotions The principles of persuasion and why it is so relevant to understand in order to be a highly emotionally intelligent individual How to improve your own mentality, learning to become a positive person despite the negativity that may be plaguing you at the moment Several tips to strengthening your own emotional

intelligence ... And much more! If this book sounds like a good fit for you, do not hesitate. As Your Relationships and Social Skills Grow, You Will Find Yourself Thankful You Did So. Scroll Up and Click BUY NOW Button to Get Your Copy Instantly!

Regulating Emotions - Marie Vandekerckhove 2009-03-16

Regulating Emotions: Culture, Social Necessity, and Biological Inheritance brings together distinguished scholars from disciplines as diverse as psychology, sociology, anthropology, neuroscience, and psychotherapy to examine the science of regulating emotions. Contains 13 original articles written in an accessible style Examines how social and cultural aspects of emotion regulation interact with regulatory processes on the biological and psychological level Highlights the role of social and cultural requirements in the adaptive regulation of emotion Will stimulate further theorizing and research across many disciplines and will be essential reading for students, researchers, and scholars in the field

Individual, Relational, and Contextual Dynamics of Emotions - Laura Petitta 2018-09-24

This volume contributes to the ongoing study of the forces that shape the functioning of individual interpersonal workplace relationships, and it demonstrates the complex interplay between emotion, cognitive processes, brain functioning and contextual factors at multiple levels of workplace life.

Emotional Development And Emotional Intelligence - Peter Salovey 1997-06-12

An authoritative study that describes the scientific basis for our knowledge about emotion as it relates specifically to children. Key topics include historical perspectives on emotional intelligence, neurological bases for emotional development, the development of social skills and childhood socialization of emotion, and more. Ideal for professionals in child psychology and education. Index.

An Introduction to Emotional Intelligence - Lorraine Dacre Pool 2018-04-18

Bridges the gap between the scholarly literature and "pop-psych" books on EI Emotional Intelligence (EI) has become a topic of vast and growing interest worldwide and is concerned with the ways in which we perceive, identify, understand, and manage emotions. It is an aspect of individual difference that can impact a number of important outcomes throughout a person's lifespan. Yet, until now there were no authoritative books that bridge the gap between scholarly articles on the subject, often published in obscure professional journals, and the kind of books found in the "pop-psych" sections of most large bookstores. This book fills that gap, addressing the key issues from birth through to old age, including the impact of EI on child development, social relationships, the workplace, and health. It is a useful introduction to the academic study of EI, including its history as a concept. Featuring contributions by an international team of EI researchers, this thought provoking and informative book offers students, educators, mental health professionals, and general readers a comprehensive, critical, and accessible introduction to state-of-the-art EI theory and research. From the historical origins of EI to its contemporary applications across an array of domains, An Introduction to Emotional Intelligence explores what the research evidence tells us about it, why it is important, and how it is measured. Throughout each chapter any potentially tricky words or concepts are highlighted and explained. And, most chapters feature activities to spur further reflection on the subject matter covered as well as ideas on how to apply aspects of EI to various questions or problems arising in the readers' lives. Features contributions from expert authors from around the world with experience of researching and teaching EI theory and practice Makes EI concepts, foundations, research, and theory accessible to a wider audience of readers than ever before

Explores EI's roots in psychological thinking dating back to early 20th century and considers the reasons for its widespread popularity in contemporary times. Reviews the latest research into the constructs of ability EI and trait EI and their validity in relation to health, wellbeing, social relationships, academic, and work performance. An Introduction to Emotional Intelligence is fascinating and informative reading and a source of practical insight for students of psychology, management and leadership, education, social work and healthcare, and those working in education, health settings and in psychological counseling professions.

Emotions and Negativity - Ronald H. Humphrey 2022-01-17

The chapters in this volume of Research on Emotion in Organizations book show how negative emotions at work can be intense, and can be due to feelings of failure, rejection, job insecurity, negative feedback, stressful work demands, role conflict, unethical supervisor behaviours, and poor coping strategies.

Emotion Regulation in Psychotherapy - Robert L. Leahy 2011-07-22

Highly practical and accessible, this unique book gives therapists powerful tools for helping patients learn to cope with feared or avoided emotional experiences. The book presents a menu of effective intervention options—including schema modification, stress management, acceptance, mindfulness, self-compassion, cognitive restructuring, and other techniques—and describes how to select the best ones for particular patients or situations. Provided are sample questions to pose to patients, specific interventions to use, suggested homework assignments, illustrative examples and sample dialogues, and troubleshooting tips. In a large-size format for easy photocopying, the volume is packed with over 65 reproducible handouts and forms. Purchasers also get access to a companion website where they can download and print the reproducible materials.

The Role of Individual Differences in Occupational Stress and Well Being - Pamela L. Perrewe 2011-08-10

Deals with the examination of occupational stress, health and well being, with particular emphasis on the multi-disciplinary nature of occupational stress. This title also examines the role of individual difference in occupational stress, health and well being.

Individual sources, Dynamics and Expressions of Emotions - 2013-08-09

Research on Emotion in Organizations is the publication of the Emonet listserv <http://www.emotionsnet.org>, which hosts the biennial International Conference on Emotion and Worklife. Chapters in the series include a selection of peer-reviewed papers from the conference, together with invited chapters by leading scholars in the field of emotion in o

Escaping the Emotional Roller Coaster - Dr Patricia Zurita Ona 2018-08-01

New Ways of Studying Emotions in Organizations - Charmine E. J. Härtel 2015-07-08

The rapidly growing recognition of the importance of emotions in understanding all aspects of organizational life is facilitating the development of focused areas of scholarship. This volume addresses new ways of looking at emotions within organizational frameworks.

Handbook of Emotion Regulation, First Edition - James J. Gross 2011-12-07

This authoritative volume provides a comprehensive road map of the important and rapidly growing field of emotion regulation. Each of the 30 chapters in this handbook reviews the current state of knowledge on the topic at hand, describes salient research methods, and identifies promising directions for future investigation. The contributors—who are the foremost experts in the field—address vital questions about the neurobiological and cognitive bases of emotion regulation, how we develop and use regulatory strategies across the lifespan, individual differences in emotion regulation, social psychological approaches, and implications for psychopathology, clinical interventions, and health.

Making Sense of Emotion - D. John D. Ninivaggi 2017-08-31

Children not shown tools to develop emotional intelligence fail emotionally and socially. Basic empathy skills are absent. In adult life, employment and occupational advancement are less likely. Making Sense of Emotion grasps the Yale integrative emotional intelligence ability model. Adding key missing elements, this book unlocks its potential to trigger “emotion performance utilization” in real life and real-time. The epidemic of overusing medications, substance use disorders, addiction, drug overdoses, even global “doping” in sports reflects emotional malaise. Emotional illiteracy is one underlying cause and demands

innovative emotional intelligence. Written by a psychiatrist, this volume supplies literacy tools—a vivid action language showing how emotions unfold as personal dramas. Emotions are our first language—the mother tongue infants and children are “lived by.” Emotional awareness is refined emotional intelligence. This book clearly defines emotions, feelings, affects, moods, and the social-emotional competencies needed to understand and build emotional awareness. Skills take shape resulting in unfolding self-attunement. In real-time, emotional intelligence is effective emotional performance. The missing link between the two is the application of emotion regulation in real life—knowledge in the head displayed in skilled everyday behavior. Innovative ideas in this book explain how to apply this emotional hygiene fitness program to benefit children and adults.

Emotional Intelligence: Current Research and Future Perspectives on Mental Health and Individual Differences - Federica Andrei 2022-11-16

Emotional Intelligence - Peter Salovey 2004

Book of readings collected by cd-founders of emotional intelligence introduces theory measurement & applications of.

Emotional Intelligence and Cognitive Abilities - Pablo Fernández-Berrocal 2016-09-07

Nowadays, not only psychologists are interested in the study of Emotional Intelligence (EI). Teachers, educator, managers, employers, and people, in general, pay attention to EI. For example, teachers would like to know how EI could affect student's academic results, and managers are concerned about how EI influences their employees' performance. The concept of EI has been widely used in recent years to the extent that people start to applying it in daily life. EI is broadly defined as the capacity to process and use emotional information. More specifically, according to Mayer and Salovey, EI is the ability to: “1) accurate perception, appraise, and expression of emotion; 2) access and/or generation of feelings when they facilitate thought; 3) understand emotions and emotional knowledge; and 4) regulate emotions to promote emotional and intellectual growth” (Mayer and Salovey 1997, p. 10). When new information arises into one specific area of knowledge, the work of the scientists is to investigate the relation between this new information and other established concepts. In this sense, EI could be considered as a new framework to explain human behaviour. As a young concept in Psychology, EI could be used to elucidate the performance in the activities of everyday life. Over the past two decades, studies of EI have tried to delimitate how EI is linked to other competences. A vast number of studies have reported a relation between EI and a large list of competences such as academic and work success, life satisfaction, attendee to emotions, assertiveness, emotional expression, emotional-based decision making, impulsive control, stress management, among others. Moreover, recent researches have shown that EI plays an important role in the prediction of behaviour besides personality and cognitive factors. However, it is not until quite recently, that studies on EI have considered the importance of individual differences in EI and their interaction with cognitive abilities. The general issue of this Research Topic was to expose the role of individual differences on EI in the development of a large number of competencies that support a more efficient performance in people's everyday life. The present Research Topic provide an extensive review that may give light to the better understanding of how individual differences in EI affect human behaviour. We have considered studies that analyse: 1) how EI contributes to emotional, cognitive and social process beyond the well-known contribution of IQ and personality traits, as well as the brain system that supports the EI; 2) how EI contributes to relationships among emotions and health and well-being, 3) the roles of EI during early development and the evaluation in different populations, 4) how implicit beliefs about emotions and EI influence emotional abilities.

Affect in Social Thinking and Behavior - Joseph P. Forgas 2012-12-06

The role of affect in how people think and behave in social situations has been a source of fascination to laymen and philosophers since time immemorial. Surprisingly, most of what we know about the role of feelings in social thinking and behavior has been discovered only during the last two decades. Affect in Social Thinking and Behavior reviews and integrates the most recent research and theories on this exciting topic, and features original contributions reviewing key areas of affect research from leading researchers active in the area. The book covers fundamental issues, such as the nature and relationship between affect

and cognition, as well as chapters that deal with the cognitive antecedents of emotion, and the consequences of affect for social cognition and behavior. This volume offers a highly integrated and comprehensive coverage of this field, and is suitable as a core textbook in advanced courses dealing with the role of affect in social cognition and behavior.

Trait Emotional Intelligence: Foundations, Assessment, and Education - Juan-Carlos Pérez-González 2020-06-22

Emotion Regulation in Couples and Families - Douglas K. Snyder 2006

This is an edited book that addresses critical theoretical and methodological issues in the rapidly advancing field of emotion regulation. It presents empirical findings linking emotion regulation to individual and relationship functioning across the life span, while providing implications for clinical intervention, public policy, and future research. Contributors - who are nationally and internationally recognized for their expertise in social, developmental, and clinical disciplines - offer diverse perspectives on the role of emotion regulation processes in dysfunction and health. In addition to advancing the latest empirical developments, this volume will also be a prime resource for graduate students and practitioners working with children, couples, and families for whom emotion regulation difficulties are targets of clinical intervention.

Emotion in Therapy - Stefan G. Hofmann 2015-12-22

Grounded in cutting-edge scientific research, this book presents innovative ways to explore and work with emotions in psychotherapy. Preeminent clinician-researcher Stefan G. Hofmann accessibly explains how emotions operate, what influences them, and how they can cause distress. He presents strategies that can significantly improve existing evidence-based treatments and promote positive affect and happiness. Clinicians are guided to help clients with any diagnosis gain emotional awareness and use emotion regulation techniques, mindfulness-based practices, and other effective strategies. "In Practice" sidebars highlight specific clinical issues and offer illustrative case vignettes.

Emotion Regulation - Ivan Nyklíček 2007-10-23

An increasing number of studies have been conducted on the role of expression and regulation of emotion in health. Emotion Regulation addresses the question of these studies from diverse angles while encompassing conceptual, developmental, and clinical issues. Central concepts discussed in this volume that are related to health include: coping styles and aggression, alexithymia, emotional intelligence, emotional expression and depression, emotional expression and anxiety disorders, in addition to the emotional competence in children. The book is unique in describing up-to-date theories and empirical research in the area of emotional expression and health.

Promoting Trait Emotional Intelligence in Leadership and Education - Roy, Shelly R. 2015-03-31

Humans have the capacity to detect and experience a wide spectrum of emotions in everyday life. However, the ability to identify and interpret those emotions is not a skill commonly held by all individuals, despite the significance of this skill. Promoting Trait Emotional Intelligence in Leadership and Education provides the latest information on enabling educators and leaders across industries to monitor the emotions of others as well as their own in order to interact effectively with others. Focusing on best practices and methods for training those in education and leadership positions, this publication is essential to the research needs of education administrators, professors, managers, and professionals in various disciplines.

Social Functions of Emotion and Talking About Emotion at Work - Dirk Lindebaum 2018-10-26

Despite how much we know about emotion, Social Functions of Emotion and Talking About Emotion at Work uniquely examines the utility of emotion in organizations against the ways in which both individuals and groups talk about them. Drawing on psychological and sociological research, this book provides groundbreaking insights for understanding how emotions are used in the workplace. Bringing together contributions from leading emotion researchers, this book features chapters focusing on 10 emotion, ranging from awe to shame. Through its exploration of the ways each emotion functions in relation to how we talk about them, this book injects fresh theoretical and practical momentum into how our discussions of workplace emotion can affect how emotional events are appraised over time and place. This, in turn influences the causes, expressions, and consequences of emotions in the workplace. With its novel approach, this book will be an invaluable tool for academics researching emotion, as well as postgraduate

students working in the social sciences seeking reference material on emotion. HR managers and general readers seeking greater insight into emotions at work will also find this book to be a useful tool.

Emotional Intelligence - Ralf Schulze 2005-05-01

The concept of Emotional Intelligence (EI) - the ability to perceive, express, understand, and regulate emotions - is still the subject of scientific debate despite its intuitive appeal and widespread popular interest in areas such as human resources, education, and organizational psychology. This book brings together leading experts from around the world to present their perspectives on the current status of EI. It covers theories of EI and assessment approaches in depth, as well as theoretical concepts and research findings on the antecedents and consequences of EI in occupational, educational, and clinical settings. The contributions provide an overview of the empirical evidence that supports (as well as contradicts) many common assumptions about EI and its relation to other forms of intelligence. The book thus reflects the diverse approaches to finding solutions for the still unresolved conceptual and empirical problems, and offers a critical appraisal of the current status of EI. Theory, measurement, and application of emotional intelligence, presented and critically reviewed by the world's leading experts.

Expressing Emotion - Eileen Kennedy-Moore 2001-03-01

This volume examines expressions of such feelings as love, anger, and sadness, and highlights the individual and interpersonal processes that shape emotional behavior. It offers a lively and comprehensive discussion of the role of emotional expression and nonexpression in individual adaptation, social interaction, and therapeutic process. Drawing upon extensive theory and research, the authors provide coherent guidelines to help clinicians, researchers, and students identify, conceptualize, and treat problems in emotional behavior. This guide is an important resource for teachers, students, and researchers of clinical, counseling, social, personality, and health psychology, as well as practicing counselors and psychotherapists. It will also serve as a text in advanced undergraduate and graduate-level courses on emotion and interpersonal communication, and in graduate-level counseling and psychotherapy seminars.

Emotional Intelligence - Mourad Ali Eissa 2008

"This edited volume brings together work from leading scholars and new voices in the field of emotional intelligence. It examines emotional intelligence from the perspectives of educational psychology and positive psychology, with integrations across the two disciplines. Viewing emotional intelligence through these frameworks allows and illuminates the exploration of its positive potential and of emotional processing in contexts such as schools and workplaces. Readers will find leading empirical and theoretical views on emotional intelligence presented in this comprehensive collection, as well as inspiration for future research."--BOOK JACKET.

Experiencing and Managing Emotions in the Workplace - Neal M. Ashkanasy 2012-06-20

This volume contains a further selection of the best papers presented at the Seventh Emonet conference (Montreal, Canada, August 2010), following on from Volume 7 and is augmented with invited chapters by leading scholars in the field. It focuses on the experience, dynamics and regulation of emotion and the emotionally intelligent organization.

Emotional Intelligence - James Jones 2021-08-24

Are You Tired of Driving People You Love Away & Never Achieving the Professional Success You Deserve?

This Guide is for You! Do you feel like no matter how smart you are, your efforts are still not enough to get you that promotion? Have you been constantly told by your partner that you're inconsiderate and selfish? Are you having a hard time relating to others? There's a question we've been constantly asked: Are you smart or street smart? As children, we were taught to value our IQs more than our EQs. In fact, we never really paid too much attention to our EQs before new research came to light. Experts believe that IQ may not be a great determinant of how well people fare in life. They stand to argue that standard measures of intelligence, such as IQ scores, do not embrace the full range of human intelligence. Human intelligence cannot be generalized into just one single ability. In fact, people have different degrees of intelligence. Our ability to grasp and communicate our emotions plays a more important role in how successful we are. Factors like emotion regulation, self-awareness, empathy, motivation, and social skills all play a role in our ability to thrive. These are key to achieve goals and realize our full potential, both professionally and personally. So, if you find that you're great at crunching numbers and memorizing information but fail in

relating to and empathizing with others... it's not your fault! And you can do something about it! In "Emotional Intelligence," you will get easy-to-follow steps to becoming a high-EQ person. Using this guide, beginners like you will be able to develop better people skills, improve empathy, and strengthen relationships. Over the course of this life-changing guide, you will:

- Understand how the emotional and social problems you face are not your fault and that you can do something about it
- Enlighten yourself further using a practical guide that gives proactive solutions to real-life questions and issues
- Significantly increase your emotional intelligence and relate better to people at work and at home in just 5 easy steps
- Get easy-to-understand insights into your psyche and how you can use them to cultivate a better, more empathetic, and more confident you
- Effectively acknowledge and manage negative emotions so you can avoid blowing up on your loved ones and strengthen your relationships
- Elevate your career to greater heights as you learn all the easy, evidence-based tips on how you can be more emotionally intelligent at work
- Squash stress before it overwhelms you and stops you from forming strong intimate relationships with your loved ones
- And so much more!

"Emotional Intelligence," while dealing with technical topics, is made with beginners like you in mind. The practical tools and tips you will learn here are made simple and gradual, so even if you don't know where to start, this book will do wonders for you! Life-long success and better self-esteem is just a click away! Buy Now, and Improve Your Emotional Intelligence Today!

Handbook of Cognition and Emotion - Michael D. Robinson 2013-03-29

Comprehensively examining the relationship between cognition and emotion, this authoritative handbook brings together leading investigators from multiple psychological subdisciplines. Biological underpinnings of the cognition-emotion interface are reviewed, including the role of neurotransmitters and hormones. Contributors explore how key cognitive processes -- such as attention, learning, and memory -- shape emotional phenomena, and vice versa. Individual differences in areas where cognition and emotion interact -- such as agreeableness and emotional intelligence -- are addressed. The volume also analyzes the roles of cognition and emotion in anxiety, depression, borderline personality disorder, and other psychological disorders.

Knowledge Solutions - Olivier Serrat 2017-05-22

This book is open access under a CC BY-NC 3.0 IGO license. This book comprehensively covers topics in knowledge management and competence in strategy development, management techniques, collaboration mechanisms, knowledge sharing and learning, as well as knowledge capture and storage. Presented in accessible "chunks," it includes more than 120 topics that are essential to high-performance organizations. The extensive use of quotes by respected experts juxtaposed with relevant research to counterpoint or lend weight to key concepts; "cheat sheets" that simplify access and reference to individual articles; as well as the grouping of many of these topics under recurrent themes make this book unique. In addition, it provides scalable tried-and-tested tools, method and approaches for improved organizational effectiveness. The research included is particularly useful to knowledge workers engaged in executive leadership; research, analysis and advice; and corporate management and administration. It is a valuable resource for those working in the public, private and third sectors, both in industrialized and developing countries.

Individual and Organizational Perspectives on Emotion Management and Display - W. J. Zerbe 2006

The theme of this volume reflects the central premise underlying the resurgence of interest in emotions in organisations, namely that organisations do manage the emotions of employees and this management has effects on individuals.

Emotions and Organizational Dynamism - Wilfred J. Zerbe 2010-07-02

Emotions have widespread effects in organizations and underlie a broad range of dynamics in organizations. This volume explores the role that emotion plays in such diverse organizational phenomena as entrepreneurship, change, service failure, and creativity.

Emotional Intelligence in Education - Kateryna V. Keefer 2018-07-13

This book highlights current knowledge, best practices, new opportunities, and difficult challenges associated with promoting emotional intelligence (EI) and social-emotional learning (SEL) in educational settings. The volume provides analyses of contemporary EI theories and measurement tools, common principles and barriers in effective EI and SEL programming, typical and atypical developmental considerations, and higher-level institutional and policy implications. It also addresses common critiques of

the relevance of EI and discusses the need for greater awareness of sociocultural contexts in assessing and nurturing EI skills. Chapters provide examples of effective EI and SEL programs in pre-school, secondary school, and university contexts, and explore innovative applications of EI such as bullying prevention and athletic training. In addition, chapters explore the implications of EI in postsecondary, professional, and occupational settings, with topics ranging from college success and youth career readiness to EI training for future educators and organizational leaders. Topics featured in this book include: Ability and trait EI and their role in coping with stress, academic attainment, sports performance, and career readiness. Implications of preschoolers' emotional competence for future success in the classroom. Understanding EI in individuals with exceptionalities. Applications of school-based EI and SEL programs in North America and Europe. Policy recommendations for social-emotional development in schools, colleges and universities. Developing emotional, social, and cognitive competencies in managers during an MBA program. Emotional intelligence training for teachers. Cross-cultural perspective on EI and emotions. Emotional Intelligence in Education is a must-have resource for researchers, professionals, and policymakers as well as graduate students across such disciplines as child and school psychology, social work, and education policy. Chapter 2 of this book is available open access under a Creative Commons Attribution 4.0 International License at link.springer.com

International Handbook of Emotions in Education - Reinhard Pekrun 2014-04-16

For more than a decade, there has been growing interest and research on the pivotal role of emotions in educational settings. This ground-breaking handbook is the first to highlight this emerging field of research and to describe in detail the ways in which emotions affect learning and instruction in the classroom as well as students' and teachers' development and well-being. Informed by research from a number of related fields, the handbook includes four sections. Section I focuses on fundamental principles of emotion, including the interplay among emotion, cognition, and motivation, the regulation of emotion, and emotional intelligence. Section II examines emotions and emotion regulation in classroom settings, addressing specific emotions (enjoyment, interest, curiosity, pride, anxiety, confusion, shame, and boredom) as well as social-emotional learning programs. Section III highlights research on emotions in academic content domains (mathematics, science, and reading/writing), contextual factors (classroom, family, and culture), and teacher emotions. The final section examines the various methodological approaches to studying emotions in educational settings. With work from leading international experts across disciplines, this book synthesizes the latest research on emotions in education.

Handbook of Musical Identities - Raymond MacDonald 2017-03-09

Music is a tremendously powerful channel through which people develop their personal and social identities. Music is used to communicate emotions, thoughts, political statements, social relationships, and physical expressions. But, just as language can mediate the construction and negotiation of developing identities, so music can also be a means of communication through which aspects of people's identities are constructed. Music can have a profound influence on our developing sense of identity, our values, and our beliefs, be it from rock music, classical music, or jazz. Musical identities (MacDonald, Hargreaves and Miell, 2002) was unique in being in being one of the first books to explore this fascinating topic. This new book documents the remarkable expansion and growth in the study of musical identities since the publication of the earlier work. The editors identify three main features of current psychological approaches to musical identities, which concern their definition, development, and the identification of individual differences, as well as four main real-life contexts in which musical identities have been investigated, namely in music and musical institutions; specific geographical communities; education; and in health and well-being. This conceptual framework provides the rationale for the structure of the Handbook. The book is divided into seven main sections. The first, 'Sociological, discursive and narrative approaches', includes several general theoretical accounts of musical identities from this perspective, as well as some more specific investigations. The second and third main sections deal in depth with two of the three psychological topics described above, namely the development of and individual differences in musical identities. The fourth, fifth and sixth main sections pursue three of the real-life contexts identified above, namely 'Musical institutions and practitioners', 'Education', and 'Health and well-being'. The seventh and final main section of the Handbook - 'Case studies' - includes chapters which look at particular musical

identities in specific times, places, or contexts. The multidisciplinary range and breadth of the Handbook's contents reflect the rapid changes that are taking place in music, in digital technology, and in their role in society as a whole, such that the study of musical identity is likely to proliferate even further in the future.

Emotional Intelligence - Annamaria Di Fabio 2012-02-01

Emotional intelligence is an emerging construct for applied research and possible interventions, both in scholastic, academic and educational contexts, organizational contexts, as well as at an individual level in terms of people's well-being and life satisfaction. From the presented contributions, it emerges how this volume is characterized by an interest to give an international overview rich of stimuli and perspectives for research and intervention, in relation to a promising variable of current interest, such as emotional intelligence. The goal is that this book further contributes to the affirmation of a particularly promising variable, such as emotional intelligence, which requires a greater interest and attention in both research and application field.

Emotional Intelligence 101 - Gerald Matthews, PhD 2012

Key Features --

Emotional Intelligence in Everyday Life - John H. Beck 2013-10-14

Since the release of the very successful first edition in 2001, the field of emotional intelligence has grown in sophistication and importance. Many new and talented researchers have come into the field and techniques in EI measurement have dramatically increased so that we now know much more about the distinctiveness and utility of the different EI measures. There has also been a dramatic upswing in research that looks at how to teach EI in schools, organizations, and families. In this second edition, leaders in the field present the most up-to-date research on the assessment and use of the emotional intelligence construct.

Importantly, this edition expands on the previous by providing greater coverage of emotional intelligence interventions. As with the first edition, this second edition is both scientifically rigorous, yet highly readable and accessible to a non-specialist audience. It will therefore be of value to researchers and practitioners in many disciplines beyond social psychology, including areas of basic research, cognition and emotion, organizational selection, organizational training, education, clinical psychology, and development psychology.