

**Non-profit joint stock Company «KH. DOSMUKHAMEDOV ATYRAU UNIVERSITY»
FACULTY OF INNOVATIVE EDUCATION
DEPARTMENT OF PSYCHOLOGY AND PEDAGOGY**

«Approved»

Dean of the faculty
Mukhanbetzhanova A.U.

**The work plan of the school "Emotional Intelligence" for the 2022-2023
academic year**

Atyrau, 2022

Scientific and psychological direction: "School of emotional intelligence"

This is a self-study program aimed at developing emotional intelligence - a key skill focused on a successful future for students and adults.

It is this emotion that affects the results of training and work, enthusiasm and energy, the quality of our relationships and our mood.

The program for the development of emotional intelligence and social competence of students contributes to the social success and harmonious development of the child's personality, the disclosure of his potential through the development of emotional intelligence, the creation of a favorable environment for support.

Our goal:

Students should be able to constructively resolve conflicts, establish trusting relationships with people around them, correctly understand the causes of their own and others' emotions, be able to correctly interpret their emotions and the emotions of others, be able to correctly use their emotions and the emotions of other people to solve real as well as practical problems.

Tasks of the school:

Learning system adaptation to 1 lesson per week

Recruitment through 3 stages of the interview (telephone interview, personal interview, student screening lesson)

Purchase of equipment and printed materials for school (tables, chairs, textbooks - notebooks, board games, carpet).

Summarizing the dynamics of student development based on the results of work, collecting feedback from teachers and students themselves.

High-quality school results:

- * academic performance increases
- * students have fewer behavioral problems
- * students prefer more complex forms of cognitive activity, they are interested, involved and satisfied with the learning process
- * an atmosphere of mutual emotional support is formed in the group
- * establish trusting relationships between teachers and students, peers
- * in general, the emotional climate in the house, group and classroom will be favorable
- * students can interpret their behavior constructively, and also know how to manage their emotions
- * students learn to understand the causes of emotions in other people, as well as empathize and be attentive

The emotional and intellectual educational environment helps students to succeed, resolve conflicts productively, build a common language with peers and solve problems.

Plan:

School of Emotional Intelligence

№	Title	Responsible person	Deadline
1	<p>DEFINE EMOTIONAL INTELLIGENCE AND PERSONAL SUCCESS, TYPES OF INTELLIGENCE.</p> <p>* Why develop emotional intelligence? Familiarity with the history of the problem and types of high emotional intelligence</p> <p>*The main "components" of emotional competence:</p> <ul style="list-style-type: none"> ✓ self-knowledge ✓ self-control ✓ self-motivation ✓ empathy ✓ communication skills <p>- Diagnostics of the level of own EI. Definition of growth and development zones.</p>	<p>Candidate of Pedagogical Sciences, Head of the Department Shugaeva G. K., master, senior lecturer Musina G. M., Master, senior lecturer Turegalieva V. S.,</p>	september
2	<p>EMOTIONAL CONSCIOUSNESS. DEVELOPMENT OF SELF-AWARENESS</p> <p>Understand your emotions.</p> <ul style="list-style-type: none"> - Emotional literacy. What is the difference between emotions-feelings-states? - Eight groups of basic emotions. The scale of emotional tones. - Ego needs and their influence on emotional reactions. - The study of one's own inner space as a prerequisite for understanding other people. <p>Write a "diary of emotions" and thereby create emotional trainings for the development of self-awareness.</p>	<p>Candidate of Psychological Sciences, Associate Professor Sabirova Zh. N., master G. Mugauina, master, senior lecturer Sultangalieva A. E.</p>	october
3	<p>TOOLS FOR WORKING WITH YOUR EMOTIONS. SELF-CONTROL SKILLS</p> <ul style="list-style-type: none"> • Self-control control of emotions. <p>The structure of the brain. Development of emotional flexibility and conscious reactions.</p> <ul style="list-style-type: none"> * The "10 seconds" rationalization method is the main tool for managing your own emotions. • "Reframing" is a means of quickly converting unproductive emotional states into constructive ones. * providing the first "quick help". *Emotional maturity. Exercise 	<p>Кандидат педагогических наук, ассоциированный профессор Нурмукашева С. К., доцент Каженбаева А. Е., магистр, старший преподаватель Карабаева Н. Б.,</p>	ноябрь

	"grow" with the help of the "fan of emotions" tool.		
4	<p>THE BASICS OF EMPATHY AND UNDERSTANDING THE EMOTIONS OF OTHERS.</p> <p>* Empathy: understanding the emotions of another person. Emotions of communication.</p> <p>* Personal interaction strategy. Knowledge and analysis of personal relationships and stereotypes that hinder/promote understanding.</p> <p>* Ability to communicate with people according to their emotional reactions.</p> <p>* Flip-flop technique.</p> <p>* Control impulsivity, express your feelings and thoughts constructively, cultivate self-sufficiency, flexibility and problem-solving skills.</p>	<p>PhD, Acting Associate Professor Kaziev K. O., Candidate of Pedagogical Sciences, Associate Professor Fadeeva A. A., Master, senior lecturer Akhmet-Omirzak A. K.</p>	December
5	<p>EMOTIONAL INTELLIGENCE AND INSPIRING LEADERSHIP.</p> <p>* EI is the way to develop charisma.</p> <ul style="list-style-type: none"> • how to inspire and manage the emotional state of others according to the pattern. • How to "sell" an idea and motivate it to achieve. 	<p>Candidate of Pedagogical Sciences, senior lecturer Rizuanova A. K., master, senior lecturer Bisembayeva T. Zh., master, senior lecturer Bisenova Sh. N.</p>	January

Head of the Department

Shugaeva G.K.

Scientific supervisor

Sabirova Zh.N.