

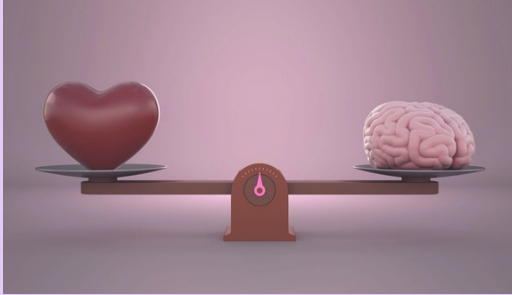
Developing Emotional Intelligence Skills: LCLM 500

C1- Poster Presentation

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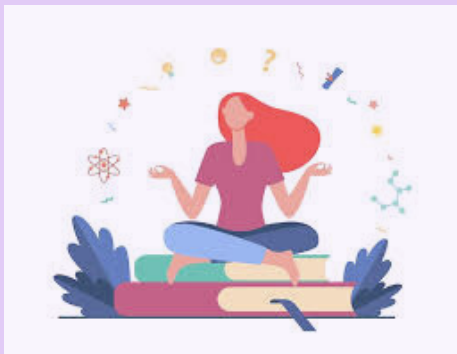
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1. How can someone develop emotional intelligence?

1. Practising self-awareness and recognising your own emotions
2. Listening actively and showing empathy to others
3. Reflecting on personal reactions in different situations
4. Learning to manage stress and emotional responses
5. Being open to feedback and learning from mistakes
6. Improving communication and social skills



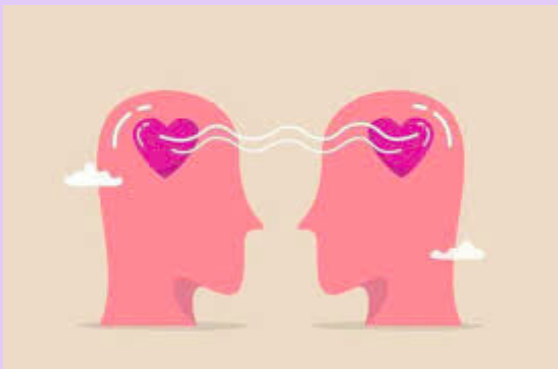
How can you control your emotions and develop mindfulness as a student?

1. Taking a moment to pause before reacting emotionally
2. Practising mindfulness or breathing exercises
3. Reflecting on experiences and learning from them
4. Staying organised to reduce stress
5. Maintaining a healthy balance between study and rest
6. Focusing on positive thinking and self-control

Factors for succeeding in your studies and actions to manage emotional intelligence challenges

Factors for success

1. Good time management
2. Motivation and clear goals
3. Emotional resilience
4. Support from teachers, friends, or family
5. Self-discipline and focus



Actions to manage emotional challenges

1. Asking for help when feeling overwhelmed
2. Breaking tasks into smaller steps
3. Managing stress through healthy routines
4. Practising positive self-talk
5. Staying calm when facing academic pressure