

WP 2: RESEARCH AND NEEDS ANALYSIS

T02.01 - Collection of existing research on emotional literacy and VET teaching through literature review within each country

Emotional literacy and VET teaching in Portugal

The concept of 'emotional intelligence' emerged in the nineties of the twentieth century. In Portugal, emotional education is still at an early stage.

From an academic and research view, in the last decade several universities and research institutes have been develop a very interesting work in the field of emotions. However, most of this work hasn't been applied to their realities, as schools.

In the last 5 years, this scenario has changed and from a PhD dissertation began a very important project for elementary and secondary schools, **Clube Inteligência Emocional na Escola – Aprenda a ser feliz** (Emotional Intelligence in School – Learn to be happy). The aim is to promote emotional intelligence through education and development of emotional skills and thereby equip students with tools to live a healthier and happier life, reducing risk behavior and contributing to better results at school, family life and society.

Although there are some emotional literacy projects in Portuguese schools, they are mainly with focus on students. And it is the reason we believe that EL4VET project is so important for Portugal.

University and Research Institutes



Since 1962 that **Instituto Superior de Psicologia Aplicada** (High Institute of Applied Psychology) develops an academic project characterized by a pioneer path in Portugal within its specific field of formation and intervention. Several courses (first, second and third cycles) in psychology field, including emotion area, are available in this institute. Prof. Prof. Dr. Teresa Garcia-Marques is the director of Laboratory of Psychology, vice-director of Centre of Research and Intervention and editor of Journal of Laboratory of Psychology of ISPA and she has been developing their work about the role that feelings have and exert on cognitive processing.

www.ispa.pt



In 2003, the *Faculdade de Ciências da Saúde da Universidade Fernando Pessoa* (Faculty of Health Science of Fernando Pessoa University), inaugurated the Laboratory of Facial Expression of Emotion (FEElab) with the mission of develop academic knowledge about human emotions and their way of social expression. FEElab's Director, Prof. Doutor Freitas-Magalhães was considered the "Researcher of the Day" by Humaine Association, a European Commission Network of Excellence on Research on Emotions and Human-Computer Interaction and a professional, world-wide association for researchers in emotion-oriented/affective computing.

<http://feelab.ufp.pt>

<http://feelab2010.blogspot.com>



Instituto Universitário de Lisboa

In 2008, the **Institute Superior de Ciências do Trabalho e da Empresa** (High Institute of Labor and Enterprise Sciences) open the first master in Portugal in Psychology of Emotions. Several professors and researchers have been develop a very important work in the field of emotions, as Prof. Dr. Francisco Esteves, director of CIS, Centre of Research and Social Intervention, coordinator of the Master in Psychology of Emotions and researcher in the field of emotional faces and social anxiety in children and adolescents. Also Prof. Dr. Patrícia Arriaga, who won the Young Researcher Award of the Portuguese Association of Psychology, has been develop several research in the field of electronic games and their effect in adolescents emotional states and aggressive behaviour and Prof. Dr. Susana Carvalhosa has been develop several research in the field of prevention of bullying in schools.

www.iscte.pt

www.cis.com.pt

Schools Projects



Clube de
Inteligência
Emocional

In 2006, was implemented an innovative project, "**Clube Inteligência Emocional na Escola – Aprenda a ser feliz**" (Emotional Intelligence in School – Learn to be happy). This project starts with the Prof. Dr. Manuela Queirós' PhD dissertation in the elementary school of S. João da Madeira. The aim of this project is to create a Emotional Intelligence Club in each school, which will operate as a "laboratory of emotions", where the emotions are worked in a practical way which could help students develop their emotional intelligence, i.e. the ability to perceive, understand, use, and regulate their emotions and those of others in a natural way. Currently there are 12 schools that develop this project with the collaboration of 18 teachers, 11 psychologists and 300 students. During the present school year the project is being extended to several schools in Portugal.

<http://sites.google.com/site/inteligenciaemocionalnaescola>

<http://clube-inteligencia-emocional.blogspot.com>



In 2009, is created **PAIDEIA - Plataforma Aberta, Associação Internacional para o Desenvolvimento da Educação Emocional** (Open Platform, an International Association for the Development of Emotional Education), based in the Escola de Saúde of Bragança (Health School of Bragança). This association aims to promote actions of emotional education targeted to schools, educators and trainers. Its president, Prof. Dr. Maria Augusta White, has been developed her research in the area of emotional competence in professors.

<http://paideia-plataformainternacional.blogspot.com>



In 2009, the Laboratory of Facial Expression of Emotion (FEElab) presented to Portuguese Ministry of Education a pioneering project in emotional literacy "***Se às vezes digo que as flores sorriem***" (If I sometimes say that the flowers smile). This project will be firstly implementing in a secondary school, *Escola Secundária Inês de Castro*, and the aim is to help in resolving the conflicts that we live in Portuguese schools. After receiving green light from Portuguese Government, the project is being implemented in Portuguese schools, with funding from the European Union.

<http://feelab2010.blogspot.com/2010/10/projecto-pioneiro-de-literacia.html>