

WHAT IS EMOTIONAL INTELLIGENCE



UP chive

Emotional intelligence is what gives a person a competitive advantage (Singh, 2006)



BENEFITS
Source: www.budgetboss.ca

- Better decision maker
- Stronger relationship
- Improved leadership
- Enhanced Self-Confidence
- Higher Workplace Performance
- Greater Resilience (Humphrey, 2013)



Source: www.successwithantoaneta.com

Key components:

1. How can someone develop emotional intelligence?

- Developing EI is an ongoing process that involves intentional self-reflection and behavioural change. Key strategies include different components:

1. Self-Awareness

- Knowing your strengths, limits, and personal triggers

2. Motivation

- Maintains focus and resilience during challenges

3. Self-Control

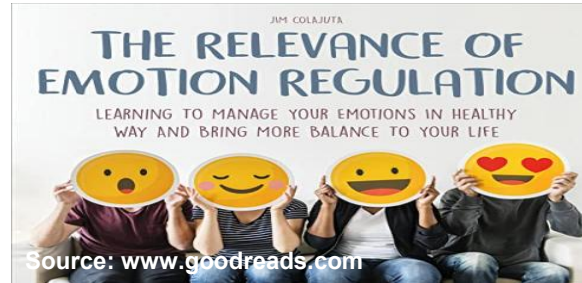
- Managing impulses, emotions, and reactions in a balanced way

4. Empathy

- Understanding and valuing the emotions and perspectives of others

5. Social Skills

- Building positive relationships
- Communicating clearly (Goleman, 2001)



Source: www.goodreads.com

2. How can you control your own emotions and develop mindfulness as a student?

- Reflecting on personal experience, emotional control is essential for managing academic pressure. As a student, mindfulness can be developed through:

1. Emotional Awareness

- Recognising when stress, frustration, or anxiety appears

2. Mindful Study Habits

- Taking intentional breaks to prevent overwhelm

3. Cognitive Reframing

- Replacing thoughts like "I can't do this" with "I can break this into smaller steps"

4. Self-Compassion

- Accepting mistakes as part of learning rather than reacting with self-criticism (Roeser, 2016)



Source: www.medium.com

3. Factors for Academic Success & Actions to Address EI Challenges

- Emotional intelligence directly influences academic performance.

1. Time Management & Organisation

- Students with strong EI plan, avoid procrastination, and manage stress more effectively

2. Motivation & Goal-Setting

- Clear goals maintain focus and reduce emotional distractions

3. Emotional Regulation During Pressure

- Managing anxiety during exams or presentations improves performance and confidence

4. Seeking Support

- Emotionally intelligent students recognize when they need help and reach out to teachers, peers, or support services

➤ Actions to Address EI Challenges

- Practise mindfulness daily to reduce stress
- Break tasks into manageable steps to avoid emotional overload
- Build supportive study groups to strengthen social skills

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