

## **The importance of Emotional Intelligence: The Role of Higher Education**

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### **Abstract**

Back in 1995 Daniel Goleman published a revolutionizing idea about intelligence: Emotional Intelligence, or the capacity to control our impulses and desires, mattered more than Intelligence Quotient (IQ) for success in life. This psychologist points out that in students with comparable intellectual abilities, emotional attitudes make a critical difference. Students who experience anxiety, anger or distress cannot learn because their mindsets cannot take in information efficiently. Negative emotions interfere with the endeavor to concentrate, and they can become so obtrusive that overwhelm all other thoughts, so the sufferers cannot pay attention to whatever tasks they have before them. In contrast, emotions like motivation or enthusiasm propel people to accomplishment. Emotions can either get in the way or enhance people's ability to plan, to train or to solve a problem at hand, and therefore they determine the degree to which we use our mental abilities and how we do in life.

The emotional mind must be recognized as being fundamental to 21st century education if students are to develop crucial life skills as well as the capacity to think critically and behave sensibly.

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