

EMOTIONAL INTELLIGENCE

SELF-AWARENESS • BETTER DECISIONS • A STRONGER FUTURE

Understanding my emotions, building my resilience, confidence and creating the conditions for academic and personal success.

Introduction

The emotional intelligence (EI) and its impact on my personal and academic life. Drawing on my experiences, values and goals, I consider how emotions influence thinking, decision-making and learning, and how emotional awareness and regulation can support balance and success.



This chart illustrates the Goleman's Emotional Intelligence Framework.



Methods

- ❖ A reflective and analytical approach
- ❖ Review academic sources on emotional intelligence
- ❖ Analyse personal experiences, goals and challenges through self-reflection and past behaviour.

1 Emotional Awareness

To what extent do my emotions influence my thinking and decision-making?

- ❖ Emotions influence my decisions moderately, especially around personal expectations, uncertainty and relationships.
- ❖ I research options, compare perspectives and consider possible outcomes.
- ❖ I can struggle to prioritise my own needs when others disagree with me.

Emotional intelligence is not about eliminating emotions, but recognising them and using them alongside rational thought (Salovey et al., 1997).

How can emotional awareness improve self-regulation and judgement?

- ❖ Seek feedback to identify emotional patterns and blind spots.
- ❖ Distinguish emotions from facts to reduce self-criticism and make balanced decisions.
- ❖ Take short breaks and use calming techniques to manage stress.

2 Emotional Intelligence in Academic Success

What emotional factors contribute to academic success?

- ❖ STRESS MANAGEMENT
- ❖ MOTIVATION & SELF-DISCIPLINE
- ❖ CONFIDENCE



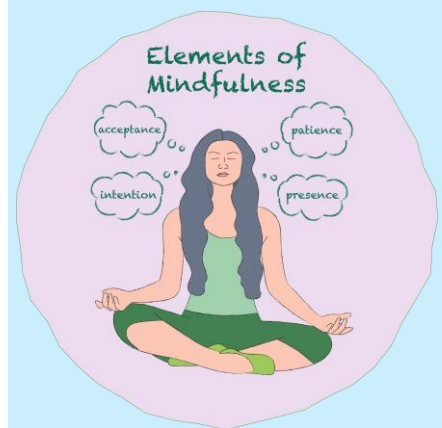
How can EI help manage procrastination, anxiety and low motivation?

- ❖ Recognise and regulate emotions that create barriers.
- ❖ Break assignments into smaller steps and set realistic deadlines.
- ❖ Seek support when needed.
- ❖ Keep a long-term perspective

3 My Personal Reflection

How can mindfulness and emotional regulation improve my learning experience?

- ❖ MINDFULNESS
- ❖ EMOTIONAL REGULATION
- ❖ MOTIVATION & RESILIENCE



These strategies cannot solve every challenge, but combined with effective study techniques they can support concentration, confidence and academic development.

Conclusion

By seeking feedback, distinguishing emotions from facts and practising emotional regulation, I can:

- ✓ make more balanced decisions
- ✓ manage academic challenges
- ✓ build confidence and support personal growth

References

- ❖ Salovey, P. and Mayer, J.D., 1990. Emotional intelligence. *Imagination, cognition and personality*.
- ❖ Salovey, P., Mayer, J.D., Goldman, S.L., Turvey, C. and Palfai, T.P., 1995. Emotional attention, clarity, and repair: Exploring emotional intelligence using the Trait Meta-Mood Scale.
- ❖ Model Institute of Technology. Available at: <https://lnkd.in/p/eNmTxnD3> (Accessed: 20 October 2026).