

St. Xavier's College (Autonomous), Ahmedabad

Syllabus of Semester-II of the following departments under Faculty of Arts based on Undergraduate Curriculum Framework - 2023 to be implemented from the Academic Year 2024-25

FACULTY OF ARTS

DEPARTMENT OF SOCIOLOGY

BA. (Hons) Sociology

Skill Enhancement Course - 1: Emotional Intelligence

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title & Code	Credit Distribution of The Course			Eligibility Criteria	Pre-requisite(s) of the Course (if any)
	Lecture	Tutorial	Practical / Practice		
Emotional Intelligence (SOH-SE-221-C)	2	0	0	10 + 2 from a recognized board in any stream	Basic Knowledge of Sociology

About the Course:

“Intelligence quotient (IQ) gets you hired but emotional quotient (EQ) gets you promoted”. This popular quote by Times magazine during late nineties has made the concept of emotional intelligence more popular among people by highlighting its multiple implications and applications. The uses and utility of emotional intelligence at home, school and workplace have benefited thousands in many disciplines. This course is designed to sensitize the participants about the concept, theory and applications of emotional intelligence. The participants will get to know the added advantage of EQ the software of the brain over the hardware (EQ). This programme will also explore how our hearts rule over our heads for creative creation. It will also focus on how various principles of emotional intelligence guide us in different contexts of life. The awareness about the credo of emotional intelligence will develop insights into self-regulation and realization of one's optimum potentials for better performance. The participants will come to know about many unknowns of life, which will further help them to enhance their awareness to be effective on their roles. The course will offer useful lessons with the help of practical exercises, games, audio-visual instruments, case studies, classroom interaction to show the road map how to foster emotional intelligence in organization for achieving health, happiness and optimal performance at work.

Unit I: Foundations of Intelligence and Emotional Intelligence

1. Introduction to Intelligence, Emotion, and Wisdom

- Meaning, nature, and interrelationship of intelligence, emotion, and wisdom.

2. Concept, Theories, and Measurement of Intelligence

- Major theories of intelligence, assessment, and applications.

3. Concept, Theories, and Measurement of Emotional Intelligence

- Meaning, models, assessment, and significance of emotional intelligence.

4. Correlates of Emotional Intelligence

- Emotional intelligence in relation to personality, academic performance, well-being, interpersonal relationships, and leadership.

Unit II: Development and Applications of Emotional Intelligence

1. Emotional Intelligence in Culture, Schooling, and Happiness

- Role of emotional intelligence in education, cultural contexts, and psychological well-being.

2. Enhancing Emotional Intelligence

- Strategies for developing emotional intelligence, including EQ mapping and self-assessment.

3. Emotional Intelligence, Stress Management, and Mental Well-being

- Managing stress, emotional regulation, suicide prevention, and the role of spirituality and meditation.

4. Applications of Emotional Intelligence

- Application of emotional intelligence in family, educational institutions, and the workplace.

References:

1. Bar-On, R., & Parker, J. D. A. (Eds.). (2000). *The handbook of emotional intelligence: Theory, development, assessment, and application at home, school, and in the workplace*. Jossey-Bass.
2. Goleman, D. (2006). *Emotional intelligence: Why it can matter more than IQ* (10th anniversary ed.). Bantam Books.
3. Goleman, D. (1998). *Working with emotional intelligence*. Bantam Books.
4. Mayer, J. D., Salovey, P., & Caruso, D. R. (2008). *Emotional intelligence: New ability or eclectic traits?* *American Psychologist*, 63(6), 503–517.
5. Pool, L. D., & Qualter, P. (2018). *An introduction to emotional intelligence*. Wiley-Blackwell.
6. Santrock, J. W. (2023). *Psychology* (8th ed.). McGraw-Hill.
7. Sternberg, R. J. (2020). *Adaptive intelligence: Surviving and thriving in times of uncertainty*. Cambridge University Press.
8. Sternberg, R. J. (Ed.). (2020). *The Cambridge handbook of intelligence* (2nd ed.). Cambridge University Press.
9. Zeidner, M., Matthews, G., & Roberts, R. D. (2009). *What we know about emotional intelligence: How it affects learning, work, relationships, and our mental health*. MIT Press.
10. Ciarrochi, J., & Mayer, J. D. (Eds.). (2007). *Applying emotional intelligence: A practitioner's guide*. Psychology Press.