

Emotional Intelligence: "24-7"

DR. MARGARET L. FORD
African-American News & Issues



One thing that I have noticed over the years, and is now confirmed by research, is that persons who control

their emotions, their temperament and their disposition, fare better in working environments than those who are always losing control and "flying off the handle." I can remember numerous instances where my opinion of persons changed dramatically based upon how they handled tough situations. When I say tough situations, I am referencing those emotionally-charged situations where either a person is being undermined, ridiculed, embarrassed, or challenged in a fierce way. Those who were able to maintain their disposition, their calm, their dignity and responded in an emotionally intelligent way—were the most impressive to me. Unfortunately, mastering emotions is not an inborn trait; it is a skill that must be learned and developed based upon society's norms. Think of the numbers of people who respond emotionally only to regret their outbursts or their lack of intelligent responses sometime later.

I am confident that many persons who attend anger management classes could have benefitted from a lesson or two in how to manage their emotions. While emotional intelligence tests have been challenged by some scholars as having questionable predictive value, there are many other scholars who champion the concept of emotional intelligence and its importance. Unlike the traditional definitions of intelligence which for years measured cognitive aspects of problem solving and memory, exclusively, the emotional intelligence quotient describes an ability, capacity or skill to perceive, assess, and manage the emotions of one's self, of others, and of groups. In the early 1920s, E. L. Thorndike was one of the trailblazers in the conversation regarding multi-intelligences.

At that time, he described the skill of understanding and managing other people as "social intelligence." Through research, some scholars have determined that traditional definitions of intelligence do not fully explain performance outcomes. Therefore, the quest for a broader view of intelligence has gained popularity.

Paul Quinn launches continuing education classes

DALLAS- Dallas-based Paul Quinn College launches a Continuing Education program in February in an effort to expand its offerings and increase community involvement. Youth programs focus on academic enhancement and fun and leisure, while adult classes offer personal, cultural and professional enrichment. Topics for the non-credit courses range from Computer Literacy and Grant Writing to an Entrepreneur Leadership Institute and a review of the Old Testament.

The classes are open to new and returning students, as well as the community at large. Classes begin throughout February and take place once a week in the evenings or late afternoons or on weekends. at Paul Quinn College, 3837 Simpson Sturt Road, Dallas, TX 75241

For more information or a class schedule, please call Dr. Simmons at (214) 302-3507 or Raymond Weeks at (214) 302-3622 or check out the web site at www.pqc.edu. ★

The most common definition of emotional intelligence, as defined by persons in the field, is "the ability to perceive emotion, integrate emotion to facilitate thought, understand emotions, and regulate emotions to promote personal growth." This construct suggests that emotionally intelligent persons should be able to perceive emotions, use emotions, understand emotions, and manage emotions.

In the book entitled "Working with Emotional Intelligence," Daniel Goleman explored the function of emotional intelligence on the job and claimed emotional intelligence to be the strongest predictor of success in the workplace. There has been more recent confirmation of Goleman's findings. Goleman suggests that self awareness, self management, social awareness, and relationship management are essential components.

So, what is intelligent behavior? Intelligent behavior is a preferred, learned commodity—irrespective of the person, place, thing, or circumstance. It used to be that "home training" covered the waterfront, informally, on how to treat people, what to say, what is considered inappropriate responses and why. Training to be more responsible as an emotionally intelligent individual can be a transformative process and is highly recommended. The collateral benefits of each person's training to the larger society would be apparent as the skill sets are applied in every situation by the trained individuals—whether socially or professionally. While developing emotional intelligence is good for everyone, I particularly recommend it for our youth who are preparing for a 21st Century workforce—where the culture of the workforce, the norms, and pressures of the workforce and of society are constantly changing. ★

Margaret Ford is the president of Houston Community College Northeast. For more information, call (713)718-8010.

Mocha Dates offers Valentine's Day Soiree—unique dating opportunity for like-minded Blacks

MARVIN D. CLOUD
African-American News & Issues

HOUSTON- In just a few days, star-crossed lovers will seek to acknowledge their love and being loved, when Valentine's Day 2008 arrive. It is the traditional day on which Valentine's cards, candy and other items of expression are exchanged. The "holiday" although named after two Early Christian martyrs named Valentine, is now synonymous with romance.

In keeping with that tradition, Simply Panache, a Pearland, Texas based event-planning company, which recently launched Mocha Dates, will put on their first Valentine's Day Soiree, Thursday, February 14, 2008 from 8p.m. to 12a.m. at Bering & James Art Gallery, 805 Rhode Place #500. Tickets are \$20 each. The Valentine's Day Event will be a classy elegant party atmosphere with bubbly champagne, a cascading chocolate waterfall, a delectable cuisine all white surrounded by the ambience of the Bering and James Art Gallery and served to music that will "keep you moving all night long."

The event is opened to couples looking for a different date idea or singles looking to meet new people. The private adult affair can be attended only by pre-purchasing tickets (tickets will not be sold at the door). And although the Valentine's Day Soiree is open to couples, the premise behind Mocha Dates stems from the observation that many single African-Americans, are having trouble finding "quality" individuals, no matter what they bring to the table.

Billed as a "unique social experience" Mocha Dates is receiving rave reviews, although the concept was only got off the drawing board a couple of months ago. One of the things that makes the event so unique is that it forces participants to look deeper than physical pre-



Simply Panache Events' Executives LaKeshia Brown-Renfro (left) and Tanecia Willis are excited about their new venture for singles.

sentation (although important) and instead offers an entry into "the world of substance and meaningful expression." Mocha Dates offers the opportunity to connect through stimulating conversation, shared interests and a desire to know an entire person.

The brainchild is not new—"speed dating" a formal matchmaking system which encourages people to meet a large number of new people—originally was developed by a Rabbi as a way to help Jewish singles meet and marry. In late 1998, several U.S. businesses began offering secular round-robin dating events. Two years later, speed dating was rocketing to the forefront of dating services, and became so popular that it was even showcased in television shows such as "Sex and the City".

Most participants say that it saves time, because most people decide quickly if they are interested. Each Mocha Date event is set in a classy, yet relaxed environment and the emphasis is on gender equality and a quality experience. They are carefully structured to have an equal number of males and females in one of three age categories: 25-40; 40-55; and 55 and over. The beauty of it all is that no one leaves without

at least meeting everyone.

The evening starts off with all of the participants being arranged at a table and after each 7-minute "date" is complete, the men move over one seat to meet the next lady. After half of the couples have met, there is an intermission, where dinner is served and the participants can purchase beverages and enjoy the featured entertainment—usually local vocalists and spoken-word artists. Once all of the men and women have met, each one grades their "date" and records whether they wish to embark on a second date, would consider keeping them as a friend, or as a business contact.

If the dating card is left blank, that is an indication that no further contact with that participant is warranted. Strict rules keep participants from directly exchanging or soliciting any contact information so that no one feels pressured or uncomfortable. Simply Panache determines mutual matches and emails the mutual contact information.

The cost for the Mocha Dates, usually held the first and third Sunday of each month is only \$20 per participant which includes dinner. Pre-registration is required and can be done by calling 1-800-313-5613. ★

Legendary Prairie View Coach William "Billy" Nicks receives 2007 Trailblazer Award

PRAIRIE VIEW- On January 7, William James Nicks, Prairie View A&M coaching legend, was named posthumously the American Football Coaches Association's Recipient of the 2007 Trailblazer Award. The award was accepted by some of Nicks' surviving family members including his son Fredric Nicks Sr., during the AFCA Kickoff Luncheon at the AFCA 2008 Convention in Anaheim, California. "It is such an honor to have my father receive such a prestigious award for his work during an era of so many social barriers. His work paved a positive path for coaches and players. He is a legend to football and to our family. We are grateful for all those who made it possible for him to be the recipient of this award," Fredric Nicks Sr. shared.

Nicks' granddaughter, Melanie Nicks Gilmore, gave an acceptance speech on behalf of the family. "Words cannot express what my granddaddy meant to us—he was our mentor, our hero, our inspiration—our family coach. Together he and his wife of 69 years, Lillie Bell Nicks coached our family through the game of life. I am so blessed to have had them participate in my life," Gilmore said.

The AFCA Trailblazer Award was created to honor early leaders in the football coaching profession who coached at Historically Black Colleges and Universities. The award is given each year to a person that coached in a particular decade ranging from 1920-

1970. This year's winner coached from 1950-1959.

"Coach Nicks was a great football coach," Prairie View A&M University head coach Henry Frazier III said. "I've met so many alumni that played for him and they have nothing but admiration for him. If I can be half the coach that Coach Nicks was, then I would have done a great job. It's truly an honor to be able to coach at a place that such a great legend coached at. He is definitely deserving of such a prestigious award."

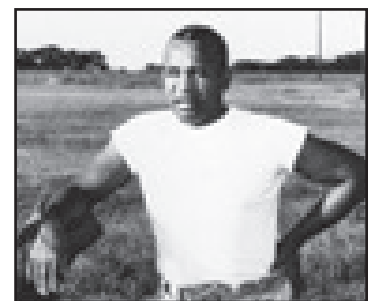
Nicks was the head coach at Morris Brown College from 1930-35, 1937-39 and 1941-42. While at Morris Brown, Nicks won more than 60 games, two Southern Intercollegiate Athletic Conference titles and a Black College National Championship in 1941. He went on to become the head coach at Prairie View A&M from 1945-47, assistant coach at the school in 1948-51, and head coach again from 1952-65.

At Prairie View, Nicks won more than 120 games while winning the Southwestern Athletic Conference title eight times and taking his teams to the Black College National Championship five times. Nicks had a winning record against every SWAC school, including Grambling State and legendary head coach Eddie Robinson.

Nicks also won conference titles as the basketball and baseball coach, and served as the director of athletics. Nicks also served

as Director of USO Clubs at Fort Stewart in Georgia and Tuskegee Army-Air Field in Alabama. He was also the special assistant to the university president at Prairie View. Coach Nicks and his wife later relocated to Houston and he ended his professional career as park supervisor with the City of Houston Parks and Recreation Department.

In addition to the 2007 AFCA Trailblazer Award, Nicks has been honored in a number of different ways. He was inducted into the NAIA, Helms, Prairie View A&M, Morris Brown, the Atlanta University Center and SWAC Halls of Fame. In 1999, Nicks was induct-



Coach William "Billy" Nicks

ed into the College Football Hall of Fame. Also, the athletic and intramural complex, as well as the athletic field house at Prairie View A&M are named in his honor. ★



Fredric Nicks Sr. and Melanie Nicks Gilmore hold Coach Billy Nicks' AFCA 2007 Trailblazer award.