

**4<sup>th</sup> SEMESTER**  
**SKILL ENHANCEMENT COURSE**  
**PSY418S: DEVELOPING EMOTIONAL COMPETENCE**

**CREDITS: THEORY: 2, TUTORIALS: 2**

*Objective: To help the students learn how to understand and manage their emotions and develop emotional competencies*

**THEORY: (2 credits)**

**Unit 1 (15 HOURS)**

Meaning, Nature and Importance of Emotional Intelligence. Measurement of Emotional Intelligence

**Unit 2 (15 HOURS)**

Developing. Emotional Intelligence, EQ Competencies: Self-Awareness, Self-Regulation, Motivation, Empathy, and Interpersonal Skills.

**TUTORIALS: (2 credits)**

1. Emotional Intelligence and Human Relationships
2. Emotional intelligence in Organizations al Context.

**Readings:**

1. Goleman, D. (1995). Emotional Intelligence. New York: Bantam Book.
2. Goleman, D. (1998). Working with Emotional Intelligence. New York: Bantam Books.
3. Singh, D. (2003). Emotional intelligence at work (2<sup>nd</sup>ed.) New Delhi: Response Books.
4. Goleman, D. (2007). Emotional Intelligence, A New Vision for Educators. Amazon Books.
5. Salovey, P., Marc, A., Brackett, and Mayer, J. D., (Eds.). (2007). Emotional Intelligence: Key Readings on the Mayer & Salovey Model. National Professional Resources Inc.