

GOVERNMENT OF ANDHRAPRADESH
COMMISSIONERATE OF COLLEGE EDUCATION
LEARNING MANAGEMENT SYSTEM

SUBJECT: ENGLISH

PAPER TITLE: ENGLISH PRAXIS- I

WRITING SKILLS – PUNCTUATION NAME OF THE TOPIC:

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Soft Skills : Emotional Intelligence

- What are Soft Skills?

Soft Skills are personal attributes that enable someone to interact effectively and harmoniously with other people

- What is Intelligence ?

Intelligence is using brain rather than feelings. Intelligence is thinking and using the faculty of reason.

- What is emotional Intelligence?

It is the ability to understand, use and manage your emotions in a positive way.

- What is the importance of emotional intelligence?

It helps to allow you to understand and manage your emotions in order to self motivate you.

Meaning of emotions

- Emotions are feelings that occur when a person interact with others.
- Emotions play an important role in shaping ones personality
- Love, surprise, sadness, sorrow fear and worry are some basic emotions
- Emotions are basically two types

a)Positive b) negative

Positive Emotions

Love, attachment, joy, Satisfaction, hope, happiness

Negative emotions

Fear, Shame, Anxieties, guilt, envy

Nature and Functions of emotions

- Adolescence is characterised by emotional instability.
- Emotions are sudden. They evolve unintentionally
- emotions are relative. They are personal and vary from person to person
- Emotions are reactive. They happen, when something happens
- Emotions are guided by feelings . They are guided by facts
- Emotions are intensive. They make or break life
- Emotions are facilitative. They facilitate social interactions
- Emotions are informative. They send volumes of information
- Emotions are reciprocative. They generate emotions
- Emotions are biological. They impact on body
- Emotions are creative. They can be powerful source for inventions

Effects of positive and Negative emotions

If a person is emotionally satisfied, he or she will be happy, able to maintain good relationships.

- Positive emotions lead to better mental and physical health. They help to establish healthy relationships. Love and affection make people virtuous
- Negative emotions play an important role in ones life. Most of the time they are unwanted and destructive. They stop creativity, generate stress. They reduce ones confidence

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