

# Postgraduate Certificate Emotional Intelligence for High School Students





## Postgraduate Certificate Emotional Intelligence for High School Students

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/us/psychology/postgraduate-certificate/emotional-intelligence-high-school-students](http://www.techtitute.com/us/psychology/postgraduate-certificate/emotional-intelligence-high-school-students)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 18*

05

Methodology

---

*p. 22*

06

Certificate

---

*p. 30*

# 01

# Introduction

The complex stage of adolescence produces a series of notorious modifications in the emotions of young people, caused by their new interpersonal relationships or by their hormonal alterations. These changes, on many occasions, they are not able to manage them in the most appropriate way, so these adolescents need psychological help to learn to manage their feelings and build a strong personality. That is why TECH has designed this Postgraduate Certificate, through which the psychologist will learn to implement and evaluate EI strategies that allow to optimally develop the emotions of these patients, placing itself at the forefront of its sector in a 100% online way and without having to travel to study centers.





Schulung / Training

“

*This program will allow you to manage the most efficient EI techniques to help adolescents to manage feelings such as anger or frustration"*

Bullying and physical and verbal conflicts between students are the most frequent problems that occur in schools during adolescence, usually caused by an incorrect handling of feelings. In this line, Emotional Intelligence has emerged as a useful ally for psychological interventions with these young people, providing them with a series of tools that allow them to properly manage their emotions and positively channel anger, enthusiasm or frustration. Given the benefit offered, psychology professionals must have high skills in this area to provide first class care to their patients between the ages of 12 and 16.

For this reason, TECH has created this academic program, which will enable the student to learn the most efficient Emotional Intelligence techniques to modify the behavior of young people in the management of their feelings and promote their development as a person. Throughout this academic period, students will analyze the particularities of the main emotional alterations that usually occur in adolescence and will manage intervention strategies through EI to ensure the patient's balance. In addition, they will identify the role of teachers in their possible emotional evolution in order to coordinate their activity with that of these professionals.

Because this Postgraduate Certificate is developed through a 100% online methodology, the students will perfectly combine excellent learning with their personal and professional duties. Likewise, those responsible for teaching this program are active in the field of Psychology, so the knowledge acquired in the field of Emotional Intelligence will be fully updated.

This **Postgraduate Certificate in Emotional Intelligence for High School Students** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of case studies presented by experts in Psychology and Emotional Intelligence
- ♦ The graphic, schematic, and practical contents with which they are created, provide practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where self-assessment can be used to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*Become an excellently valued professional thanks to the competencies you will assimilate in this program"*

“

*Only with a Smartphone with Internet connection, you will be able to take this program and expand your knowledge in Emotional Intelligence for High School Students"*

The program's teaching staff includes professionals from the sector who bring to this training the experience of their work, as well as recognized specialists from prestigious reference societies and universities.

Its multimedia content, developed with the latest educational technology, will provide the professionals with situated and contextual learning, i.e., a simulated environment that will provide an immersive education programmed to learn in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professionals must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the students will be assisted by an innovative interactive video system created by renowned experts.

*Learn how to coordinate your work as a youth psychologist with that of the professionals in the educational center to optimize the results of the adolescent's therapy.*

*Enjoy a syllabus designed by the best professionals in psychology, which will provide you with the knowledge about IE with greater job applicability.*



# 02

# Objectives

TECH has designed this Postgraduate Certificate with the fundamental premise of offering the Psychology professional the most avant-garde knowledge in the field of the application of Emotional Intelligence to favor the management of the feelings of adolescents. In this way, the students will master the new mechanisms of intervention available in this area to ensure the well-being of the patient, learning ensured by the monitoring of a series of general and specific objectives.





“

*Incorporate in your daily practice as a psychologist the best skills in Emotional Intelligence to optimize the outcome of your therapies with adolescent patients”*



## General Objectives

---

- ◆ Update knowledge of emotional intelligence in its different fields of application, in the clinical, educational or labor field, with the aim of improving the quality of the professional's praxis in their daily work
- ◆ Introduce students to the vast world of emotional intelligence , from a practical perspective, so that they learn about the different disciplines covered by emotions in relation to human behavior and its possibilities
- ◆ Know the tools used in the practice of Emotional Intelligence
- ◆ Enable the development of skills and abilities by encouraging continuous training and research





## Specific Objectives

---

- ◆ Understand the function of the amygdala and negative emotion
- ◆ Recognize the intensity of emotion
- ◆ Determine the affective value of emotion

“

*Upon completion of this program, you will boost your professional career and enjoy better career prospects in the world of psychology”*

03

# Course Management

With the idea in mind of offering first class academic programs to its students, this TECH Postgraduate Certificate has a teaching staff made up of Psychology professionals specialized in Emotional Intelligence, who have experience in dealing with child and adolescent patients. In addition, the didactic resources of this program have been specifically developed by these experts, so that the knowledge offered to the student will have been previously applied in his or her professional career.





“

*This program is taught by active professionals in the field of Psychology in order to provide you with the most updated knowledge in Emotional Intelligence”*

## Guest Director



### Dr. De la Serna, Juan Moisés

- ◆ Psychologist and Writer expert in Neurosciences
- ◆ Writer specializing in Psychology and Neurosciences
- ◆ Author of the Open Chair in Psychology and Neurosciences
- ◆ Scientific disseminator
- ◆ PhD in Psychology
- ◆ Degree in Psychology. University of Seville
- ◆ Professional Master's Degree in Neurosciences and Behavioral Biology Pablo de Olavide University, Seville
- ◆ Postgraduate Diploma in Teaching Methodology. La Salle University
- ◆ University Specialist in Clinical Hypnosis, Hypnotherapy. National University of Distance Education - UNED.
- ◆ Diploma in Social Graduate, Human Resources Management, Personnel Administration. University of Seville
- ◆ Postgraduate Diploma in Project Management, Administration and Business Management. Federation of Services U.G.T
- ◆ Trainer of Trainers. Official College of Psychologists of Andalusia

## Management



### Ms. Jiménez Romero, Yolanda

- ◆ Pedagogical Advisor and External Educational Collaborator
- ◆ Academic Coordinator at Online University Campus
- ◆ Territorial Director of the Extremeño-Castilla La Mancha Institute of High Abilities
- ◆ Creation of INTEF Educational Contents in the Ministry of Education and Science
- ◆ Degree in Primary Education, English specialization
- ◆ Psychopedagogue by the International University of Valencia
- ◆ Professional Master's Degree in Neuropsychology of High Abilities
- ◆ Professional Master's Degree in Emotional Intelligence Specialist in NLP Practitioner

## Professors

### Mr. Salido Durán, Daniel

- ◆ Transpersonal Therapist
- ◆ Postgraduate Diploma in Emotional Intelligence
- ◆ Professional Master's Degree in Educational Coaching
- ◆ Degree in Philosophy and Educational Sciences from the University of Seville

### Ms. Pellicer Royo, Irene

- ◆ Postgraduate Diploma in Emotional Education at the Jesuitas-Caspe School, Barcelona
- ◆ Professional Master's Degree in Medical Sciences Applied to Physical Activity and Sport by the University of Barcelona
- ◆ Professional Master's Degree in Emotional Education and Well-being from the University of Barcelona
- ◆ Degree in Physical Activity and Sport Sciences at the University of Lérida

**Ms. Rodríguez Ruiz, Celia**

- ◆ Clinical Psychologist at EVEL Center
- ◆ Psychopedagogical Area Manager at Atenea Study Center
- ◆ Pedagogical Advisor at Cuadernos Rubio
- ◆ Editor of Hacer Familia Magazine
- ◆ Editor of Webconsultas Healthcare Medical Team
- ◆ Collaborator at the Eduardo Punset Foundation
- ◆ Degree in Psychology, UNED
- ◆ Degree in Pedagogies from the Complutense University of Madrid
- ◆ University Specialist in Cognitive Behavioral Therapy in Childhood and Adolescence by the UNED
- ◆ Specialist in Clinical Psychology and Child Psychotherapy by INUPSI
- ◆ Trained in Emotional Intelligence, Neuropsychology, Dyslexia, ADHD, Positive Emotions and Communication

**Mr. Monllor Pérez, Francisco**

- ◆ Integrative Therapist and Family Educator
- ◆ Coordinator at La Escuela de la Vida Family Care and Training Center
- ◆ Certified Mentor of the e-FP Project in Vocational Training
- ◆ Professional Master's Degree in Clinical Psychology from Maimonides University Buenos Aires
- ◆ Higher Postgraduate Diploma in Emotional Intelligence, Mindfulness and Positive Psychology
- ◆ Diploma in Osteopathy
- ◆ Associate of the Argentinean Society of Stress Medicine.





**Ms. Martínez Zarza, Ana María**

- ◆ Director of Personal Growth. Ana Zarza Center
- ◆ Collaborating teacher at the Intelligence Center
- ◆ Director of workshops for parents on Emotional Intelligence and Coaching
- ◆ Degree in Educational Psychology UNED
- ◆ Postgraduate Diploma in Emotional Intelligence. UNIR
- ◆ Specialist in Transpersonal Therapy. Miguel de Cervantes European University
- ◆ Higher Course in Coaching. Rey Juan Carlos University

“

*An educational and professional growth pathway that will propel you towards greater competitiveness in the labor market"*

# 04

## Structure and Content

The syllabus of this program is composed of 1 module through which the students will deepen their knowledge in the field of Emotional Intelligence applied to adolescents of high school age. All the didactic materials that will be available throughout this Postgraduate Certificate are present in a large number of varied textual and multimedia supports. Thanks to this, and through a 100% online methodology, the students will learn with the methods that best suit their way of studying.





“

*The Postgraduate Certificate in Emotional Intelligence for High School Students has a 100% online methodology that will allow you to learn from your own home"*

**Module 1.** Emotional Intelligence in Middle School and High School 12-16 Years Old

- 1.1. Characteristics of High School Education
- 1.2. Emotions in High School
- 1.3. The Role of Parents in High School
- 1.4. The Role of Others in High School
- 1.5. High School Development
- 1.6. Emotional Disturbances in High School
- 1.7. Diagnosis in High School
- 1.8. Emotional Intelligence Intervention Tools in High School
- 1.9. Intervention with Emotional Intelligence in High School
- 1.10. Evaluation of the Efficiency of Emotional Intelligence in High School





“

*Access first-class educational content, available in a wide range of textual and interactive formats to enhance your learning”*

05

# Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.



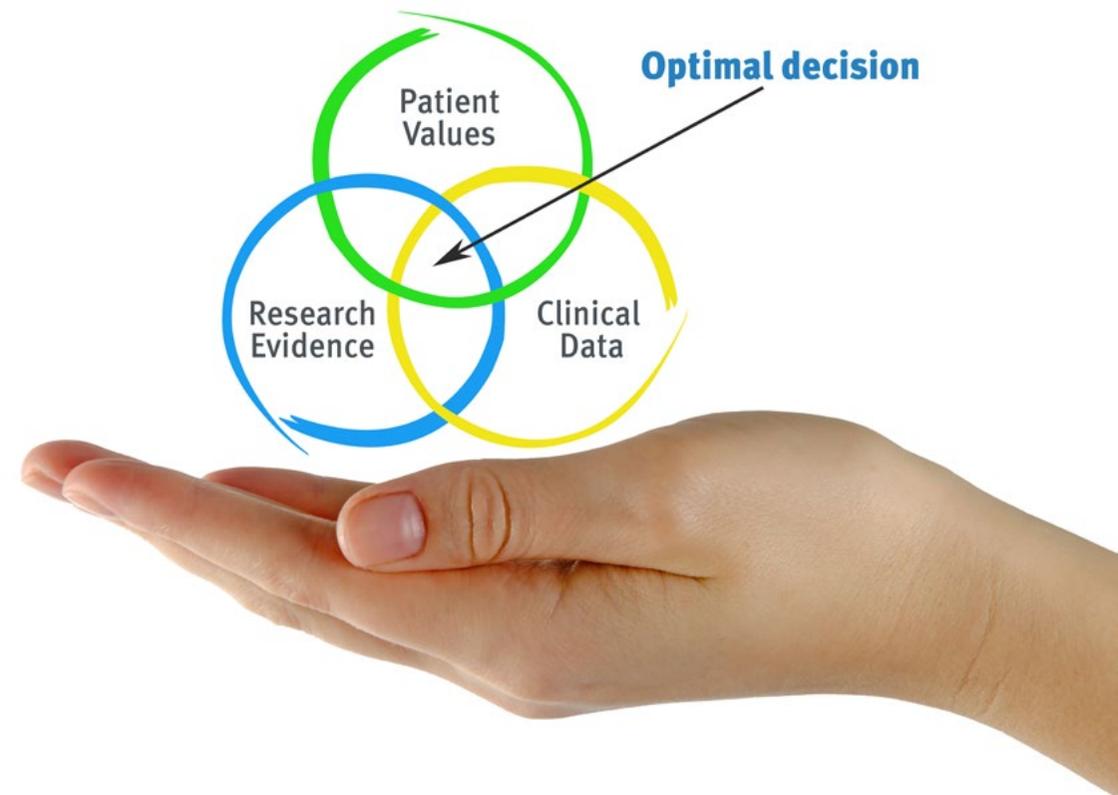
“

*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

*With TECH the psychologist experiences a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gervas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the psychologist's professional practice.

“

*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Psychologists who follow this method not only master the assimilation of concepts, but also develop their mental capacity by means of exercises to evaluate real situations and apply their knowledge.
2. Learning is solidly translated into practical skills that allow the psychologist to better integrate knowledge into clinical practice.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

Our university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.

*The psychologist will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

This methodology has trained more than 150,000 psychologists with unprecedented success in all clinical specialties. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

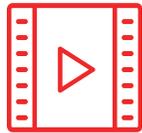
*Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by our learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then adapted in audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high-quality pieces in each and every one of the materials that are made available to the student.



#### Latest Techniques and Procedures on Video

TECH introduces students to the latest techniques, to the latest educational advances, to the forefront of current psychology. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



#### Interactive Summaries

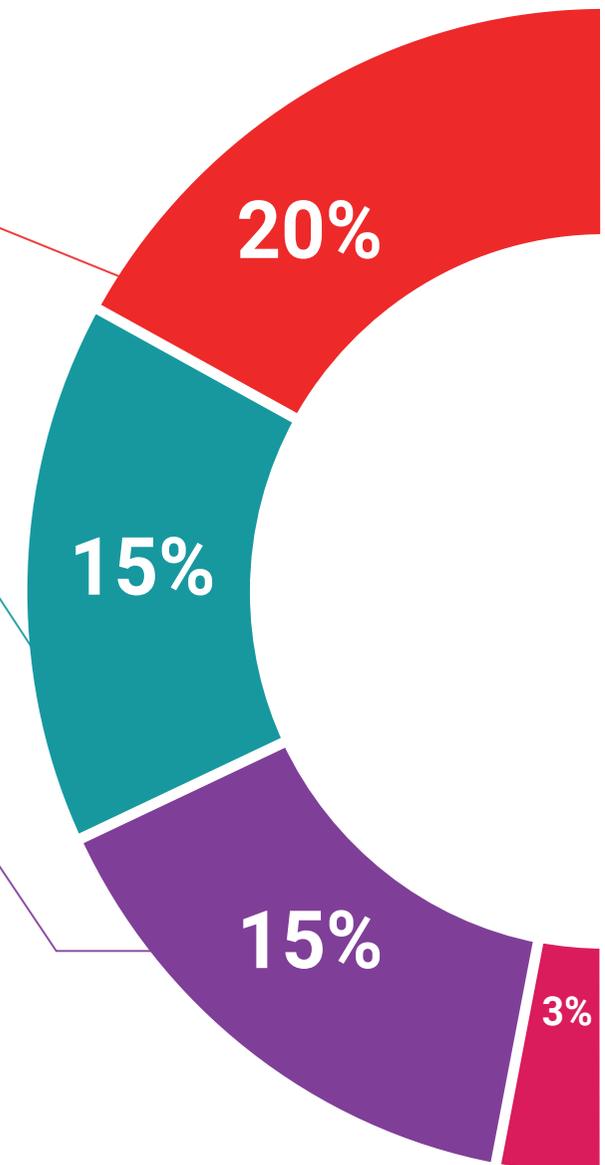
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

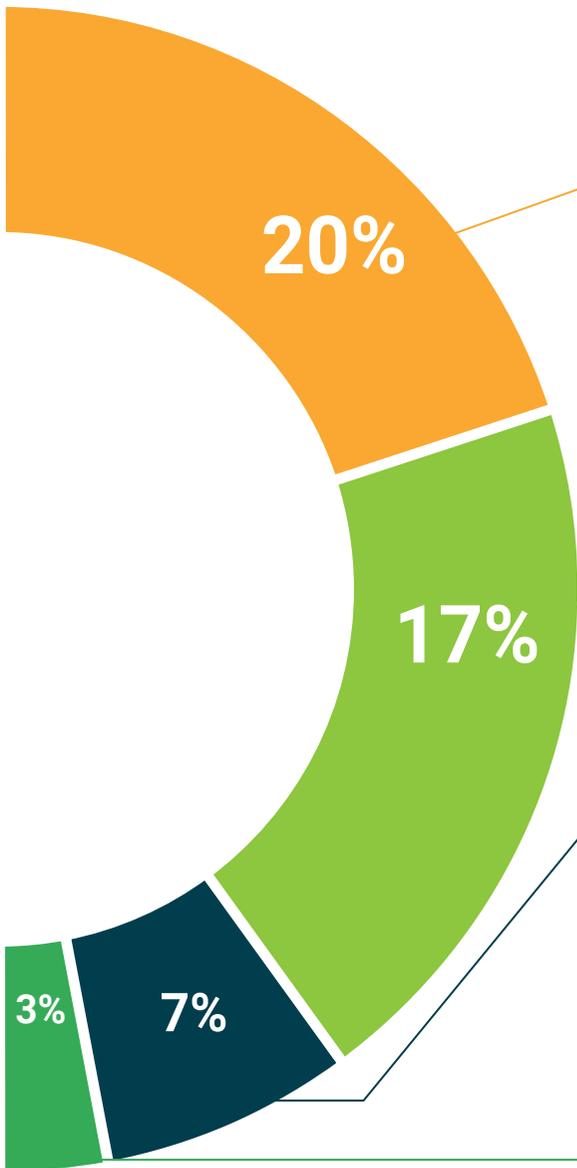
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





**Expert-Led Case Studies and Case Analysis**

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



**Testing & Retesting**

We periodically assess and re-assess students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



**Classes**

There is scientific evidence suggesting that observing third-party experts can be useful.  
Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



**Quick Action Guides**

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical and effective way to help students progress in their learning.



06

# Certificate

The Postgraduate Certificate in Emotional Intelligence for High School Students guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



“

*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*

This **Postgraduate Certificate in Emotional Intelligence for High School Students** contains the most complete and up-to-date scientific on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Emotional Intelligence for High School Students**  
Official N° of Hours: **150 h.**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
development language  
virtual classroom



## Postgraduate Certificate Emotional Intelligence for High School Students

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

# Postgraduate Certificate Emotional Intelligence for High School Students

