

Emotional literacy



**ASSIGN
BUSTER**

Emotional literacy, otherwise known as emotional intelligence, is the ability to comprehend one's feelings, listen to others and console or empathize with their emotions, and the power to express feelings in a productive manner.

Emotional literacy is vital to one's life since it helps in handling their emotions, and improves their social relation with others. It also facilitates the feeling of community and makes cooperation possible during work (Elias).

Education institutions are social grounds for students. It is, therefore, logical that social emotion understanding be infused into the students to help them cope with their daily emotions and those of their colleagues. Students with emotion intelligence achieve more in their academic and social lives. It is also quite evident that students who experience a sense of belonging at school and learning environments characterized by positive relations perform better, academically (Elias).

In most cases, discussions on improving standards of students' performance and school improvement always include references to reducing the rate of "misbehavior." There are many ways of managing student behavior. These solutions focus on securing student behavior that is conducive to learning or to bring a perspective that ensures that the teacher is fully in control. The emphasis might be on supportive, preventive or corrective strategies involving different students at different times. Therefore, students with emotional understanding associate better with, both students and teachers. Thus, they avoid unnecessary collisions. They are able to start off conversations and actively participate in discussions. In addition, they plan their time well. Therefore, they get decent social life and study habits that

result to better achievements in academics and social life (Luiselli et. al, 2005).

With regard to parental involvement and academic achievement, studies seem to indicate that the two have a positive relationship. Research shows that the indulgence of parents in their children's education is beneficial to teachers, parents and student (McClure, 2008). This implies that a student is surrounded by caring and capable parents. The student is also exposed to moderate and competitive kinship. Consequently, the students' performances would inevitably improve. The more the parent is involved, the better the outcome. For instance, parents that check their children's homework and attend parent-teacher meetings would get better results from their children (Russell, Caris, Harris & Hendricson, 1983).

In every curriculum, emotional literacy is extremely vital and of enormous significance for exemplary performance. There is a need to facilitate emotional understanding, resilience, empathy, strong, cooperative skills and respect. All the above would assist the student in creating a conducive environment for learning. This is bound to result in better academic results. Introduction of emotion literacy into the curriculum would produce confident individuals with self-respect, sense of mental, emotional and physical well-being, secure beliefs and values. The students would be ambitious and relate to others and manage themselves. In conclusion, they would pursue a healthy and active lifestyle. This would undoubtedly improve students' performance (McClure, 2008).

Teacher burnout is defined as a condition caused by exhaustion, depersonalization and a diminished sense of accomplishment (Vandenberghe & Huberman, 2006). According to research, it has been discovered that emotionally intelligent people are flexible, productive and successful in solving issues that they are faced with from time to time. Teachers would, therefore, require such skills in order to cope with the daily stress they face. In managing to deal with their personal stress, they manage to focus on the proper development of the students ((McClure, 2008).