

Poster

Developing Emotional Intelligence: A Critical Reflection

Introduction

Emotional Intelligence (EI) is essential for academic success, as this influences how students manage emotions, cope with stress and remain motivated. Developing emotional regulation and mindfulness improves well-being, focus and academic performance in higher education students. (Malik and Perveen, 2021; Serrão et al., 2022; Das Deep et al., 2025).

How to control our own emotions and develop mindfulness as a student.

- Develop self-awareness
- Use self-regulation strategies
- Practise mindfulness techniques to improve focus
- Apply time-management and learning strategies
- Seek social and academic support

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Factors that can be accounted for succeeding in studies and what actions can be taken to address specific EI challenges while completing your studies?

Factors for succeeding in studies

Effective self-regulation and emotional control
Good time management and organisation
Strong motivation and academic self-efficacy
Ability to manage stress and anxiety

Actions to address EI challenges

Practise techniques to reduce stress and improve focus
Use self-reflection to recognise emotional triggers
Apply emotion strategies
Set realistic goals and study plans

Method

- Academic journal articles were reviewed.
- Sources focused on emotional intelligence, mindfulness, and student academic success

How can someone develop emotional intelligence?



References

- Malik, S. and Perveen, A. (2021) 'Mindfulness and anxiety among university students: Moderating role of cognitive emotion regulation', *Current Psychology*.
- Serrão, C., Rodrigues, A.R. and Ferreira, T. (2022) 'The effects of a mindfulness-based program on higher education students', *Frontiers in Education*,
- Romano, M. (2022) 'Emotional intelligence as a predictor of academic success in college freshmen', *International Journal of Psychology Sciences*, 4(1)
- Das Deep, P., Chen, Y., Ghosh, N. and Basith, I.I. (2025) 'The impact of integrating mindfulness in the classroom on well-being and academic success among college students', *Social Sciences*