

If Your Child's Emotional IQ Were Tested, Would They Fail?

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State assessment scores are out, and once again schools have been ranked under the stringent criteria of the No Child Left Behind's raise 'em up or shut 'em down policies. As schools reel or jump for joy under their latest label, leading brain research poses a new question: If your child's emotional IQ were tested, would they fail?

Leading education and brain development researchers including Daniel Goleman, Alfie Kohn, and Joseph Chilton Pierce confirm the importance of emotional intelligence in determining a person's success in life.

But don't throw out the algebra books yet. These researchers do not undermine the importance of today's academic standards. Instead, using the latest in brain research, they argue that a strong emotional IQ (also known as EQ) will determine equally important skills such as problem-solving, tolerance, motivation, cooperation and relating compassionately to the world at large.

Indeed, more and more researchers, corporate trainers, and business leaders are utilizing EQ assessments and training to improve workplace production. As research continues in this area, many scholars have begun to argue the importance of integrating emotional literacy in our classrooms.

What's Hindering EQ in Today's Schools?

In his landmark book, *Emotional Intelligence*, Daniel Goleman argues that the most important environmental element contributing to EQ is emotional safety. In fact, Goleman also argues that students need to feel emotionally safe to perform at their academic best.

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an emotional vocabulary, which assists them greatly
in relating to the world around them."**

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THE COMPASSIONATE CLASSROOM, RELATIONSHIP BASED TEACHING AND LEARNING, October 2004, PuddleDancer Press, 190 pages, \$17.95, ISBN#1-892005-06-9.



In *Words Can Hurt Forever*, James Garbarino and Ellen deLara have shown, “Many schools inadvertently support and enable hostile and emotionally violent environments.”

According to Sura Hart and Victoria Kindle Hodson, authors of *The Compassionate Classroom*, the promise of reward, the threat of punishment and even grade-based comparisons are all fear inducing. Goleman proves that such behaviors actually create a physiological reaction that shuts down a student’s reasoning capacity — putting them in fight, flight or freeze mode. In this state, students simply cannot perform.

Hart and Hodson suggest that something as simple as shifting how teachers communicate to their students can have a profound effect on their emotional safety AND in the corresponding development of their emotional IQ.

The Compassionate Classroom offers educators assessment tools to measure how emotional nurturing their classrooms really are. The book also offers dozens of activities for teaching the simple yet powerful process called Nonviolent Communication (NVC).

Using the NVC process helps educators and students build trust, connection, compassion and empathy. Equally important, students and teachers learn to develop an emotional vocabulary, which assists them greatly in relating to the world around them.

As schools continue to push mastery of core competencies, leading researchers warn us not to forget the important element of emotional literacy. Partnered together, these skills compliment and expand our idea of essential skills to fully prepare students for the ever-changing challenges of the 21st century.



About Nonviolent Communication

From the bedroom to the boardroom, from the classroom to the war zone, the Nonviolent Communication (NVC) process is changing lives every day. NVC provides an easy to grasp, effective method to get to the root of conflict, violence and pain peacefully. By examining the unmet needs behind what we do or say, the NVC process helps reduce hostility, heal pain, and strengthen professional or personal relationships.

The NVC process is now being taught in corporations, classrooms, prisons and mediation centers around the globe. And it is affecting cultural shifts as institutions, corporations and governments integrate NVC consciousness into their organizational structures and their approach to leadership.

International peacemaker, mediator, author and founder of the Center for Nonviolent Communication, Dr. Marshall Rosenberg spends more than **250** days each year teaching the NVC process, including some of the most impoverished, war-torn areas of the world. More than **180** certified trainers and hundreds more teach this life-enriching process in **35** countries to approximately **250,000** people each year.

About the Center for Nonviolent Communication

The Center for Nonviolent Communication (CNVC) is an international nonprofit peacemaking organization whose vision is a world where everyone's needs are met peacefully. CNVC is devoted to supporting the spread of Nonviolent Communication training and consciousness around the world.

Access local, national and international training opportunities, download trainer certification information, connect to local NVC communities and purchase a variety of other NVC learning materials at:

www.CNVC.org

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- **For the Press**—Journalists and producers can access author bios and photos, recently published articles in the media, video clips and other valuable information.
- **Help Share NVC Community Forum**—Scheduled for launch in mid-2005, the Help Share NVC Community Forum provides an online space to support the continued spread of the NVC consciousness worldwide. Join our forum today at www.ShareNVC.com