

Reimagining Writing as a Healing Art: A Case Study on Emotional Intelligence

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Abstract : Emotional intelligence as an essential job skill is growing in popularity among human resource professionals and hiring managers. Companies value those who have high emotional intelligence because of their personal competences (self-awareness, self-regulation, motivation) and social competences (empathy, social skills). In implementing any training system to teach emotional intelligence, the best methodologies for acquiring and/or improving these competences should be taken into consideration. This study focuses on how students perceived the art of writing as a tool for self-improvement. During this session, participants will engage in a brief activity designed to help students develop emotional intelligence. As a part of the discussion, participants will learn the results of a junior-level literary seminar conducted to better understand students' thoughts and views about the effectiveness of writing as a tool for emotional healing. An analysis of qualitative textual data is presented. The outcomes indicated that students found using writing as a tool for emotional intelligence development as highly effective. The findings also revealed that students have positive perceptions of using writing as a self-healing art that leads to increased emotional intelligence and believe that writing courses of this nature enhance students' appreciation of the value of the liberal arts.

Keywords : emotional intelligence quotient, healing, soft skills, writing

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