

EMOTIONAL INTELLIGENCE ASSIGNMENT 1

Introduction

Emotional intelligence refers to the ability to recognise, understand, and manage our own emotions as well as the emotions of others. According to Daniel Goleman, people who are not aware of their own emotions may struggle to understand others. Emotional intelligence is important for students because it helps with communication, relationships, stress management, and academic success

Developing EI

Emotional intelligence can be developed by improving self-awareness and understanding personal emotions. Practising empathy and listening to others can also strengthen emotional intelligence. Reflecting on experiences and learning how emotions influence behaviour can help individuals improve their emotional control and communication skills.

Method

This poster was developed using secondary research from academic sources such as books, journal articles, and online academic resources about emotional intelligence and mindfulness. The information was analysed and summarised to identify key ideas about developing emotional intelligence and managing emotions as a student.

Factors

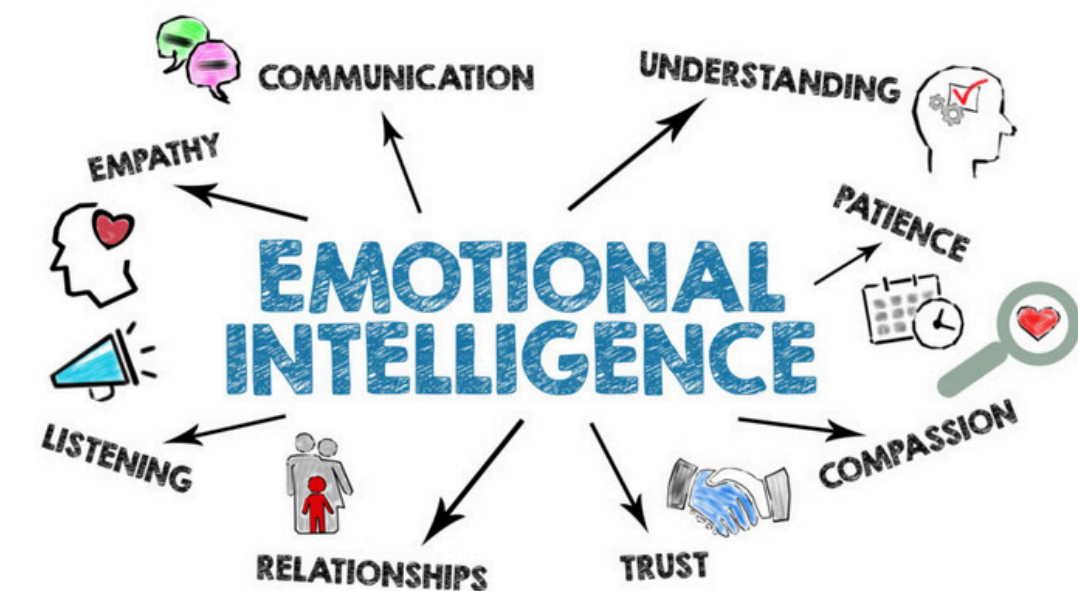
Emotional intelligence plays a significant role in academic success. Skills such as self-control, motivation, and resilience help students manage challenges and maintain focus on their goals. Effective time management, a positive mindset, and seeking support when necessary are important actions that help students succeed during their studies.

Control EI & Mindfulness

As a student, managing emotions is important when facing academic pressure such as deadlines and exams. Mindfulness helps individuals stay focused and calm in stressful situations. By reflecting on emotions, practising deep breathing, and organising study tasks, students can improve their emotional control and concentration.

Conclusion

Emotional intelligence plays an important role in both personal and academic development. By improving self-awareness, managing emotions, and practising mindfulness, students can strengthen their emotional intelligence. These skills help individuals deal with stress, build better relationships, and succeed in their studies. Developing emotional intelligence is therefore an essential skill for academic and personal success.



References

- Daniel Goleman (1995) **Emotional intelligence**: Why it can matter more than IQ. New York: Bantam Books.
- Peter Salovey and John D. Mayer (1990) 'Emotional intelligence', *Imagination, Cognition and Personality*, 9(3), pp. 185–211