



Student  
Voice

**YOUR VOICE  
MATTERS**

**Good morning, and welcome to  
the English Campus TV program.**

**Today, we will have the Student  
Voice program where we, the**

**students, can share our thoughts  
and opinions on a topic.**

**My name is Hebe Lam and today I  
would like to talk about**



**Emotional Intelligence.**  
**Emotional Intelligence, or E.Q,**



**is the ability to understand the way  
people feel and react and use**

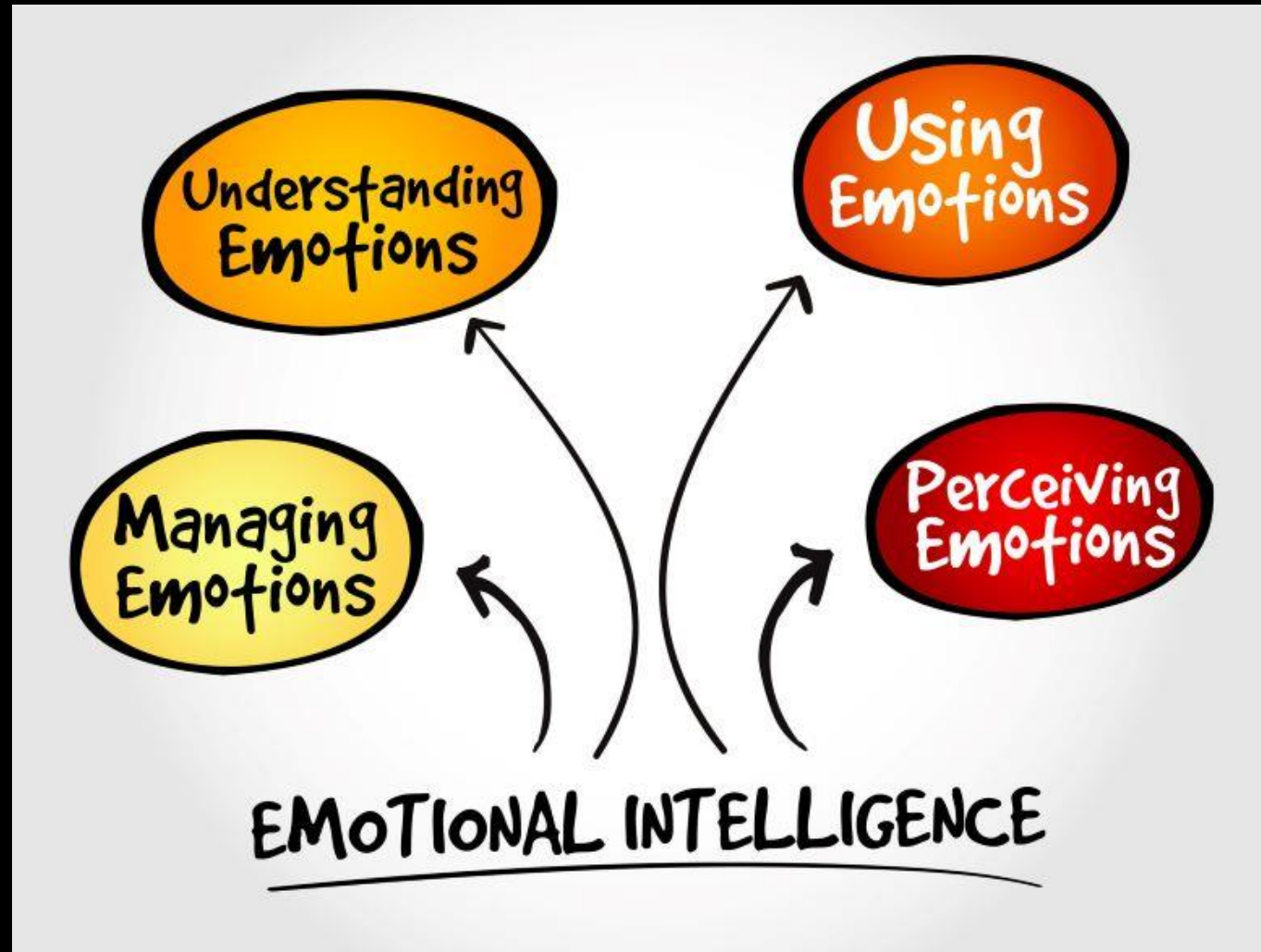


**this skill to make good judgments  
and to avoid or**

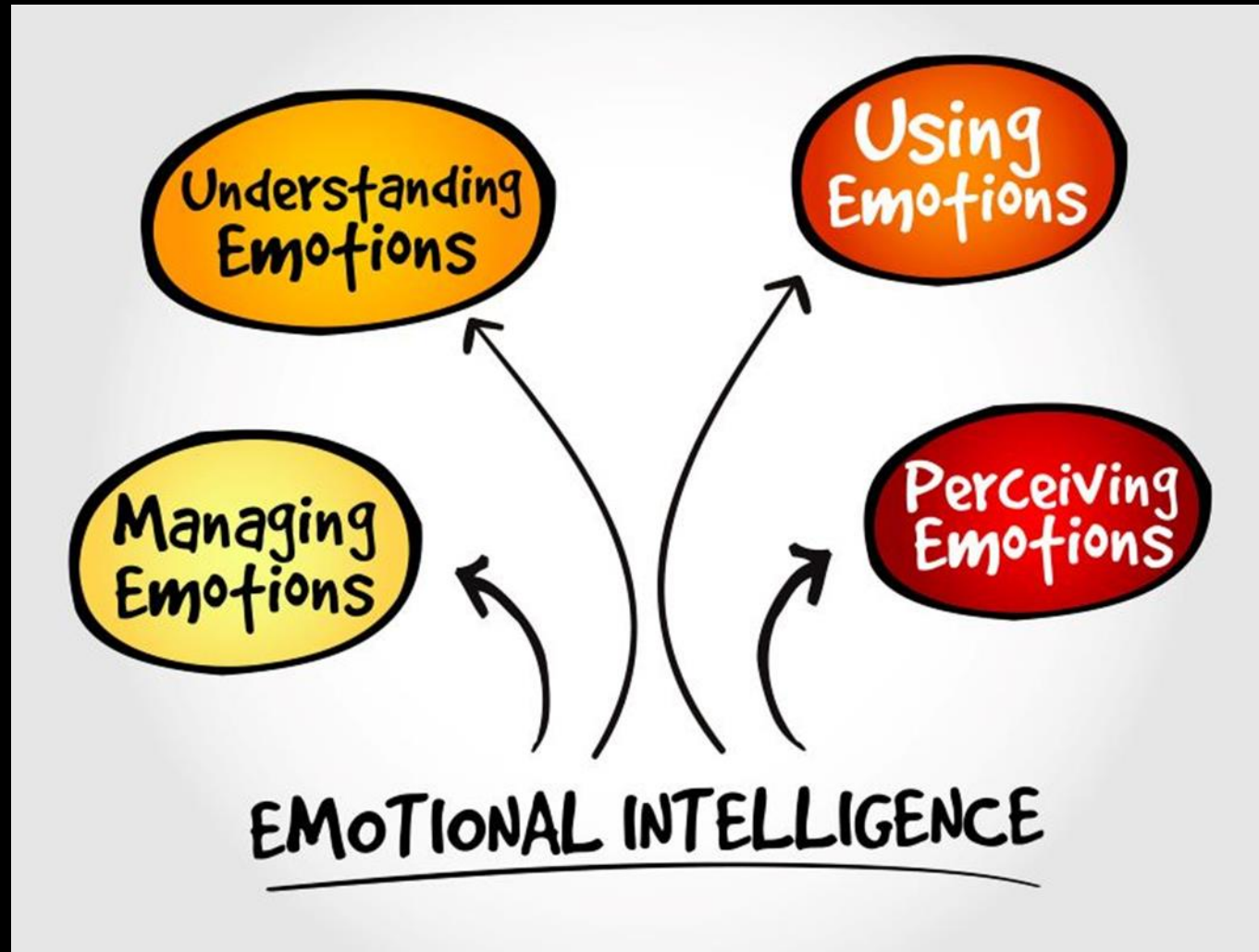




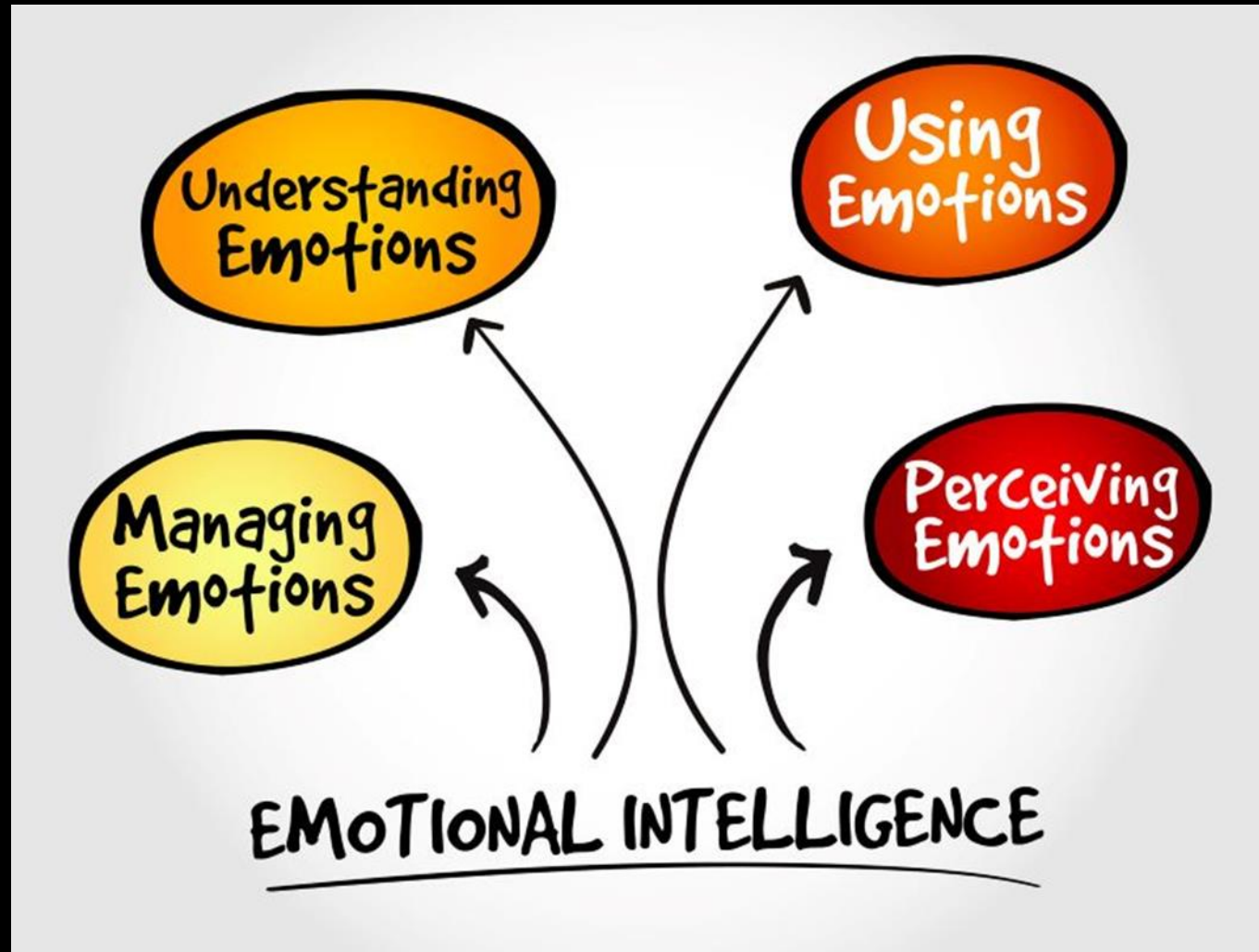
**solve problems. It is generally said to include at least three**



**skills: emotional awareness, or the ability to identify and name**

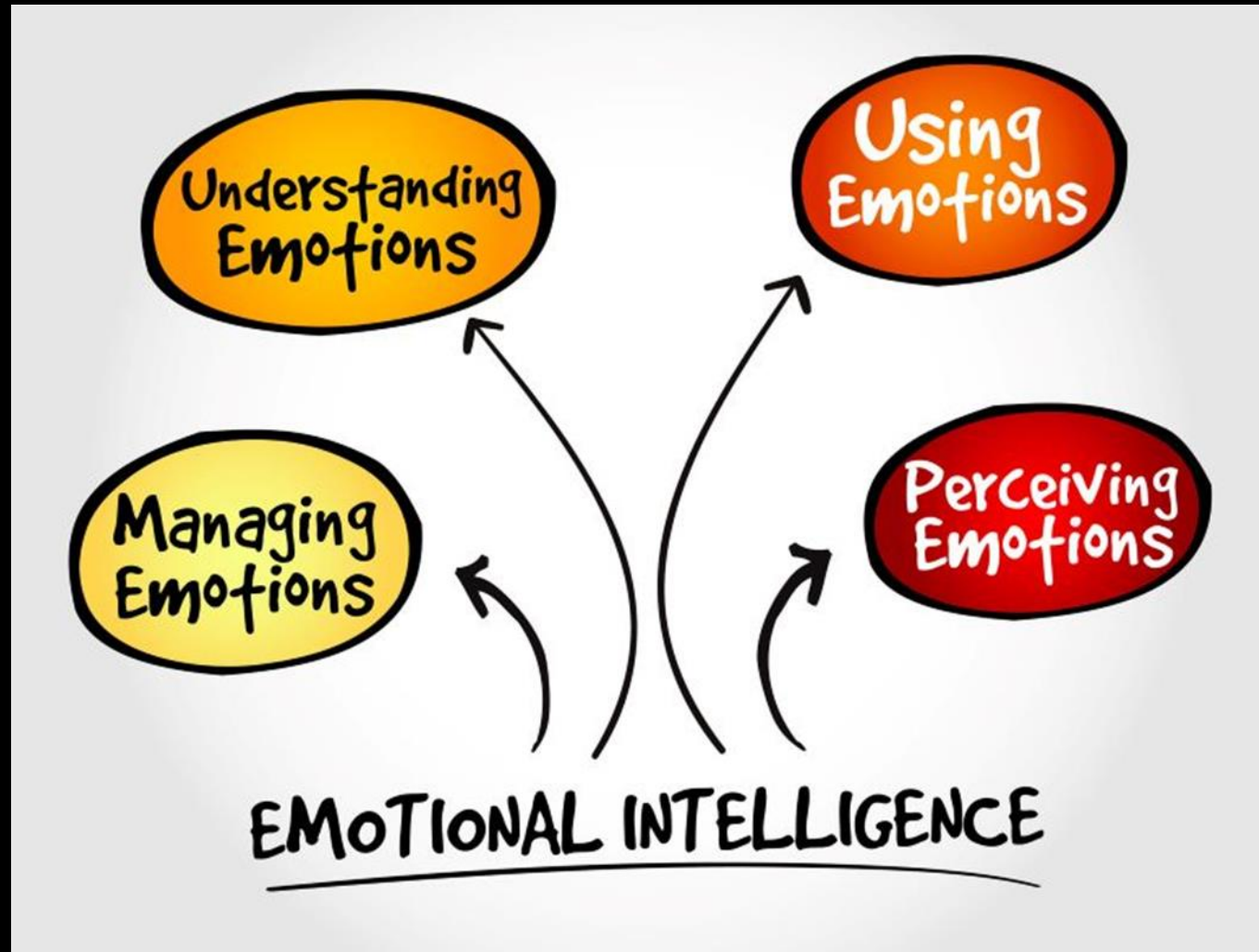


**one's own emotions; the ability to harness those emotions and**

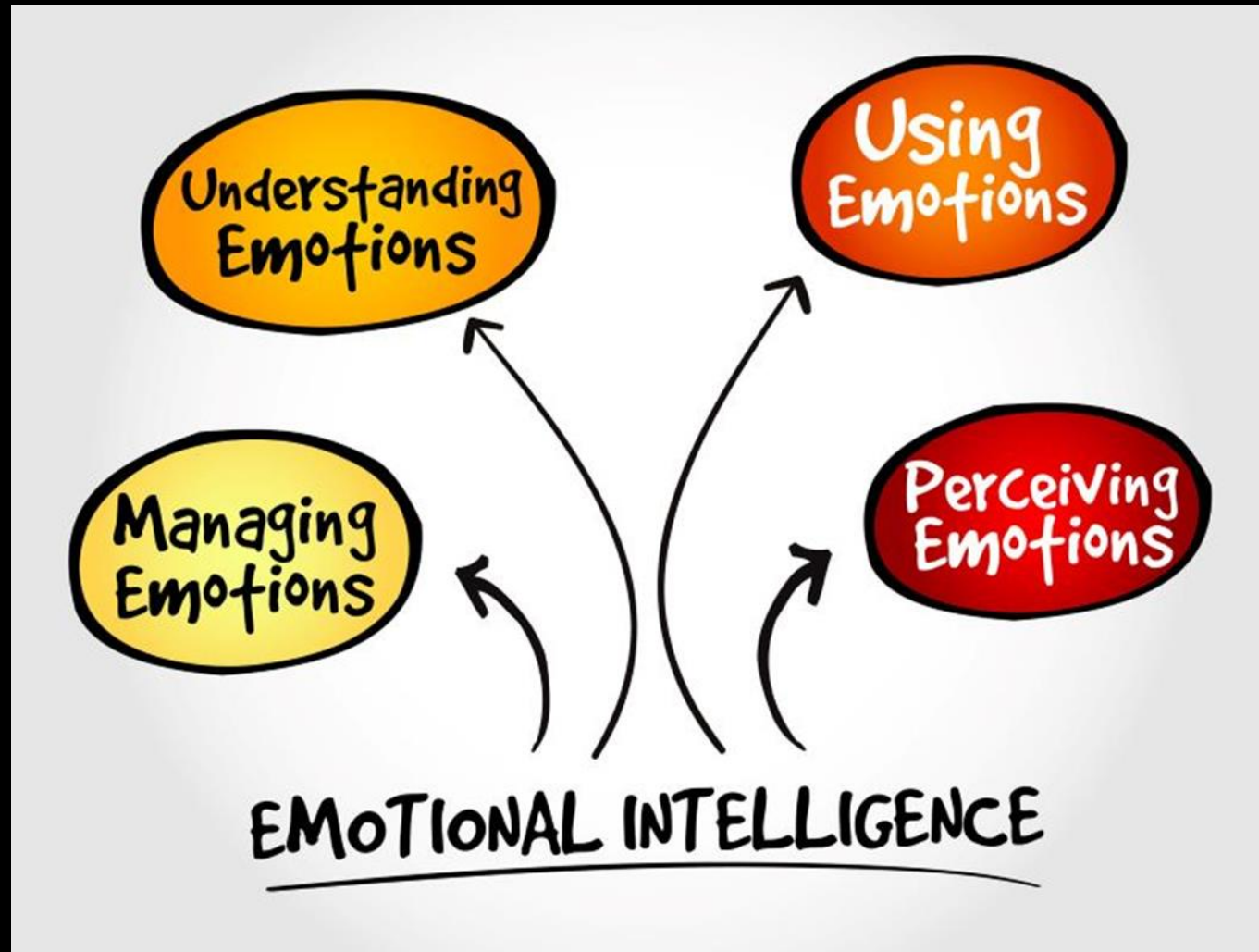


**apply them to tasks like thinking and problem solving; and the**

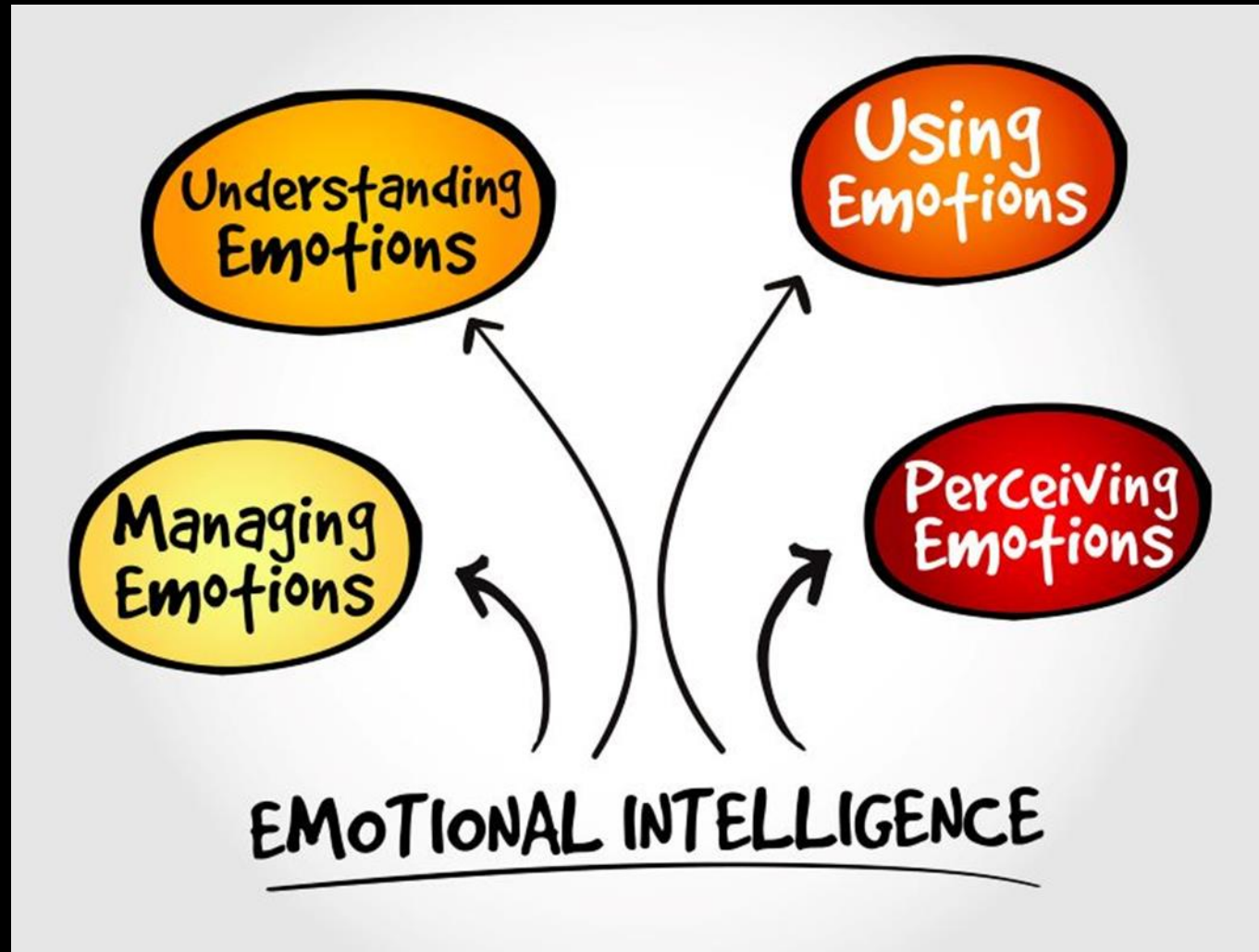




**ability to manage emotions,  
which includes both regulating**



**one's own emotions when  
necessary and helping others**



**to do the same. Why is EQ important?**



**It's important that we build our  
E.Q as it will help us achieve**





**IQ** determines 20-25%  
of business success

**EQ** determines 75-80%  
of business success

**personal and professional  
success.**

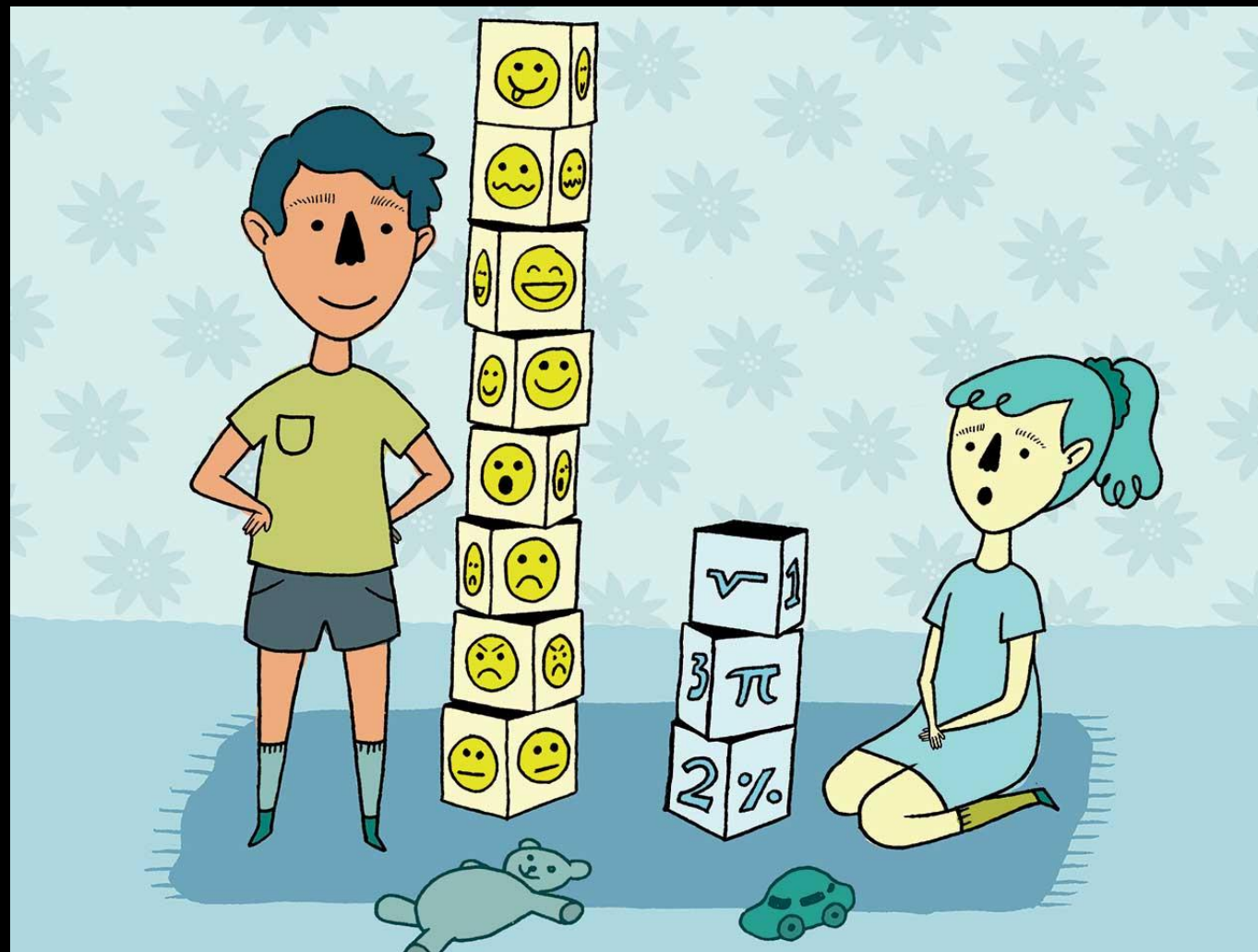


**IQ determines 20 – 25% of business success.**

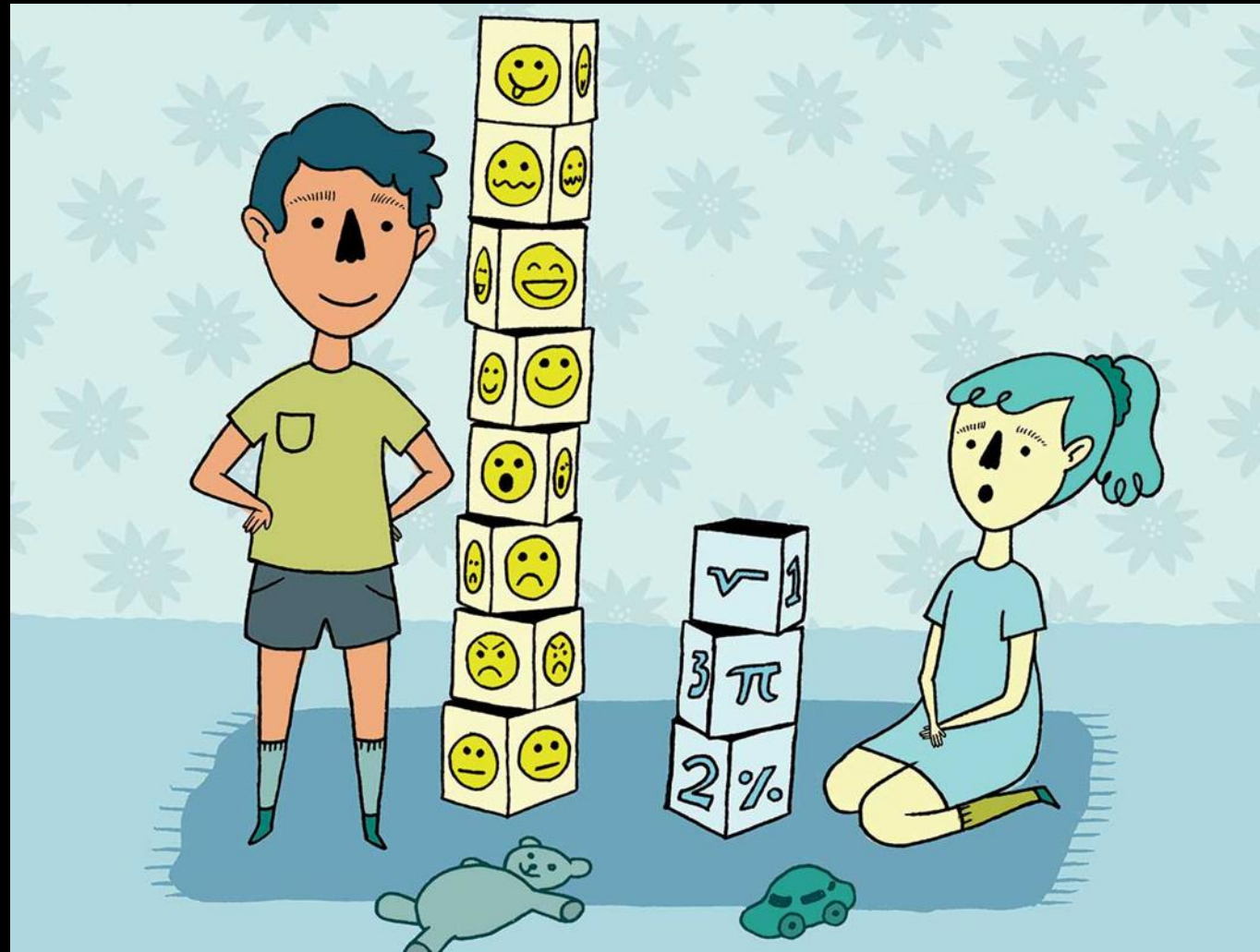


**EQ determines 75 – 80% of business success.**

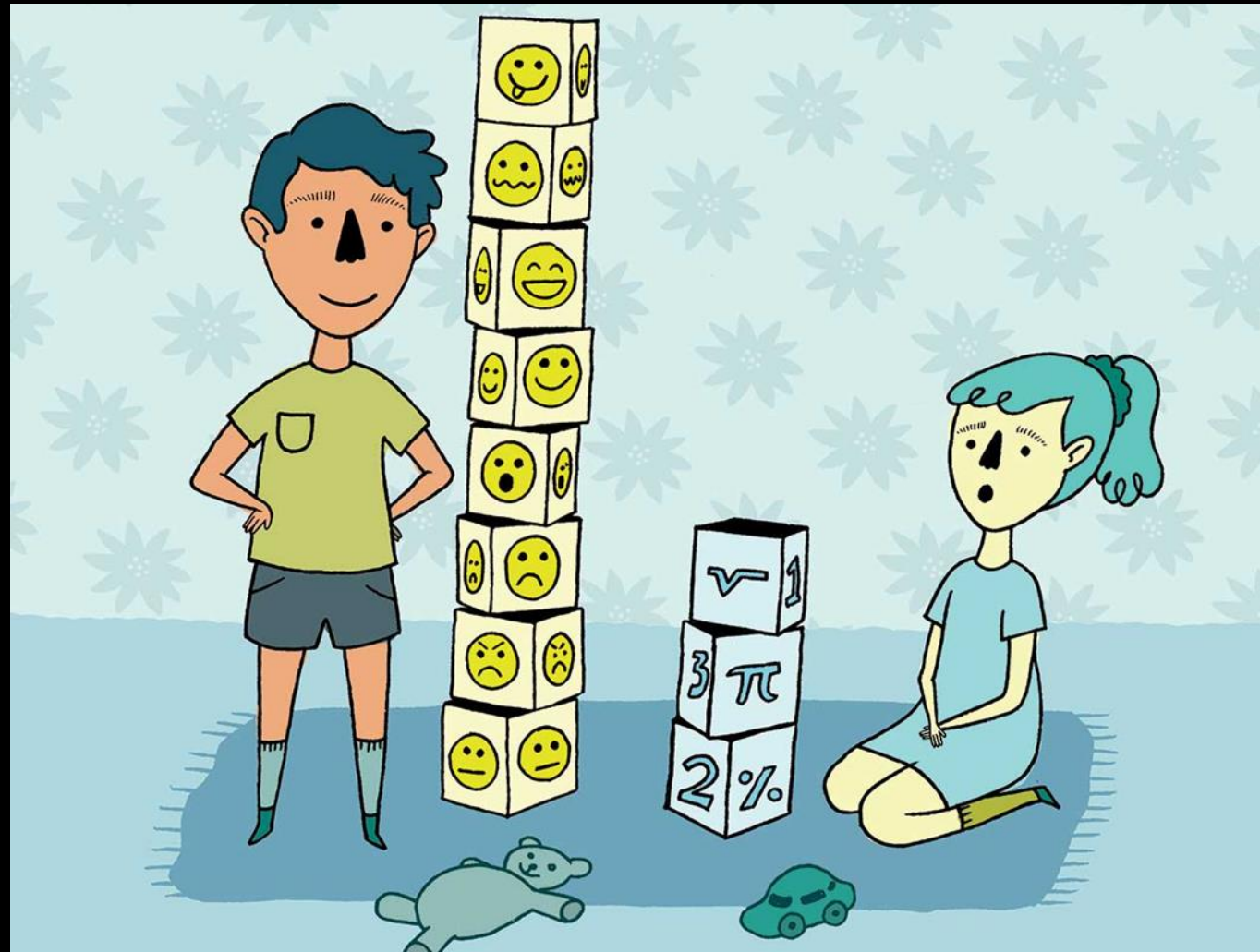




**Actually, I believe that I have  
good E.Q.**

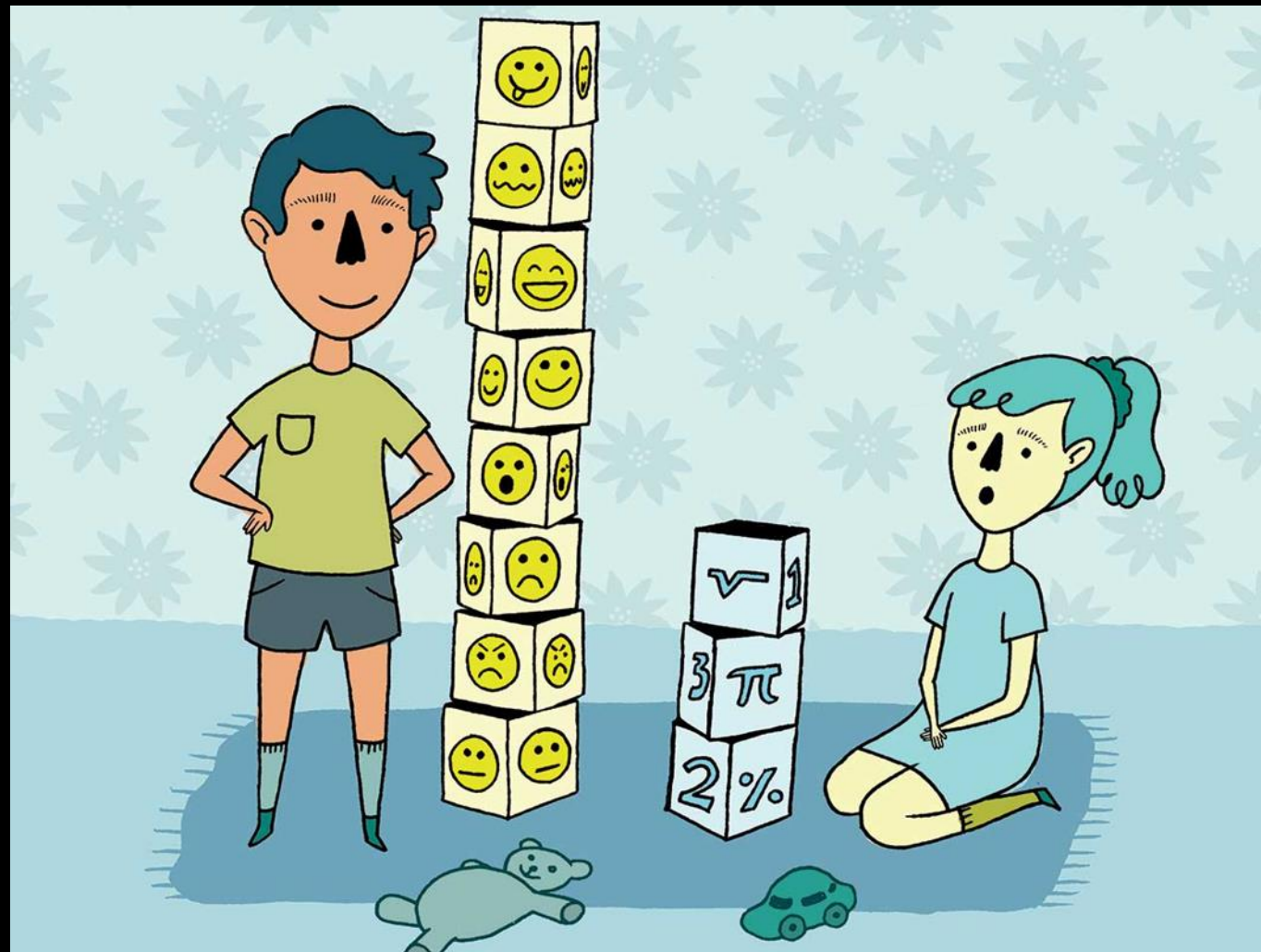


**I can handle my emotions very well. For example, when I am**

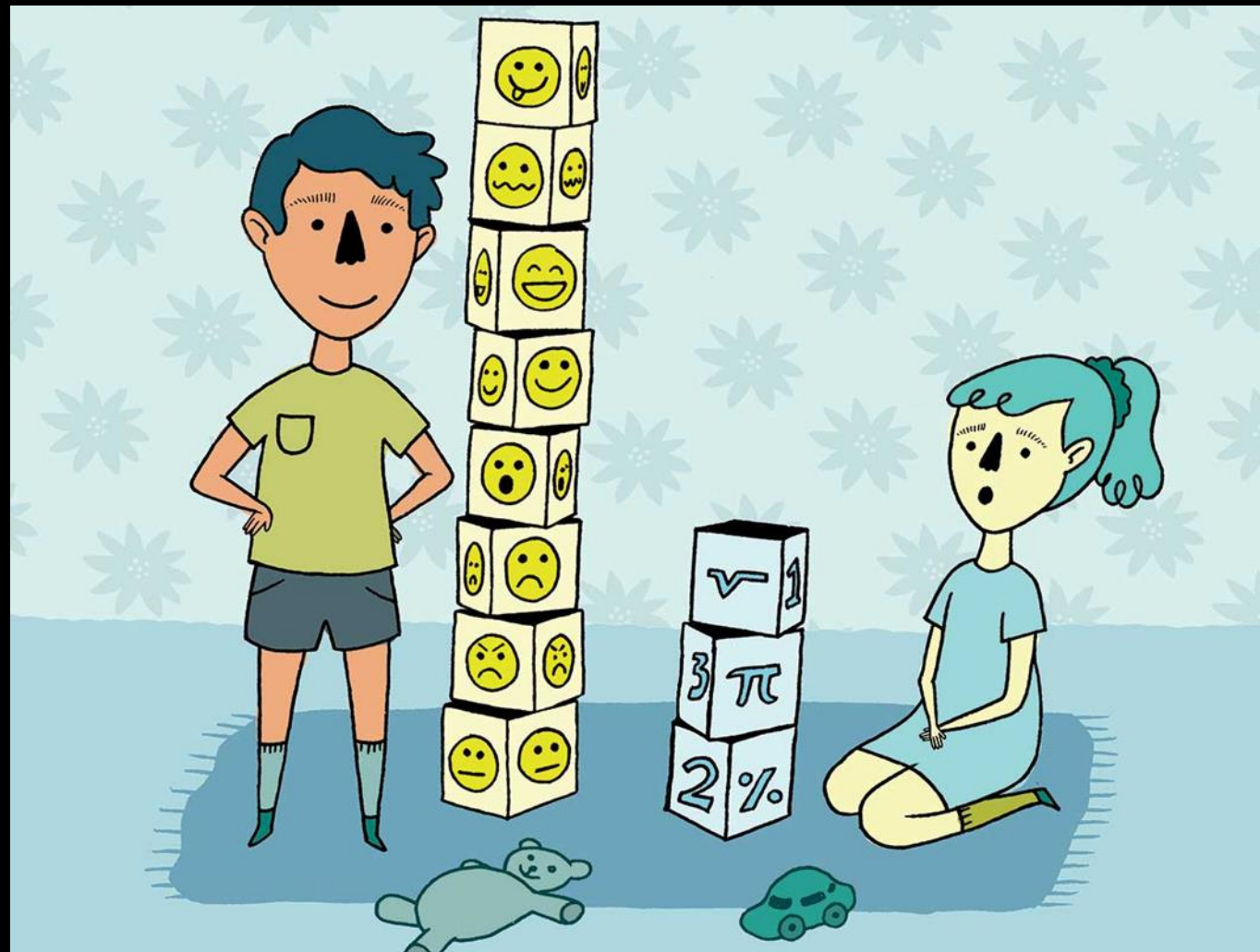


**doing something serious or important, despite being**





**unhappy or feeling frustrated, I  
will try hard to calm down and**



**try to focus on my work. Another reason I think I have good E.Q**



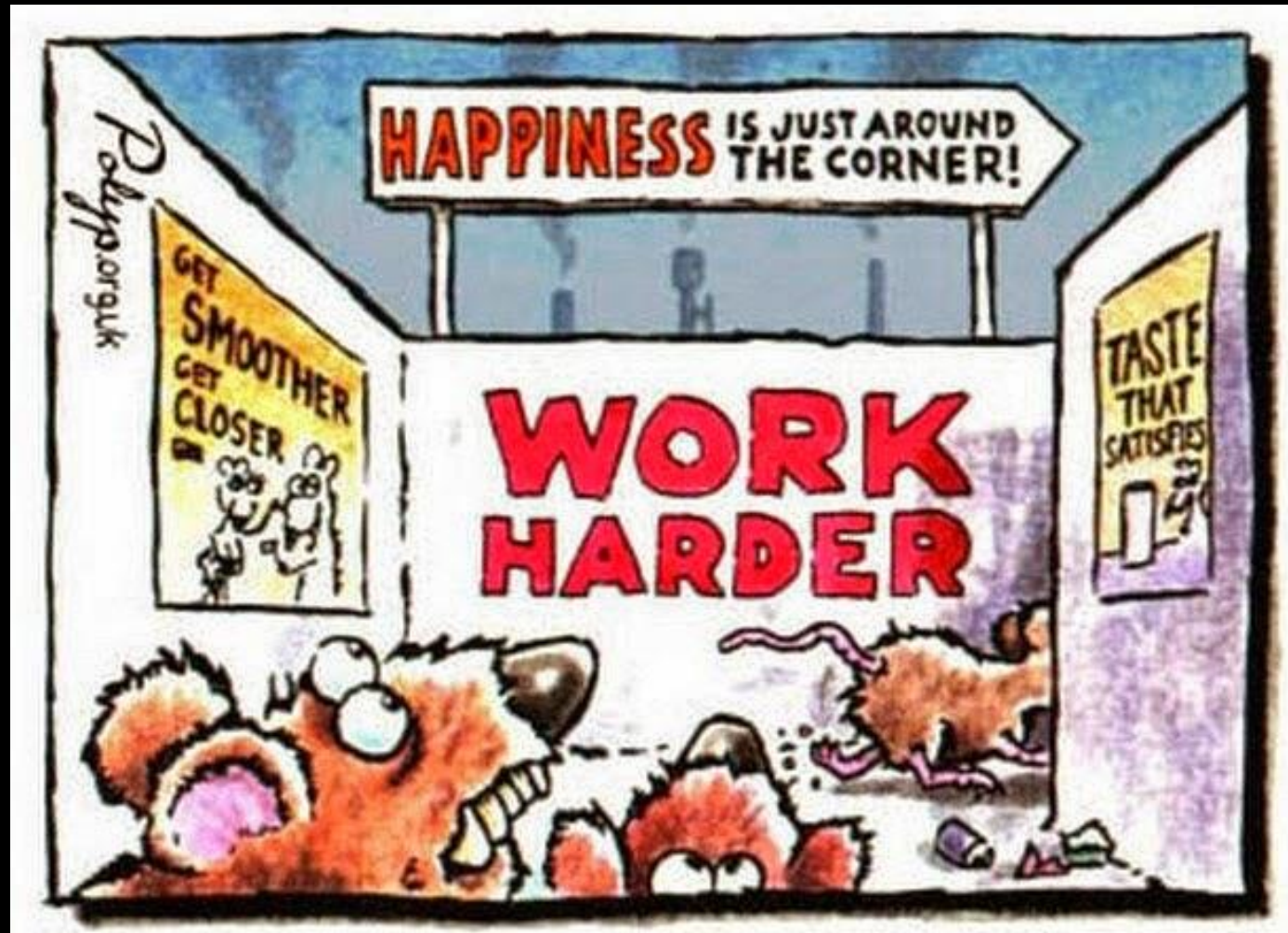


**is that for the majority of the  
time I can maintain good**

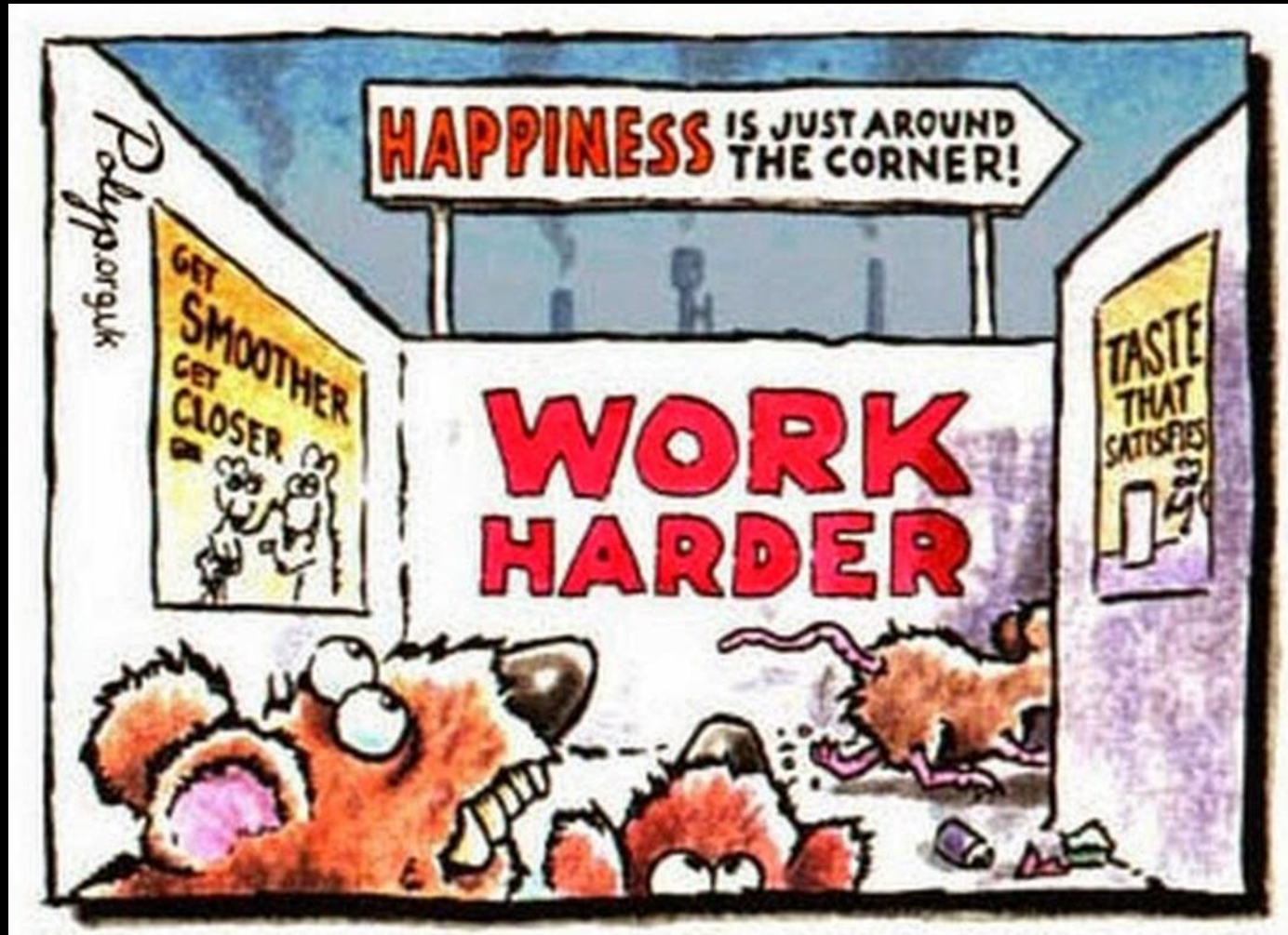


**interpersonal relationships with  
my friends. In Hong Kong at**



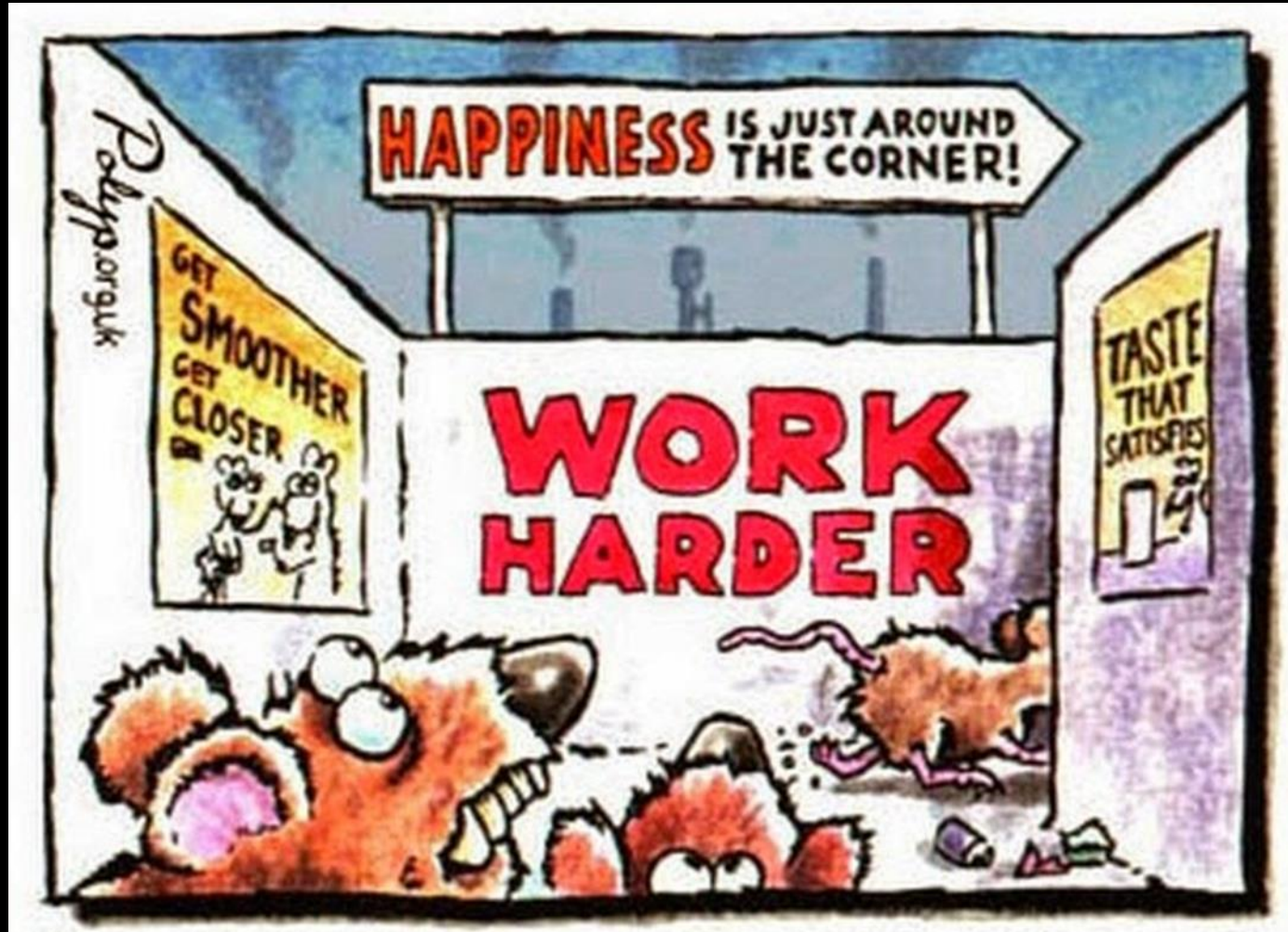


**present, the academic system  
puts students in a rat race.**



**Students always learn by rote  
and lack critical thinking.**





**A lot of students and parents ignore the cultivation of E.Q.**



**Schools also seem to ignore it,  
perhaps because it is difficult**



**to assess. How can we develop  
this important skill? First, I**





**think parents can teach their  
children that their relationships**





**are critical. If you want to have a good relationship with friends or**



**classmates, the essential ingredients you need are honesty**



**and humility. Also, teachers should develop empathy in students.**



**Teachers should be role models  
for students and share their**





**personal experiences. We all experience emotion such as**



**sadness, fear and jealousy.  
Parents should not conceal**



**their emotions. Rather they  
should share the reality of**

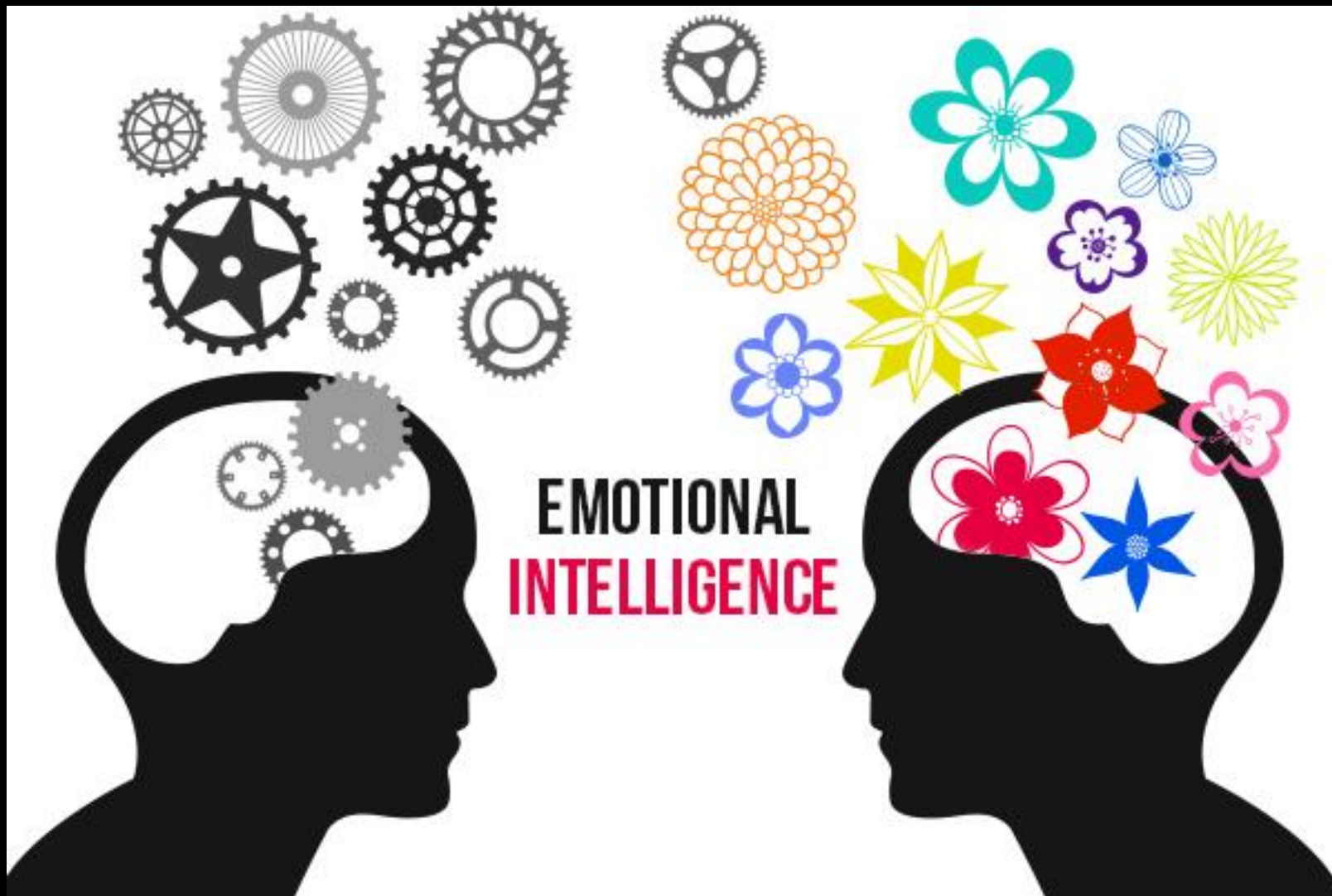


**being human with their children  
and teach them how to cope.**





**I hope my sharing has raised awareness on this topic**



**Thank-you.**