

## Dean's article

### **The Importance of Self-Concept and Emotions in Creating an Environment Conducive to Learning**

Education is an important area of focus in daily life. Lot of research is done in educational practices in recent times. The result of studies throws light on various methodologies of teaching and learning which can be used by teachers, parents and students effectively. How the human brain learns, importance of self- concept, role of emotions in learning, environment conducive to learning and how praise motivates are of significance in enhancing the students' learning opportunities.

Self- concept is the image one has of oneself or the way one views oneself. Self-concept is shaped by our experiences. Children will participate in activities that have yielded success for them and avoid those that have produced failure. Self-perception is important because it affects motivation, attitude and behavior. Unconditional love of family members enhances the children's self- concept. When small successes are provided by teachers and parents, children will be encouraged to respond to learning.

Emotions and learning are inseparable. Emotions can both enhance and interfere with learning. Positive emotions activate the reward system of the brain and motivate the learner. Promoting an enjoyable and supportive learning culture in the classroom and at home makes children feel better about learning and motivates them. Children should be emotionally secure in the classroom and at home to learn effectively.

Praise is a powerful tool to encourage children. Every human being craves for acknowledgement and recognition. Any positive effort on the part of the children should be taken notice of. Descriptive praise is more beneficial than a mere "good" or "excellent". Descriptive praise conveys what is good and should be repeated. A parent saying to the child 'You have got ready to go to school on time' Or 'I like the way you have found a spot for everything in your room' are more meaningful to the child. Praise improves self-esteem and self-confidence and reinforces

values and right practices. It entuses them to do better in whatever they do.

Educational research has suggested many strategies that can be used to enhance the effectiveness of teaching and learning. All the adults who live and work with children are incredibly significant because they form part of their world. We as adults are shaping their character, forming their belief systems and affecting the quality of their life. The support by adults provides children with security and skills to succeed in school and in the world at large.

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