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Comparison Between SEL and EI

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Comparison between SEL and EI

Social and emotional learning (SEL) is the exercise in which young and grown individuals obtain attitudes, knowledge and skills to create healthy recognition, observe and manifest empathy for others, attain individual and collective goals, control emotions, make caring and responsible decisions, and finally, create and sustain encouraging relationships. Whereas, emotional intelligence (EI) also known as emotional quotient (EQ) is the capacity to comprehend, use and control your emotions positively to reduce conflict, have effective communication, defeat provocations and empathize with others (Rani, 2019). Social and emotional intelligence and emotional intelligence are both similar and different to some extent. Their similarities and differences are mostly attributed to the effects they have on individuals.

Social and emotional learning is different but supportive of emotional intelligence. Both are required for developing an understanding of oneself and how one has interactions with others. Some deficiencies in social and emotional learning may be a result of insufficient development of emotional intelligence. Both of the intelligence requires a certain level of discipline if they are to be developed for beneficial use to an individual. It is hard to develop these skills hence calling for a social or emotionally intelligent individual. Another similarity is that one cannot exist without the other. Therefore, for a person to think highly of themselves or others, both skills are important (Rani, 2019). Conversely, social skills deficiency could lead to failed social experiences which in turn could undermine an individual's sense of self-worth, which is an emotional intelligence part.

The main difference between the two is that emotional intelligence is based on a personal perspective whereas social and emotional learning is based on the perspective of how an individual interacts with other people. Therefore, emotional intelligence is an intrapersonal skill

while SEL is an interpersonal skill. Last but not least, emotional intelligence is more about the present because it deals with emotions and feelings whereas social and emotional learning is about the future since it is associated with other people (Anwer et al., 2017).

References

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