

Emotional Education and Employability among Higher Education Students

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In the following pages we will have the opportunity to present a revision of the article mentioned above. In it the author presented an analysis about the importance of the emotional intelligence as an educational strategy in order to improve the employability.

Since the late twentieth century, the interest in the employability and the emotional intelligence plays an essential role in academic and professional success. One of the basis objectives of the implementation of European Higher Education Area (EHEA) is the learning ability to achieve the employability on the basis of quality higher education.

The current professional requirements are increasingly demanding faster changes. The educational future is unthinkable without professional emotional learning that promoted personal, social and academic success, and without the use of methodologies that facilitates students to be able to adapt and live in a permanent transformation world.

The employability is a factor that predicts the ability to succeed in getting a job, considering some variables such as motivation, interest, perseverance and involvement in the work, own strengths and weaknesses, communication skills and leadership ability, among others. Also, the employability includes aspects related to the knowledge, know-how and knowledge to be.

The competences and confrontations for the control and the power of emotional intelligence play a crucial role in achieving personal and professional success.

So, many studies, Berrocal [1], García et al. [2] have shown that lack of emotional skills leads to problems in and outside the classroom.

Moreover, organizations demand skills for people to learn to act appropriately in the labor market, and one of them is precisely emotional intelligence. Consequently, the emotional components related to the abilities are demanding by the actual labor market perform an important function in achieving a better and more productive life and student's professional career.

The emotional intelligence is a concept increasingly appreciated having an influence on the learning process of students, improving their ability to teamwork and leadership, which allows better interpersonal communication and have a strong impact on life subsequent work. It has an influence on student learning process, which enhances the ability for team work and leadership, allowing better communication and relationships between people who have a strong impact on later working life.

The emotional intelligence is also the ability to recognize, understand, and manage emotions and behavior effectively and to act wisely in human relations. In addition, the emotional intelligence as an educational strategy promotes learning as a process of understanding, innovation, interaction, recreation, systematization and transfer of knowledge for a better confrontation against the daily challenges and conflicts at all levels of life.

In fact, the importance of emotional education is considering as an indicator of employability progress. Besides, as we mentioned before, the emotional intelligence has an impact on employability and is a

significant factor in achieving a better personal, social and professional success. The socio-emotional learning skills based on the good use of acquired skills through educational strategies supported in emotional intelligence are what will determine, among others, our ability to cope with frustration, or the way we react to adversity. Therefore, people who learn social and emotional skills are more successful in all areas of life.

At this point we point out that many authors have investigated the relationship between socio-emotional intelligence and not just general intelligence contributes to the success of the best professional [3-7].

Overall, the emotional intelligence as an educational strategy contributes to enhancing emotional skills and employability in the labour activity.

Finally, we emphasize that emotional intelligence as an educational strategy is a way to enhance productivity in the different areas of human beings activities.

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