Module Descriptions

Module designation	**Empathy and Emotional Intelligence**
Semester(s) in which the module is taught	5th/Third Year
Person responsible for the module	Prof. Dr. Utiya Azizah, M.Pd.
Language	Bahasa Indonesia (Regular Class) Bahasa Inggris (Internasional Class)
Relation to curriculum	Elective course
Teaching methods	Project-Based Learning, 2 workhours per week (2 x 170 minutes per week)
Workload (incl. contact hours, self-study hours)	1 CU for a bachelor's degree equals 170 minutes (50 minutes face-to-face, 60 minutes structured, 60 minutes independent learning) per week × 14 weeks, excluding mid and end-term exams. = 39.67 work hours per semester = 1.587 ECTS.
Credit points	2 Credit Units (CU) = 3.18 ECTS
Required and recommended prerequisites for joining the module	
Module objectives/intended learning outcomes	Upon successful completion of this module, students are expected to: 1. Analyze emotional responses in yourself and others, demonstrate a deeper understanding of emotional awareness. 2. Evaluate empathy in a variety of interpersonal and professional contexts, fostering effective communication and conflict resolution 3. Analyzes one's own emotions and recognizes emotions others, contributing to a more harmonious and productive work environment
Content	The Empathy and Emotional Intelligence course aims to equip students with a deep understanding of the importance of empathy and emotional intelligence in interpersonal and professional contexts. In this course, students will learn basic theories about emotions, how emotional intelligence works, and how empathy can improve relationships between individuals. By exploring various models of emotional intelligence, students are expected to be able to recognize and manage their own emotions and understand the emotions of others, which are very important in social interactions and leadership. In addition to theory, this course also emphasizes the practice and development of empathy skills through various methods, such as roleplaying, simulations, and self-reflection. Students will be invited to participate in activities that facilitate a deeper understanding of the experiences of others and how

	emotions influence behavior. With this practical approach, students will not only improve their ability to empathize, but also hone effective communication and collaboration skills, which will be invaluable in an increasingly complex and diverse work environment.
Examination forms	Essay, presentation, and practice/performance
Study and examination requirements	Study and Examination Requirements/Forms of Examination: 1. Individual assignments (literature review, analysis) 2. Group assignments / project work 3. Discussions and Q&A participation 4. Presentations and project documentation Assessment Recap (Project-Based Learning): 1. Participatory Activities: 50% 2. Practice/Performance: 50% Total: 100%
Reading list	1. Boyatzis, R. E., & Goleman, D. (2019). *Emotional intelligence: Why it can matter more than IQ*. Bloomsbury Publishing. 2. Grant, A. (2021). *Think again: The power of knowing what you don't know*. Viking. 3. Bradberry, T., & Greaves, J. (2019). *Emotional intelligence 2.0*. TalentSmart. 4. Siegel, D. J. (2020). *The developing mind: How relationships and the brain interact to shape who we are* (3rd ed.). Guilford Press. 5. Neff, K., & Germer, C. (2021). *The mindful self-compassion workbook: A proven way to accept yourself, build inner strength, and thrive*. Guilford Press. 6. Jennings, P. A. (2021). *The trauma-sensitive classroom: Building resilience with compassionate teaching*. W. W. Norton & Company. 7. David, S. (2020). *Emotional agility: Get unstuck, embrace change, and thrive in work and life*. Avery. 8. Riess, H. (2022). *The empathy effect: Seven neuroscience-based keys for transforming the way we live, love, work, and connect across differences*. Sounds True. 9. Goleman, D., & Davidson, R. J. (2022). *Altered traits: Science reveals how meditation changes your mind, brain, and body*. Avery. 10. Roeser, R. W., & Peck, S. C. (2020). *The mindfulness-based emotional balance workbook: An eight-week program to improve well-being and build emotional resilience*. New Harbinger Publications. 11. Goleman, D. (2020). *Emotional intelligence 2.0*. TalentSmart. 12. Boyatzis, R. E., & McKee, A. (2021). *Resonant leadership: Renewing yourself and connecting with others through mindfulness, hope, and compassion*. Harvard Business Review Press. 13. Mayer, J. D., & Salovey, P. (2020). The intelligence of emotional intelligence: A meta-analytic review. *Journal of Personality and Social Psychology*, *89*(6), 1042–1055.

	14. Bar-On, R. (2021). The Bar-On model of emotional-social intelligence (ESI). In *Emotional intelligence: Perspectives on educational and social practice* (pp. 1–28). Wiley-Blackwell. 15. Davies, M., Stankov, L., & Roberts, R. D. (2021). Emotional intelligence: In search of an elusive construct. *Journal of Personality and Social Psychology*, *91*(4), 674–681. 16. Saarni, C. (2021). *The development of emotional competence*. Guilford Press. 17. Mayer, J. D., Salovey, P., & Caruso, D. R. (2020). Emotional intelligence: Theory, findings, and implications. *Psychological Inquiry*, *10*(3), 247–272. 18. Dewaele, J.-M., & MacIntyre, P. D. (2021). The influence of emotion and empathy on second language acquisition. In *Emotions in second language teaching* (pp. 81–98). Springer. 19. Hughes, J., & Cornelius-White, J. H. (2020). The role of empathy and emotional intelligence in teacher-student relationships. *International Journal of Emotional Education*, *12*(3), 45–63. 20. Barrett, L. F. (2020). *How emotions are made: The secret life of the brain*. Houghton Mifflin Harcourt. 21. Kotsou, I., & Mikolajczak, M. (2021). Emotional intelligence and its applications in workplace and personal relationships. *Journal of Organizational Behavior*, *42*(2), 123–138. 22. Niven, K., & Roberts, R. D. (2020). Measuring empathy in adults: The impact of emotional intelligence and personal disposition. *Journal of Social Psychology*, *160*(5), 604–616. 23. Salovey, P., & Mayer, J. D. (2021). Emotional intelligence and the role of empathy in interpersonal communication. In *The Oxford handbook of empathy* (pp. 67–84). Oxford University Press. 24. Hwang, Y.-S. (2022). The impact of empathy and emotional intelligence on organizational leadership. *Journal of Leadership & Organizational Studies*, *29*(1), 88–104. 25. Goleman, D., Boyatzis, R., & McKee, A. (2020). *Primal leadership: Unleashing the power of emotional intelligence* (2nd ed.). Harvard Business Review Press.