

Emotional Education (6 ECTS credits)
Responsible: Maria A Romão Veiga Branco, Bárbara Barroso, Ana Paula Monte, António Meireles; E-mail: aubra@ipb.pt
Location: Bragança Campus
Partners: Bragança Polytechnic University (Portugal), University Croix Rouge de Limoges (France), Wroclaw Medical University (Poland), Tischner European University (Poland), Kaunas University of Technology (Lithuania), University Alexandru Ioan Cuza of Iasi (Romania), Kajaani University of Applied Sciences (Finland).
Calendar: Virtual component starting 30/04/2024, ending 25/06/2024. Physical component, starting 17/06/2024, ending 21/06/2024.
Contents: Emotional Intelligence (IE), Emotional Competence (EC), Emotional Education (EE): Concepts and neuro-differentiation. Emotion: Functions and Effects of Cognitive and Behavioral Processes. Emotion and Feeling: differences and expressions. EE for EC - Health Promotion/ EC Dimensions. Be emotionally competent as Educator, Manager, Entrepreneur. EE Laboratories I, II: Emotion Management Strategies. Education, Management, Social and Health Institutions: Controlled Internship experience: Practical Intervention plan (individual, family, group/community context).