Why Is Emotional Intelligence Important for Teens?

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overall happiness.



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This text is an alternate

The concept of emotional intelligence is a top topic among today's modern teenagers. It's the young people of today that will make up the workforce of tomorrow. Businesses are essentially people. Therefore,

anything that affects the abilities of a person will also affect the business in which that person works or runs.
Many psychologists agree that a person's level of emotional intelligence, or EQ, can be more important than their IQ. Experts are discovering that a person's EQ is a clearer predictor¹ of the quality

of possible relationships. It is also a useful predictor for success and

- ³Your level of emotional intelligence is your ability to understand and recognize your own emotions and responses. Basically, it's your level of self-awareness. It's being able to control, manage, and adjust your mood, emotions, and responses through self-management. Having the skills to motivate yourself through emotions and then take the appropriate actions to commit and follow through is something you learn.
- ⁴ It is also a powerful skill to be able to recognize and understand the feelings of others, making a connection, and gaining trust. One important core element to social emotional intelligence is being able to build relationships. Another is communicating with other people in any given social situation. Additional important elements include working as part of a team and settling any conflicts that may arise.

Why is emotional intelligence so important?

- ⁵ Think about your mental well-being. Many of today's young people deal with stress and pressure each day. Those who lack the skills to deal with these stresses have a higher chance of acting out. Some people act out due to a lack of mental well-being. Having emotional intelligence skills affects both your outlook and attitude. It can also help get rid of anxiety. And it can help you deal with mood changes and avoid depression.
- Now consider your physical well-being. Having the ability to properly manage your stress has a powerful effect on your overall wellness. Your overall wellness is tied to your level of emotional intelligence.

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^{1.} predictor (pree DIHK tuhr) n. something or someone that tells what will or might happen.

Being aware of your emotional state and your responses to various situations helps you learn to manage your stress. It can help you stay in good health.

- Developing quality relationships is a skill everyone should have. By understanding your emotions, you can better manage yourself. You can communicate successfully. You will also be able to relate to those around you by understanding the needs and feelings of others. This will help you to build stronger bonds and have more fulfilling relationships.
- The skill of conflict resolution² is one many people wish they had. Being able to see the point of view of another person is a powerful skill. It will serve you well throughout your entire life. It's easier to get along with people and give them what they want when you're able to see both sides of a conflict.
- It's easy to see how social emotional intelligence plays a very important role in many areas of life. It plays a vital role in every area of the quality of our professional and personal existence. Technology can aid us in learning and mastering information. But it's mastering emotional intelligence where we learn to manage and master our emotions.

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^{2.} resolution (rehz uh LOO shuhn) n. act of finding an answer or solution.

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