

Gestionarea emoțiilor support team

Proiect derulat de: Trifu Andrei-George

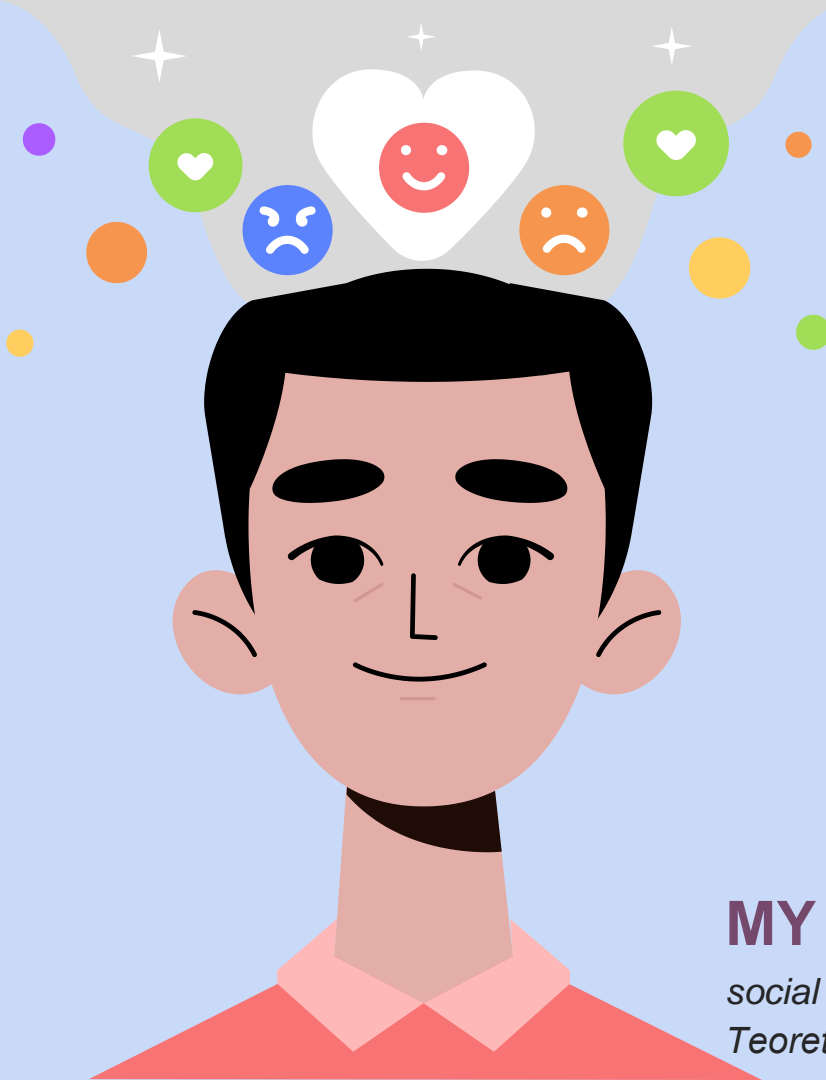
Talmaciu Ana-Maria

Fodor

Laura Maria

MY SCHOOL ENTERPRISE

*social entrepreneurship projects – competition organised by Liceul
Teoretic “Ovidius”*



Motivation

The fact that emotional intelligence is typically neglected in educational institutions, leaving students to figure out how to control and regulate their emotions on their own, served as the inspiration for this initiative.

When a student loses control, teachers make the mistake of assuming that they are acquainted of appropriate behavior. As a result, they become irritated with the offending student, who is not the only one at blame. Instead of lecturing pupils, educators should pay closer attention to their emotions throughout the entire academic process and teach them how to manage their negative emotional states and channel them into something productive.

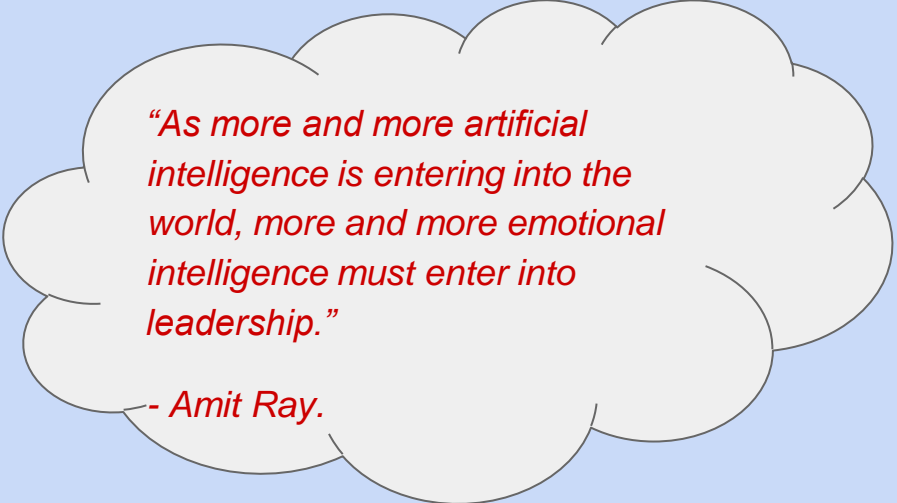
Since most students have never even heard the term "emotional intelligence," they lack the capacity to control their feelings under pressure, therefore, due to comparable circumstances, we educated ourselves on the subject and sought to share what we had learned with others because nobody had been there to guide us. We wanted to teach other students the importance of emotional intelligence, how it impacts daily life, and how it affects the way we develop into adults.

How did the project come to life?

The lack of knowledge about the emotional quotient was essentially the spark that started the “fire”.

After identifying the problem, we began devising effective solutions, and finally, we established GEST, an unconventional support group focused on managing emotions and increasing efficacy through self-control.

Then, we gathered materials from local certified psychologists and modified them so that any student could understand the main point.

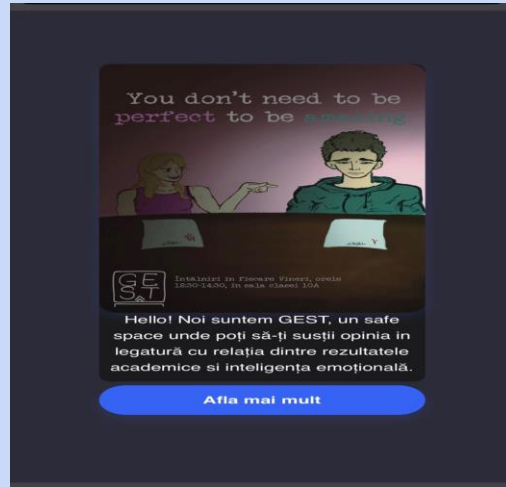


“As more and more artificial intelligence is entering into the world, more and more emotional intelligence must enter into leadership.”

- Amit Ray.

Activities- Promotion

We created a flyer to promote this project, trying to include all the necessary details. We distributed flyers to each class as we walked from one to the next informing the students about it. We reached out to the "Ovi News" website and the school's online magazine and we also communicated project details to each class' group chat.



GEST

Hello! Noi suntem GEST, un safe space unde poți să-ți susții opinia în legătură cu relația dintre rezultatele academice și inteligența emoțională. Scopul nostru este să creăm statistici finale în legătură cu influența inteligenței emoționale și modul în care acestea te afectează în dezvoltarea ta ca și adult. Deci, dacă te simți inferior din cauza notelor obținute sau a experiențelor din școală, aici este locul în care vei fi înțeles și ascultat. Pentru mai multe detalii sau neclarități puteți să ne contactați la numerele:

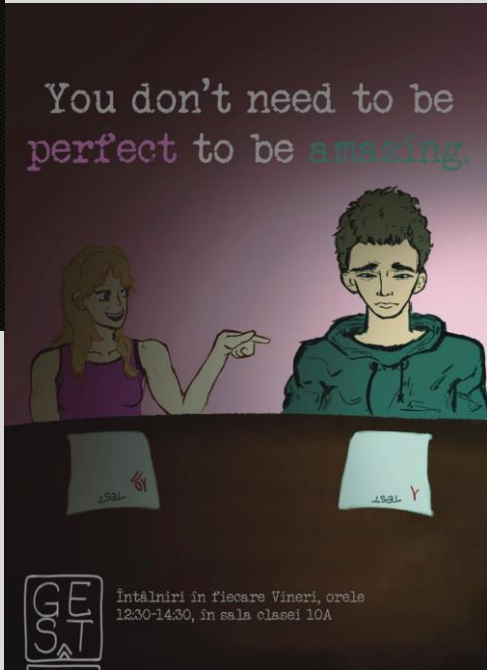
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În fiecare vineri începând cu 13 ianuarie 2023 în sala P15 la parter.

Formular de înscriere: [FORMULAR](#)



Activities - Calendar of events

The first meeting was held on January 13, 2023, and after that, all subsequent meetings were held on Fridays for a period of six weeks. We held two meetings per day, one lasting an hour from 12:30 to 13:25 and the other from 13:30 to 14:25, with a 5-minute break in between. Since we began the project, we've had 15 sessions in total thanks to the hour each of three teachers at the school gave us to create activities with their students.

We set aside two to three activities for each meeting:

- We played a game to get to know one another better on January 13th. We trained the kids' short-term memory by passing a ball around while mentioning our names, ages, and something we like about ourselves. The kid who got the ball had to repeat what the kids before him had said about themselves.
- We played a variety of games, such as "What do you do when...", "Word-Emotion," "When you..., I feel...", "I disagree with you!," and others on January 20 and 27 to observe how the kids responded to various scenarios when things didn't go their way.
- To try to make them aware of the fact that people react differently to the same situation and they try to minimize conflict in the best way they can, which doesn't always align with others' mentalities, on February 3 and February 10, we held debates on all kinds of emotions, both positive and negative, played role-playing games, and continued stories with words that first came to mind.
- On February 8th, we tested the kids' emotional intelligence and had them participate in a game called "Compliments," which required them to share three positive qualities about each other in teams of two. This exercise encouraged the kids to be more cordial and try to see the positive aspects of one another.

Activities - Beneficiars

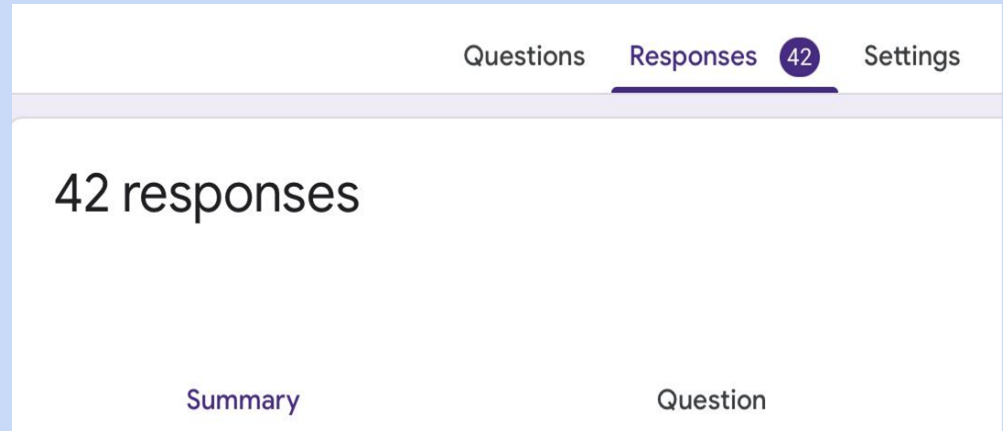
The project was created for Liceul Teoretic Ovidius students in two groups, one for middle school students and one for high school students, ranging in age from 10 to 18.

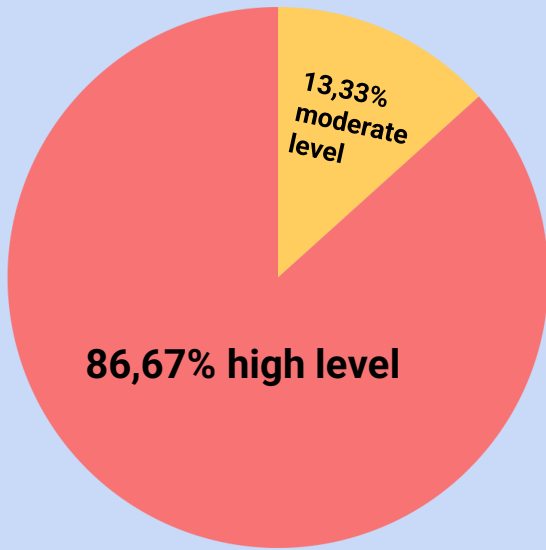
We have 46 participants after 6 weeks, and there will be many more until the summer break arrives.

Also, both physically and electronically, at least 20% of the students at the school had heard about our project.

We've given each of our participants an emotional quotient test, had them fill out an electronic form to serve as an attendance list, and created a diagram of their results.

Our participants' capacity to empathize with others and comprehend themselves got better after six weeks of meetings.





The diagram of emotional intelligence level

