

Chapter 9

Integrating Emotional Learning Into Digital and Online Education


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ABSTRACT

This connection underscores the importance of fostering an educational environment where emotional competencies are prioritized alongside traditional academic subjects. The benefits of emotional learning extend far beyond academic performance. By teaching students how to recognize and manage their emotions, schools can contribute to the development of resilience and empathy. Resilience allows students to bounce back from setbacks and challenges, a crucial skill in navigating both personal and academic hurdles. Empathy, on the other hand, enhances students' ability to understand and connect with others, fostering a more inclusive and supportive classroom culture. These skills not only benefit individual students but also contribute to a positive school climate, where collaboration and mutual

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respect are paramount. Furthermore, emotional learning plays a pivotal role in students' mental health. In a time when mental health issues among youth are on the rise, incorporating emotional learning into educational curricula can serve as a preventive measure.

INTRODUCTION TO EMOTIONAL LEARNING

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THE DIGITAL LANDSCAPE: OPPORTUNITIES AND CHALLENGES FOR EMOTIONAL LEARNING

The digital landscape presents a dynamic environment for emotional learning, offering both significant opportunities and unique challenges. As technology continues to evolve and permeate various aspects of daily life, educators have the

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