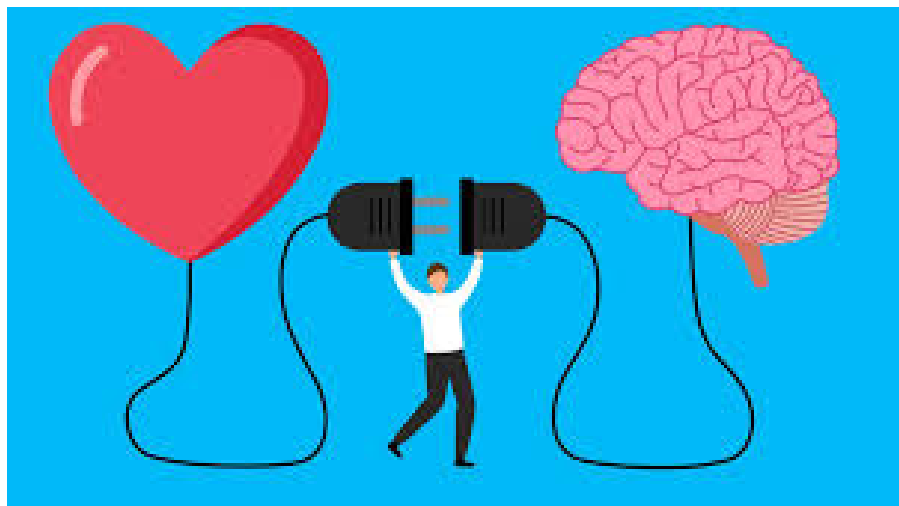


Emotional Intelligence: The Mirror of Inner Awareness

Critically Discussing the Impact of Emotions on Success and Well-being

Developing Emotional Intelligence Skills
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01. introduction

If you are turned out of your own emotions, you will be poor at reading them in other people.”
Daniel Goleman
Emotional Intelligence (EI or EQ) is the ability to understand, use, and manage your own emotions, and to recognize and influence the emotions of others Daniel Goleman argues that Self-Awareness is the "keystone" of emotional intelligence. If we lack the vocabulary for our own feelings, we become "emotionally blind" to others. In a university setting, this lack of awareness can lead to burnout, poor collaboration, and decreased academic performance. This poster explores the transition from self-tuning to social mastery

02. Methodology



To develop this discussion, a qualitative secondary research approach was used:

- Literature Review: Analyzing Goleman’s Goleman’s Mixed Model of EI.
- Thematic Analysis: Identifying key stressors in student life (deadlines, peer collaboration).
- Self-Reflection: Applying the Gibbs Reflective Cycle to personal academic experiences.

03. How to Develop Emotional Intelligence (The 5 Pillars)

Developing emotional intelligence isn’t about ignoring or controlling emotions, it’s about learning to understand and articulate them.

- **Self-Awareness:** Use journaling to identify "triggers."
- **Self-Regulation:** Practice the "Pause"—stopping before reacting to a stressful email or grade.
- **Empathy:** Actively listening to peers during group projects to understand their perspectives.
- **Motivation:** Using emotions to move toward goals.
- **Social Skills:** Developing conflict resolution techniques to manage group dynamics.



04. Self-Control and Mindfulness as a Student

- As a student, the pressure of high-stakes assessments can lead to "amygdala hijack" (intense emotional responses).
- Emotional Control: I utilize Cognitive Reframing. Instead of viewing a difficult module as a "threat," I reframe it as a "challenge" to reduce anxiety.
- Mindfulness: I incorporate "Mindful Breathing" for 5 minutes before lectures. This anchors me in the present moment,

05. Success Factors and Overcoming Challenges

Success Factors in Studies	EI Challenges	Action Plan to Address
Resilience	Fear of failure/feedback.	Adopt a Growth Mindset ; view critiques as data, not personal attacks.
Collaboration	Conflict in group work.	Practice Active Listening ; validate others' emotions before sharing your view.
Time Management	Procrastination due to stress.	Use Emotional Regulation to start tasks even when feeling "uninspired."



References

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Goleman, D. (2021) Emotional Intelligence. Daniel Goleman . Available at: <https://www.danielgoleman.info/topics/emotional-intelligence> [Accessed 28 February 2026].