

Emotional Intelligence

Rationale: Robbinsville students who are emotionally intelligent learn to be empathetic, demonstrate integrity and ethical behavior, are kind, are self-aware, willing to change, and practice self-care. They are better able to cope with the demands of the 21st century digital society and workplace because they are reliable, responsible, form stable and healthy relationships, and seek to grow personally and professionally. Emotionally intelligent people are able to manage their emotions, work effectively on teams and are leaders who can grow and help to develop others.

As an **educator** of emotionally intelligent learners, I will:

- Practice empathy by thinking about how others feel and think when I make decisions
 - Provide opportunities for students to reflect and self-assess
 - Demonstrate integrity and ethical behavior by working hard and encouraging my students to do the same
 - Create a classroom where kindness and compassion are expected
 - Show self-awareness and a willingness to change by embracing professional development and feedback, and seeking out opportunities to improve my practice
 - Practice self-care by modeling a healthy lifestyle, stable relationships, and exhibiting the behaviors of adults who maintain successful careers
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Students:

In order to practices empathy, I can:

- Listen to and grasp the views of others
- Internalize the experiences of others
- Imagine how I would react in situations others face
- Understand how my behavior makes others feel
- Adjust my behavior depending on the feelings of others

In order to demonstrates integrity and ethical behavior, I can:

- Work hard and be reliable
- Take responsibility to help and defend others
- Cite my sources, do my own work, and play fairly
- Educate myself regarding the ethical standards of my school, my community, my country, and countries around the world while practicing cultural relativism
- Be a critical thinker with regard to ethical standards and dilemmas and take action for causes in which I believe

In order to shows kindness, I can:

- Show compassion by understanding the problems of other people and demonstrating willingness to provide assistance
- Recognize and manage destructive and negative emotions
- Seek out needs in my community and generously volunteer time and effort
- Form healthy relationships and be a good friend

In order to show self-awareness and a willingness to change, I can:

- Take responsibility for my personal and professional growth
- Listen patiently to constructive criticism and use feedback to improve skills
- Have the humility to be open to continued learning and growth
- Recognize the importance of being a lifelong learner
- Be aware of and manage my individual strengths and weaknesses

In order to practices self-care, I can:

- Avoid dangerous behaviors
- Practice basic safety behaviors including physical and mental health practices
- Avoid unhealthy relationships
- Be motivated to succeed and be financially responsible
- Be a careful manager of my professional and digital footprint