

FLORIDA INTERNATIONAL UNIVERSITY

CARTA Faculty Spotlight

MARIA ELENA ECHARRI
Department of Communication

BIOGRAPHICAL SUMMARY

Maria Elena Echarri brings more than 25 years of experience in professional journalism and communication studies to her classes at Florida International University. As a scholar-practitioner, with great interest in interdisciplinary approaches, Elena is most interested in the relationships between communication and cognitive science.

Elena holds a Master of Science in communication studies from Minnesota State University, Mankato. She also holds a Graduate Certificate in cognitive science from the University of Connecticut where she focused on the relationship between language and cognition. Elena graduated from Emerson College in Boston with a Bachelor of Arts in broadcast journalism.

Elena Echarri has been honored with journalism awards for her work as a reporter and anchor with ABC, CBS, and NBC stations in several regional television markets. Nationally, her reporting has aired on CNN, MSNBC, and the NBC News Channel feed service. Internationally, Elena Echarri's reporting has aired on television news stations in the Caribbean, Great Britain, and Australia. Additionally, Elena has worked as a producer for ESPN International. Some of her work in health communication has been as a producer of promotional videos and documentaries for health organizations, and as a reporter on health issues for television network affiliates and a regional New England newspaper. Elena began her career as an intern with the PBS station in Hartford, Connecticut. There, she worked on educational programming and documentaries.

Throughout the years, in her work with many media outlets, and in the many university classes she's taught, Elena's main motivation continues to be in serving as a collaborator and resource to others through media and communication studies.





RESEARCH AND TEACHING INTERESTS

- Elena's research and teaching interests are at the intersection of communication and cognitive science
- She is particularly interested in how communication both shapes and is shaped by cognition and emotion. For example: How do social, cultural, and media messages affect one's inner speech, also known as intrapersonal communication, to form one's self-concept, health behaviors, and creativity?
- Elena includes these themes in her active learning teaching strategies and research, integrating her passion for cognitive science
- Elena Echarri was recently interviewed for an upcoming edition of the *Brain, Cognition, and Language Digest*

**BRAIN,
COGNITION
& LANGUAGE**

UConn
CONNECTICUT INSTITUTE
FOR THE BRAIN AND
COGNITIVE SCIENCES



FIU

IBACS
BRAIN DIGEST



RESEARCH AND TEACHING INTERESTS

- Currently, Elena Echarri is piloting the integration FIU's Emotional Intelligence(EI) Micro-Credential in her Communication for Effective Leadership course (SPC 4445).
- Echarri's section of the Communication for Effective Leadership course offers a new and unique opportunity, within CARTA, for students to earn the EI Micro-Credential.
- Data collected from students in her course will contribute to the FIU Quality Enhancement Plan (QEP), *Critical Skills for the 21st Century* which serves to FIU's regional accreditation and the *FIU Next Horizon 2025* strategic plan.



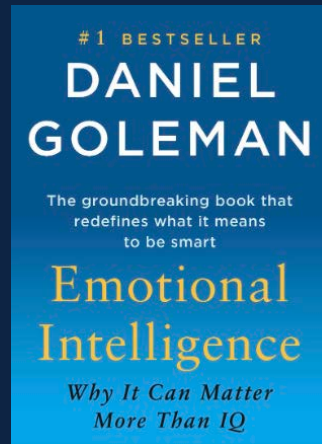
FIU



The Micro-Credential in Emotional Intelligence offered through Echarri's SPC 4445 Communication for Effective Leadership course increases students' personal growth and career readiness.

Emotional intelligence is a person's ability to manage his feelings so that those feelings are expressed appropriately and effectively. Emotional intelligence is the largest single predictor of success in the workplace (Goleman, 1995).

People with average IQs outperform those with the highest IQs 70% of the time (Goleman, 1995). Decades of research now point to emotional intelligence as the critical factor contributing to success.



Emotional Intelligence Micro-Credential includes:

- Self- awareness,
- Self-management,
- Social awareness,
- Relationship management, and
- One final project serving both the course in Communication for Effective Leadership (SPC 4445) and the FIU Micro-Credential



Understanding Emotional Intelligence.

Upon completion of this micro-credential, students will understand emotional intelligence concepts related to personal and social awareness, self-management, and relationship management. Students will learn strategies to recognize and manage emotions, identify negative beliefs and self-talk, listen empathetically, and better manage relationships.



The Micro-Credential in Emotional Intelligence offered through Echarri's Communication for Effective Leadership course increases students' personal growth and career readiness.

Please say hello and if you would like to discuss communication's relationship to cognitive science, the Emotional Intelligence Micro-Credential, or collaborations, contact Assistant Teaching Professor Echarri at mecharri@fiu.edu

Thank you!

