

Journal Entry 5: How Immersive Virtual Reality (IVR) Enhances Emotional Intelligence

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"We maintain engagement and motivation"

Immersive Virtual Reality (IVR) accelerates emotional intelligence (EI) development through experiential learning in safe, controlled environments. By simulating real-world interactions, IVR boosts self-motivation through gamified challenges and instills happiness via positive scenario design

its fast-paced nature risks overstimulation, users must be able to pause and reflect on learning.





Creative IVR applications can systematically build emotional skills. Role-reversal simulations foster empathy by letting users experience multiple perspectives, while emotion-recognition avatars improve self-awareness through real-time feedback.

To maximize impact, IVR training should follow a structured framework: pre-assessment to establish baselines, adaptive content during sessions to prevent overload, and AI-powered debriefs to reinforce growth. When designed intentionally, IVR becomes a powerful tool for developing emotionally intelligent learners who thrive in complex social environments.





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“Success in creating AI would be the biggest event in human history. Unfortunately, it might also be the last, unless we learn how to avoid the risks.”

Stephen Hawking