

## Day 1 Summary

### Self-Awareness and Emotional Regulation in Education

Day 1 introduces you to the concept of **Emotional Intelligence (EI)** and how it plays a crucial role in higher education, affecting both personal and academic success. We will explore key aspects of EI such as self-awareness, emotional regulation, empathy, and motivation. You will begin with a lesson on EI and the role of **Generative AI (GenAI)** in enhancing self-awareness and emotional regulation. This lesson helps you understand how AI can provide personalized feedback to improve emotional growth and responses in challenging academic and personal situations.

Following the lesson, you will watch a multimedia video titled "**The Power of Emotional Intelligence**" by Dr. Travis Bradberry, where you'll learn about the significance of managing emotions and the impact of EI on relationships and success. Pay attention to how these concepts apply to your own life experiences.

Next, you'll participate in a **self-awareness journaling activity** with ChatGPT, where you'll use tailored prompts to communicate with the AI, reflect on your emotions, and gain deeper insights into your emotional intelligence.

To wrap up, share your experiences and insights in the **forum discussion** by reflecting on how ChatGPT helped you understand your emotional intelligence. Engage with your peers by reading and responding to their posts, creating a collaborative learning environment.

This day's activities are designed to deepen your understanding of EI and its importance in education, preparing you to navigate emotions more effectively in both academic and personal contexts.