DEVELOPING EMOTIONAL INTELLIGENCE

A Reflective Journey

Name: Iustina Rosaura Magureanu

Student ID: 2326475

Module: LCLM5006 – Developing Emotional Intelligence Skills

Lecturer: Abdallah Naser

Assignment: C1 Poster Presentation

Introduction:

Emotional Intelligence (EI) is the ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict. It's *vital* for academic success and personal well-being.

EI encompasses self-awareness, self-regulation, motivation, empathy, and social skills.

Developing Emotional Intelligence

Theory & Practical Strategies:

- **Self-Awareness:** Journaling, mindfulness meditation. Understand your emotional triggers.
- **Self-Regulation:** Practice deep breathing, cognitive reappraisal. Manage impulsive reactions.
- **Motivation:** Set realistic goals, visualize success. Stay positive and resilient.
- **Empathy:** Active listening, perspective-taking. Understand others' feelings.
- **Social Skills:** Effective communication, conflict resolution. Build strong relationships.

My Experience: Controlling Emotions and Developing Mindfulness

Throughout my academic journey, controlling my emotions has been both a challenge and a learning process. One of the most significant areas where I've seen growth is in handling academic stress—particularly around exams and deadlines.

I remember a specific incident during my second year when I had three major assignments due in the same week, along with an upcoming midterm. I started feeling overwhelmed and anxious, which led to procrastination and negative self-talk. Instead of tackling the tasks one at a time, I froze under pressure. At that point, I realized I needed a better way to manage my stress and emotions.

Success Factors & Challenges

Success Factors:

- Supportive friends and classmates
- I also developed some effective coping mechanism, such as practicing mindfulness meditation.

Challenges:

- One of my ongoing challenges is time management, especially when multiple assignments overlap.
- I also sometimes struggle with performance anxiety.

Conclusion

Developing emotional intelligence is an ongoing process that requires dedication and self-reflection. By understanding and managing my emotions, I can enhance my academic performance, build stronger relationships, and navigate the challenges of student life with greater resilience. Continuous practice and self-awareness are key to fostering emotional growth.

REFERENCES:

- Goleman, D. (1995). Emotional intelligence. Bantam Books
- Bradberry, T., & Greaves, J. (2009). *Emotional Intelligence 2.0.* * TalentSmart
- Zeidner, M., Robert's,R.D., & Matthew's, G. (2002)