



Individual Poster Presentation

Staying Optimistic: Emotional Intelligence in Everyday Challenges

Personal reflection on resilience, positivity and growth.

Introduction

According to Salovey (1997), emotional intelligence involves monitoring one's emotions and using them to guide thinking and decision-making. It is the capacity to identify, understanding manage our own emotions and those of others. It shapes motivation, decision-making, stress management and resilience. A positive outlook helps students meet obstacles productively (Goleman, 2020).

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Assignment: Emotional Intelligence Poster

Methodology

To develop this poster I drew on scholarly literature on emotional intelligence (Goleman, 2020) and optimism (Seligman, 2006), and reflected on my own experience of balancing university, work and personal development. I related academic ideas to how I handle pressure, setbacks and self-regulation.

1. Analyse Emotional Awareness

My feelings and my choices I have not struggled with anxiety, and I try to meet pressure with a positive outlook. When life gets busy, I choose to focus on what I can control rather than what I cannot.

Self-knowledge & Self-control

I am learning to notice how my mood affects my thinking, so I can keep a clear head and a hopeful attitude. I pause before reacting, take a moment to think and put my priorities first.

2. Evaluate Emotional Intelligence in Academic Success

Stress & Motivation *Challenges are part of student life. Staying calm and positive keeps energy and focus.

Resilience* Balancing study and work has taught me persistence, flexibility and how to learn from mistakes. I split assignments into smaller steps, set realistic deadlines and prioritise the most important tasks.

Managing Challenges *Emotional intelligence helps manage procrastination, anxiety and low motivation by recognising the emotion early, reframing the task and using short, achievable goals. A positive mindset turns obstacles into learning opportunities.

• 3. Critically Reflect on Personal Experience *How did I get here? · Where am I now? · How will I get better?*

I have always tried to see difficulties as temporary and manageable. Past challenges showed me that a positive attitude makes problems easier to face. Balancing university and work has made me more aware of my emotions. I value planning, self-reflection and a balanced, optimistic mindset. Mindfulness and emotional regulation strategies (short breaks, gratitude, realistic priorities) significantly improve my learning experience by reducing anxiety and increasing focus. I will keep practising gratitude and mindfulness, take short breaks and set achievable priorities.

References

Goleman, D. (2020) Emotional Intelligence: Why it can matter more than IQ. 25th anniversary edn. London: Bloomsbury Publishin

Seligman, M.E.P. (2006) Learned Optimism: How to Change Your Mind and Your Life. New York: Vintage Books.