

WHAT IS MIL?



Media education is the ability of people to access, understand, create and critically evaluate different types of media.



It is built on three pillars:

Creativity and
communication
skill

Access to
media and
media
content

Critical
approach

EI + MIL

= *emotional skepticism*



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WHAT'S EMOTIONAL MAPPING?

Emotional mapping refers to how to master emotional intelligence.

Emotional intelligence (EI) is most often defined as the ability to perceive, use, understand and manage emotions. People with high emotional intelligence can recognize their own emotions and those of others, use emotional information to guide thinking and behavior, discern between different feelings and label them appropriately, and adjust emotions to adapt to

environments.
(source-
wikipedia)

If you were
an archipelago
of emotions,



emotional intelligence skills
(EI SKILLS) would act for you
as a map; that's our
emotional mapping concept.

In brief, if you gain EI skills,
you will master the 5
components of emotional
intelligence which will help
you:

- improve self-awareness,
understand yourself and
others
- control emotions and
impulses;
- develop empathy
- have a positive behaviour
- overcome school
difficulties and improve

measurable academic
performance; let's not
forget that performance
Academic serves as a meta-
skill for academic learning

- learn to develop healthy
relationships and
resolve conflicts
constructively, learn
ways to enable the
process of making
good, responsible and
ethical decisions that
students will master the
5 components of
emotional intelligence
- control of emotions and
empathy will ensure
positive reactions in
moments of tension
- in long term get a
positive academic
attitude and an
increased prosocial
behavior