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## Overview:

In his lecture, “Emotional Intelligence,” Larry Godfrey, a professor at the University of Toledo and Lourdes University, speaks about the importance of emotional intelligence and success.

## Summary:

In “How to Develop Emotional Intelligence,” Larry Godfrey, PhD. examines emotional intelligence (EQ) as it relates to a person’s success and satisfaction. He states that intelligence quotient (IQ) is not related to emotional intelligence and that emotional intelligence can be better understood through intrapersonal and interpersonal knowledge examinations. Godfrey notes that high EQ better correlates to higher success and satisfaction throughout one’s lifetime.

**ODE 9-12 STANDARD 1: *Health*; Topic 1, *Healthy Lifestyle Choices*; Topic 2, *Empathetic and Productive Relationships***

## Discussion Questions:

1. What are some physical symptoms or body indicators of emotions?
2. Do you feel in control of your emotions at all times? What motivates your emotional responses? Give an example where you exemplified control.
3. Godfrey reveals in the video (37:00) that, “venting is one of the worst ways to deal with anger, because it just builds upon itself.” Have you ever regretted an outburst of frustration or anger? Who was affected by your outburst and in what ways? How could you improve your reaction if you were to experience that emotion again?

## Activity:

Practice emotion control with a variety of [Emotional Intelligence Activities](#) and expand your knowledge on emotional intelligence.

## Resources:

Improving Emotional Intelligence: <https://www.helpguide.org/>

A Case for Emotional Intelligence in Our Schools: <https://prodimages.6seconds.org>

