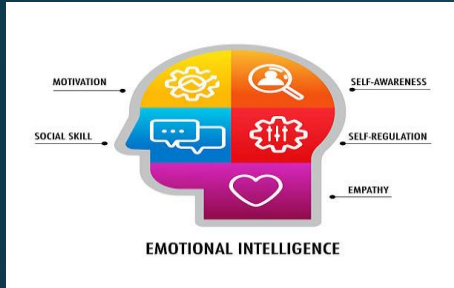


EMOTIONAL INTELLIGENCE

Enhance Your Success as a Student



Introduction

Emotional intelligence refers to the ability to recognize, understand, and manage emotions in ourselves and others. For students, emotional intelligence improves concentration, strengthens relationships, reduces stress, and increases academic performance. It is a lifelong skill that supports both personal growth and professional success.

Method

- *Conducted secondary research using academic books and peer-reviewed journal articles on emotional intelligence.
- *Analysed how emotional intelligence applies to student learning and academic performance.
- *Reflected on personal student experiences.

Mindfulness & Emotional Control

Reflect on experience to stay calm and focused. Practicing mindfulness helps students become more aware of their thoughts and emotions.

- * Breathe & Relax
- * Stay Present
- * Respond, Don't React



Developing Emotional Intelligence

Learning to understand and manage emotions can improve both academic and personal success.

- * Practice Self-Awareness
- * Build Empathy
- * Improve Social Skills



Keys to Academic Success

Emotional intelligence helps students overcome challenges and perform better in their studies.

- * Set Goals
- * Manage Time Effectively
- * Seek Support & Balance

