

EI Skills for Undergraduate Students

The *Heartful Allies* organized two sessions on developing Emotional Intelligence (EI) for undergraduate Civil Engineering students at a private university in Dhaka, Bangladesh. The first session was held offline on February 18, 2026, with 38 first-year, second-semester students. The second session was conducted online on April 26, 2026, for another group from the same department, with 15 students participating. Both sessions were co-taught by an English language teacher and a socio-counsellor with a Psychology background.



Figure 1: The co-trainer is explaining about the stages of EI to the students.

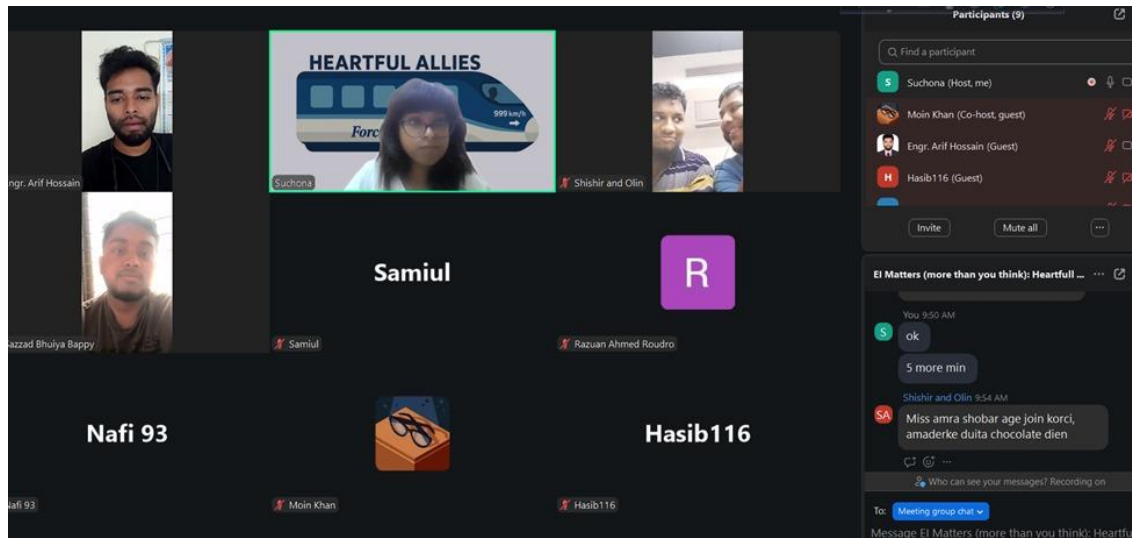


Figure 2: Participants during the online session

Although both sessions focused on the same theme, the format and duration shaped the learning experience in different ways. The three-hour offline session had 38 students and was more active and energetic. Students interacted directly with the trainers and took part in role-play, discussions, and other activities. The one-hour-and-thirty-minute online session had 15 students and was conducted through discussion, slides, and videos, but interaction was more limited than in the offline session.

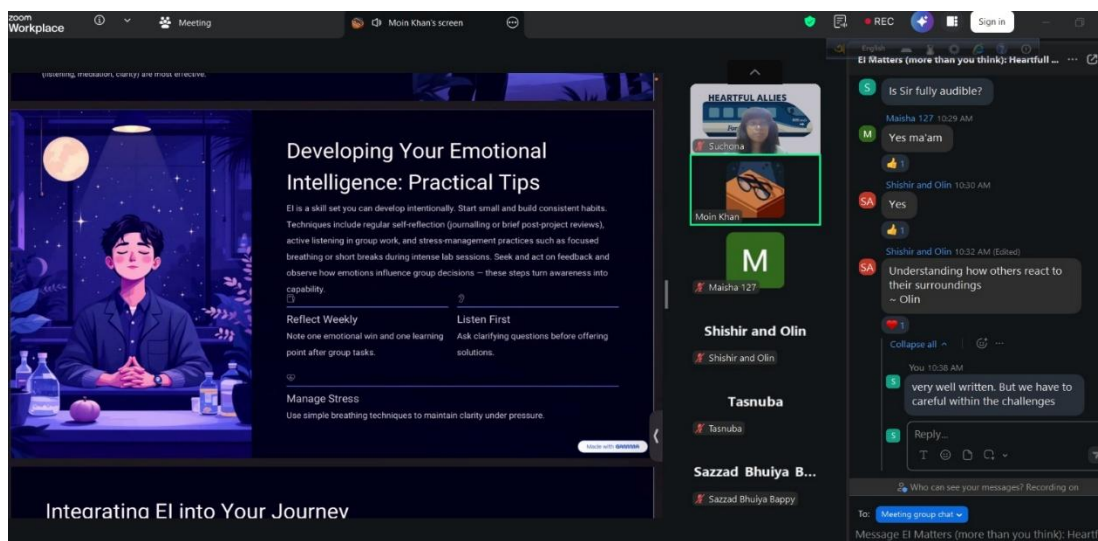


Figure 3: Co-teacher presenting on how to develop Emotional Intelligence on the Zoom session



Figure 4: Both trainers during a role play on how empathy works in a professional context

The sessions helped students understand the role of emotional intelligence in academic life, personal relationships, and future workplace situations. They explored key areas such as empathy, self-awareness, and emotional understanding through examples connected to real-life experiences. The co-teaching approach added value by combining language and psychology perspectives, making the sessions more practical and relatable. A short survey was conducted before the sessions to understand students' awareness and use of emotions, and feedback was collected afterward from both groups to reflect on their learning experience.