

AGLP Leadership Development Curriculum

Understanding Emotions: Experiential Learning & Reflections Preview

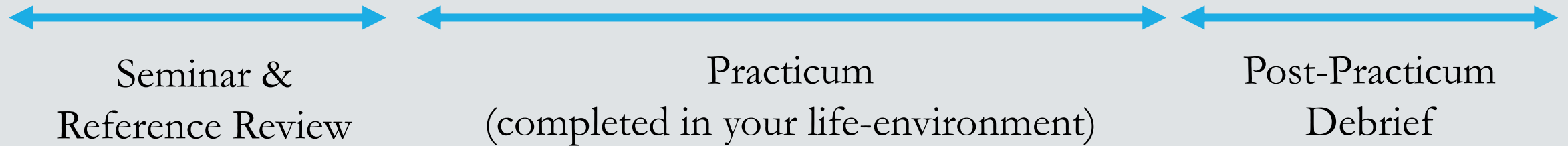
9/20/2021

AGLP Leadership Development Curriculum – Sequence*

| Learn | Experience | Reflection | Mentorship |
|---|--|---|--|
| leadership and emotional intelligence theory will be presented in bi-monthly seminars, augmented with external reference material | scenarios within the context of SEAS graduate student life (in academic, research & social settings) to focus on the learning theory presented the prior month | personal reflections on the experiential learning scenarios will reinforce the presented leadership & emotional intelligence theory | guidance provided by SEAS mentors & coaches related to the prescribed experiences for each leadership competency & each EI concentration |

* Based on the U.S. Coast Guard Academy's Leadership Development Program

AGLP Leadership Development Sequence



Seminar &
Reference Review

Practicum
(completed in your life-environment)

Post-Practicum
Debrief

September



November

Self-Awareness & Learning

October

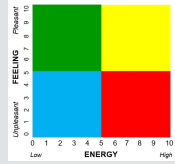
November

December

AGLP Leadership Development Curriculum

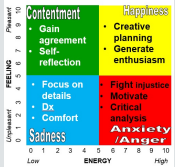
Understanding Emotions: Review

Emotional Intelligence – Leadership Management Skills



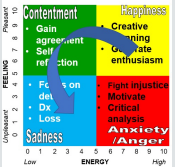
MAP

Map your feelings and other’s feelings.



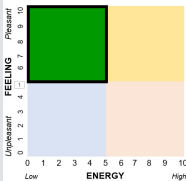
MATCH

Match feelings to connect and match feelings to task.



MEANING

Understand the meaning of the feeling(s) and how they might change.



MOVE

Move feelings to achieve ideal outcome.

Cognitive Empathy – understand the meaning of others' emotions

| EMOTION | EXAMPLE OF CAUSE YOU DISAGREE WITH |
|-------------|------------------------------------|
| Frustration | |
| Worry | |
| Happiness | |

And your reply:

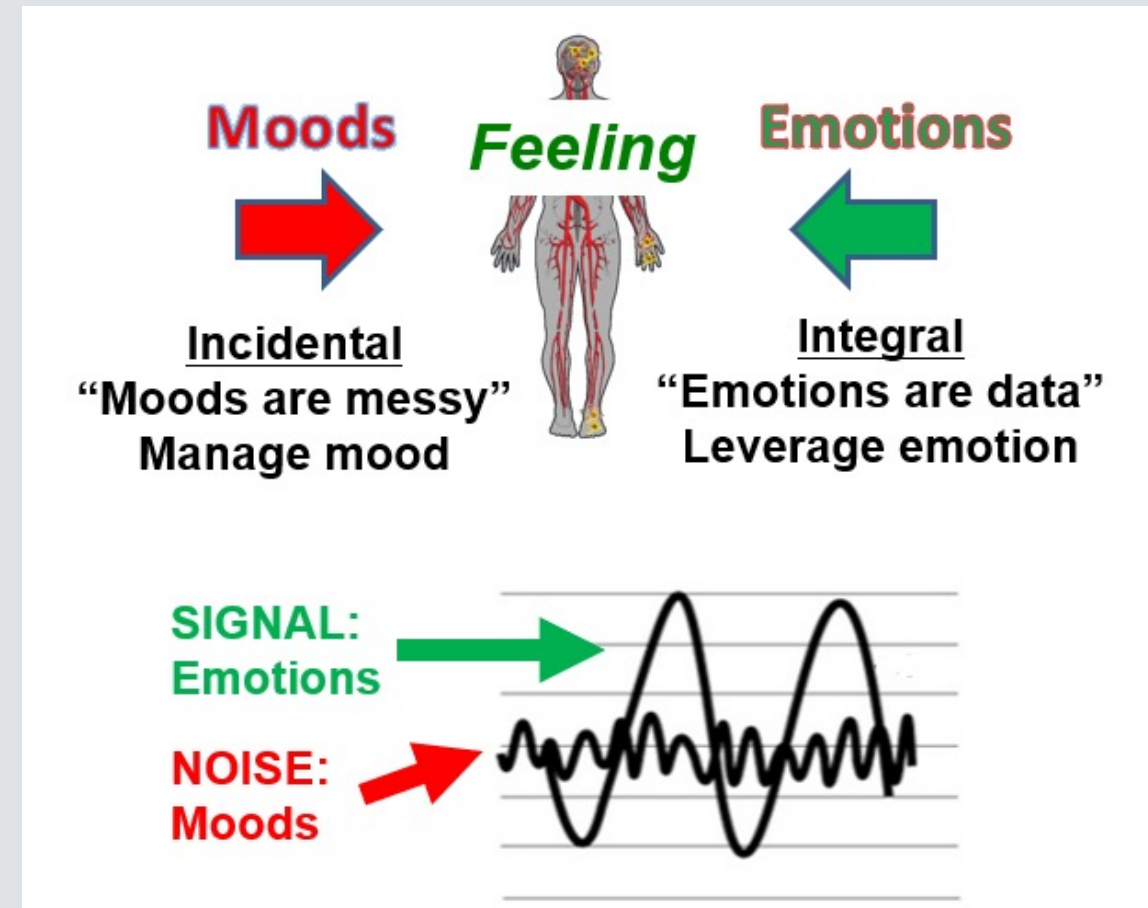
I can see how someone might feel that way.

Validation is one of the best strategies to encourage dialogue.

Validate then Investigate

When you have an “emotional moment” – if you are prepared - you can make better decisions

- **Feelings** can be based on an emotion or a mood.
- Do NOT go with your gut feel.
- Go with your ANALYZED gut.
- How would someone else react? Am I reasonable? Accurate? Correct assumptions?
- Know other person’s intent
- Reflect “Am I just in a bad mood?”



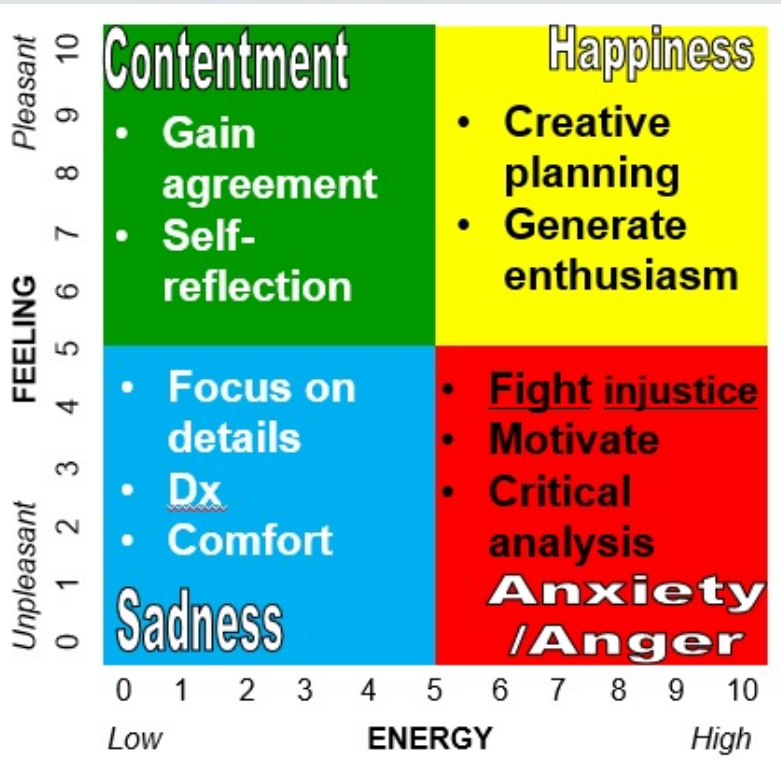
Understanding Emotions

MEANING

| EMOTION | UNIVERSAL CAUSE | INDIVIDUAL CAUSE |
|-------------|----------------------------|-------------------------------------|
| Happiness | Gain something of value | What do <u>you</u> value? |
| Frustration | Obstacle to achieving goal | What do <u>you</u> want to achieve? |
| Sadness | Lose something of value | What do <u>you</u> cherish? |

- Banish “you shouldn’t feel that way” and “that’s not important” statements.
- Must work to understand others’ perspectives – “cognitive empathy”
- How can you complete this chart on your boss? Peers? Team? Directs?
- And how can they know this about you?

Using Words to Understand Emotions



RED

Enraged
Terrified
Stressed
Scared
Shocked
Overwhelmed
Furious
Frustrated
Tense
Stunned
Concerned
Frightened
Angry
Nervous
Troubled
Anxious
Apprehensive
Worried
Irritated
Annoyed
Disturbed

YELLOW

Surprised
Hopeful
Amazed
Exhilarated
Ecstatic
Playful
Delighted
Excited
Optimistic
Elated
Energized
Cheerful
Content
Enthusiastic
Proud
Positive
Happy
Joyful
Inspired
Thrilled
Pleased

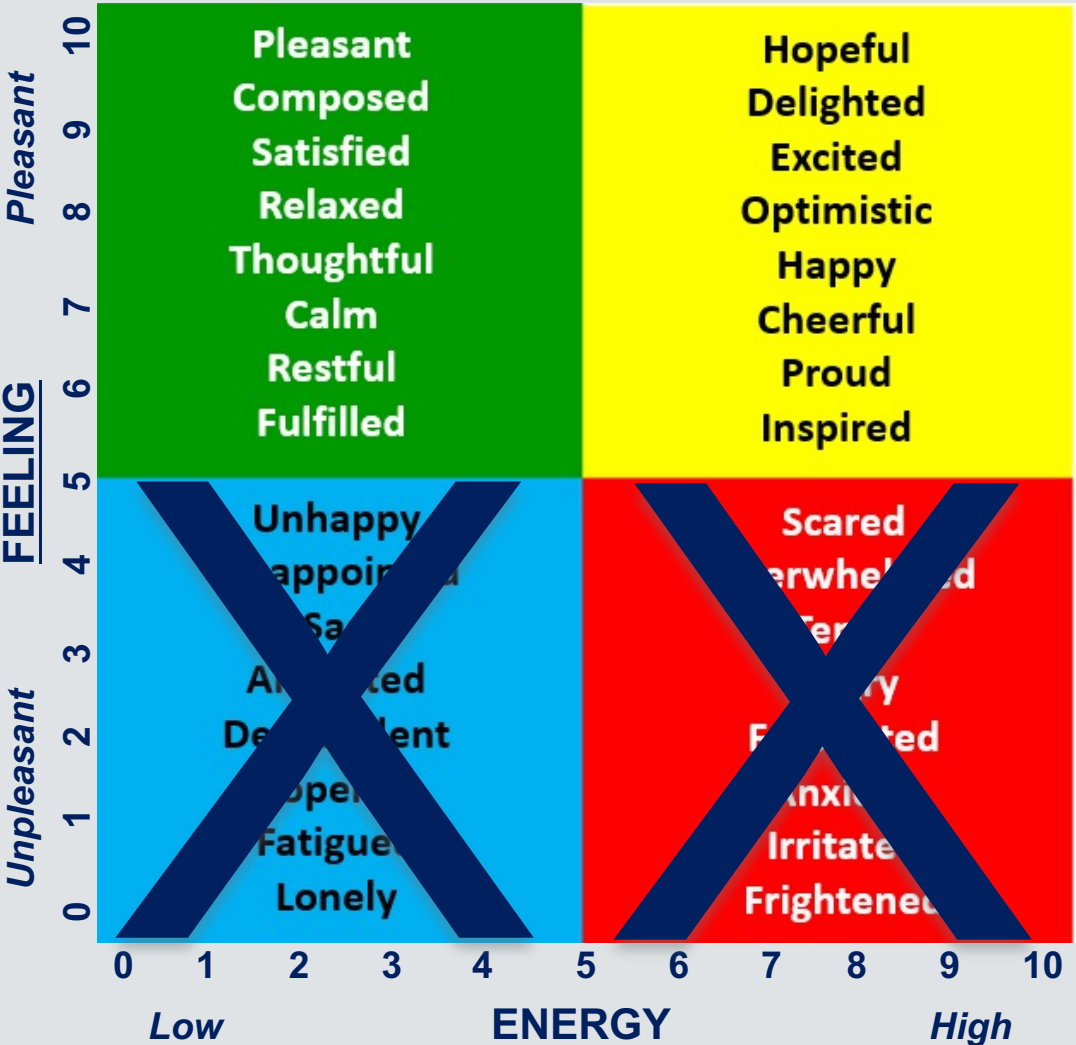
GREEN

At ease
Easygoing
Pleasant
Fulfilled
Serene
Calm
Composed
Satisfied
Grateful
Gratified
Relaxed
Tranquil
Restful
Blessed
Idyllic
Complacent
Thoughtful
Peaceful
Comfy
Harmonious
Sleepy

BLUE

Disgusted
Glum
Disappointed
Unhappy
Depressed
Pessimistic
Morose
Discouraged
Sad
Bored
Alienated
Miserable
Lonely
Forlorn
Tired
Despondent
Hopeless
Sullen
Exhausted
Fatigued
Despair

Understanding Emotions



Our role is to create environments of emotional and cultural respect.

The EI Challenge - Exhibiting sound Emotional Intelligence skills

- in real-time,
- with high levels of expertise,
- under stress,
- & on a consistent basis

Emotional Intelligence References

Videos:

“How are you?” [Brief video on ability model of EI](#)

Match emotions - [Match Emotions video](#)

Reading people - [“Reading people” video](#)

Causes of Emotions - [Causes of Emotions video](#)

About Emotions - [Basic Emotions video](#)

Managing Emotions - [Emotion Management strategies video](#)

Books:

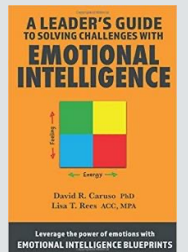
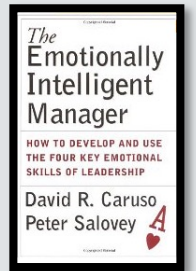
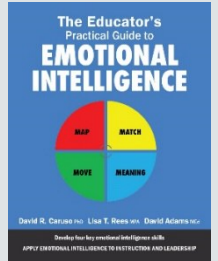
Leaders: [A Leader’s Guide to Solving Challenges with Emotional Intelligence.](#)

Educators: [The Educator’s Practical Guide to Emotional Intelligence.](#)

Caruso & Salovey: [Emotionally Intelligent Manager](#)

Assessment:

MSCEIT certification video [here](#).



Understanding Emotions

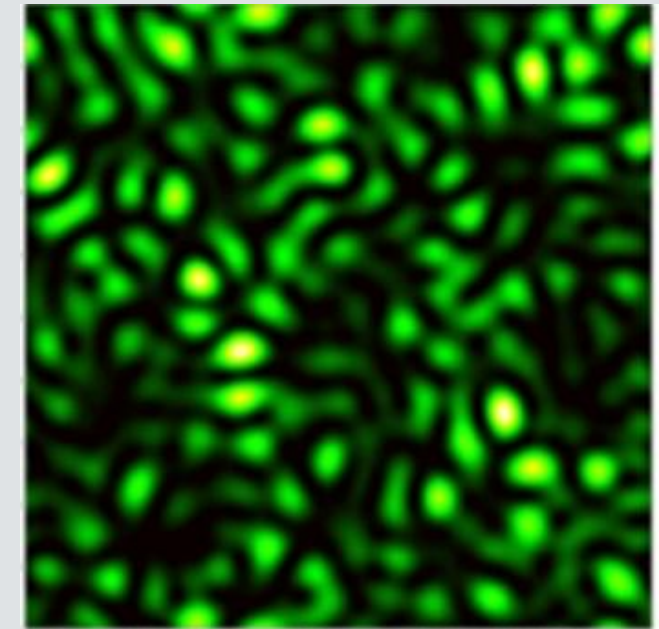
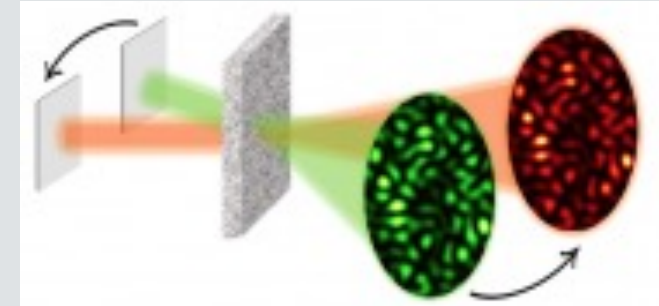
Practicum: Experiential Learning & Reflection

Using Emotions: Experiential Learning Scenarios

- **Lab work environment** – Practice cognitive empathy to understand the meaning of individual’s emotions.



- **Research publication process** – Improve your reactions to “emotional moments” – by being prepared to respond & by making better decisions



Laser light passing through an opaque layer, such as a piece of paper, creates a speckled wave pattern.

Understanding Emotions: Experiential Learning Scenarios

- **Teaching Fellow environment**
 - Use words and encourage your students to use words to explain how they feel



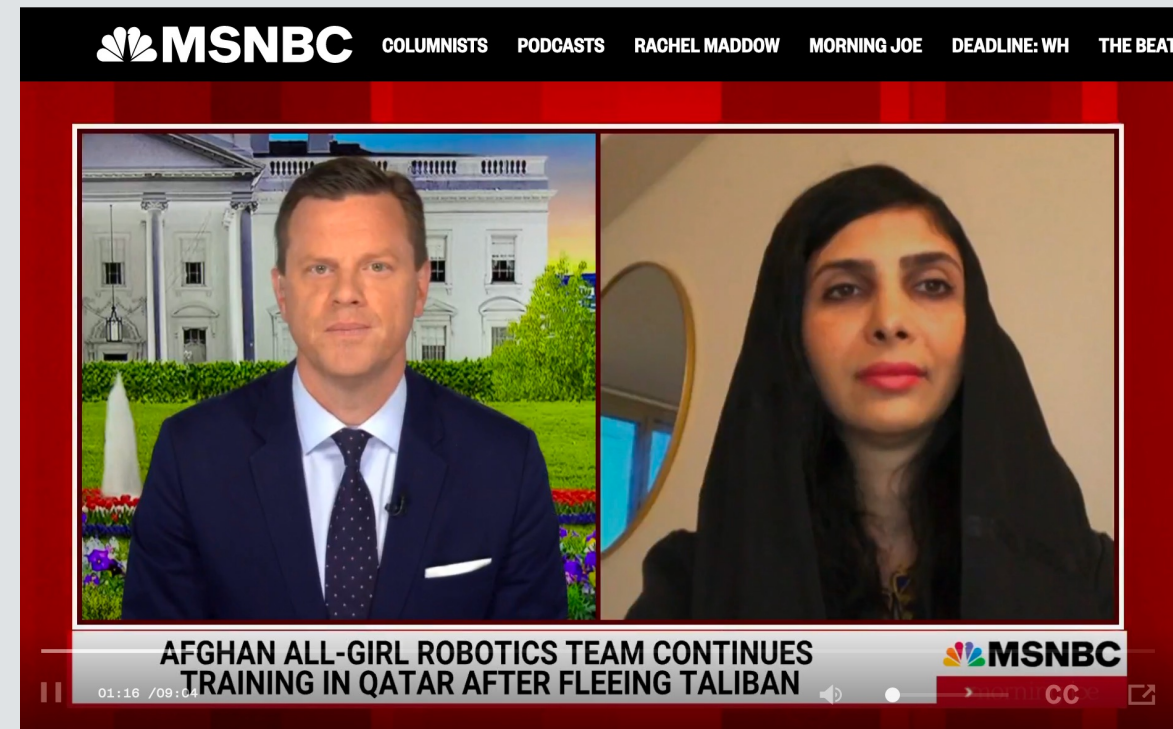
Home environment – Engage in the EI Challenge: Exhibit sound Emotional Intelligence skills in real-time, with high levels of expertise, under stress, & on a consistent basis,

Understanding Emotions: VW Experiential Learning



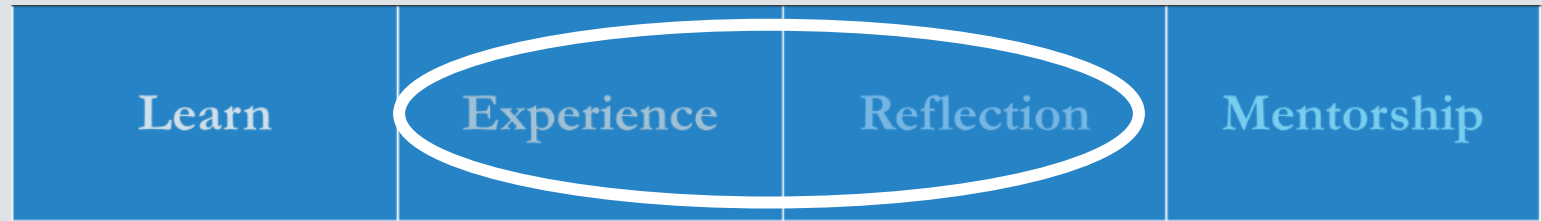
- Cognitive Empathy – practicing this in family gatherings & with my wife

- Using words to describe emotions – Roya Mahboob – leader of Afghan All-Girl Robotics Team: “shocked, concerned, angry, troubled, worried, ...” – all RED words

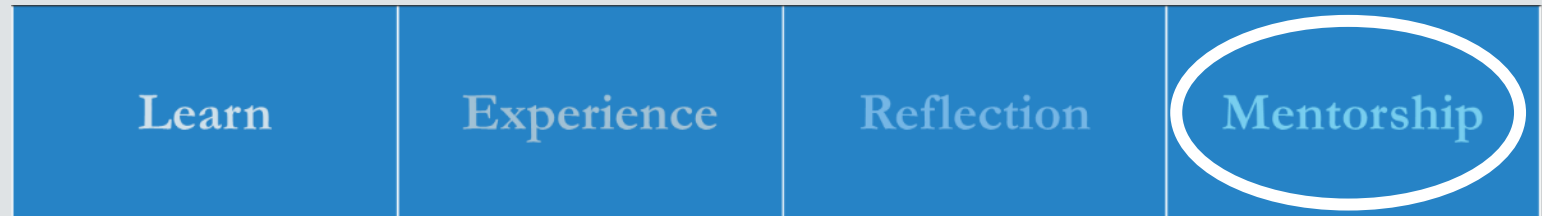


Next Steps

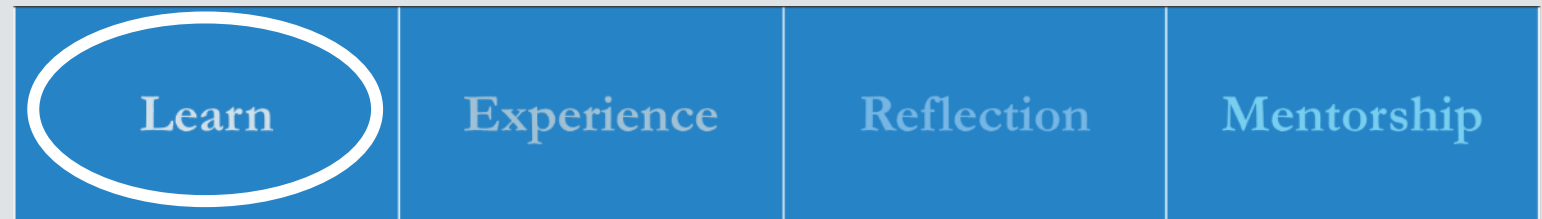
- EL & R – Understanding Emotions – all October



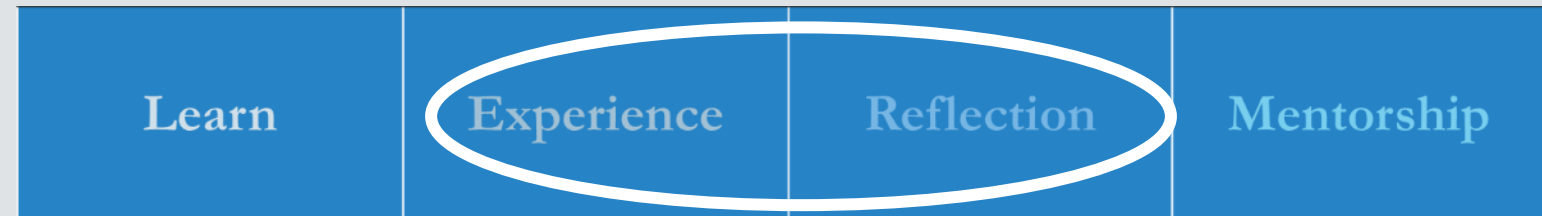
- Health & Well-Being – October ? - 12:30-1:30



- Self Awareness & Learning – Oct 4 (Review/Preview – Oct 18)



- EL & R – Self Awareness & Learning - all November



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