

# Delhi Public School Knowledge Park - V

Greater Noida (West)

Date: July 01, 2023

DPSKP-V/2023-24/Circular/54

## CIRCULAR

***"It is not enough to be smart and hardworking. To have the added edge for success, students must also be able to understand and manage emotions."***

**Dear Parents,**

Greetings!

Emotional intelligence (EI) forms the juncture at which cognition and emotion meet. It facilitates our capacity for resilience, motivation, empathy, reasoning, stress management, communication, and our ability to read and navigate a plethora of social situations and conflicts. EI matters and if cultivated affords one the opportunity to realize a more fulfilled and happy life.

When it comes to academic performance, research has revealed emotional intelligence is almost as important as our cognitive intelligence and having a conscientious attitude. This is because emotionally intelligent students are better equipped to deal with negative emotions that might disrupt learning.

If students have high EI:

- They can quickly overcome exam stress and get on with answering the questions.
- They can overcome boredom and maintain concentration during dull topics.
- They can avoid obsessing over a disappointing grade and instead focus on improving next time.
- They can recognise if they are experiencing anxiety about an assignment and seek help rather than falling into dreaded procrastination/panic spiral).

**Keeping the above in mind Delhi Public School along with Learning Soil Edu is offering an assessment of Emotional Intelligence for the students of class IX and XI.**

**Assessment Duration: 30 minutes**

**Mode: Online**

Please fill your consent in the google sheet. The link will be shared in the class groups.

Looking forward to your cooperation!

  
Principal