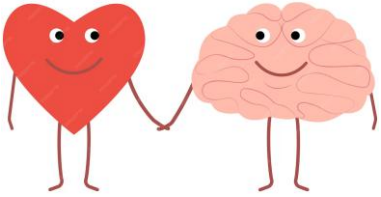


How Emotions Impact Emotional Intelligence

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Introduction

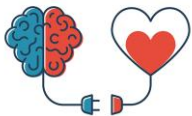
Emotional Intelligence (EI) is the ability to understand manage our emotions. As students, EI helps us handle stress, stay motivated, and build better relationship for academic success. Students with higher emotional intelligence are better able to cope with academic stress and adapt to challenging learning environments. Emotional awareness also helps students build stronger relationships with peers and lecturers, which can enhance collaboration and learning experiences. Therefore, developing emotional intelligence is an important skill that supports both academic achievement and personal development during university studies .



Developing Emotional Intelligence

- Self-Awareness & Reflection
- Self- Regulation Skills
- Empathy & Social Skills
- Mindfulness Practice

Emotional Intelligence



Managing Emotions & Mindfulness as a Student

- Pause & Reflect
- Breathing Exercises
- Effective Time Management
- Positive Reframing



Success Factors & EI Challenges

Key factors:

- Motivation & Resilience
- Support systems

EI Challenges:

- Fear of Failure
- Stress & Procrastination

Action to Take:

- Seek Academic Support
- Set Realistic Goals
- Build peer Networks



Method

This poster was created using:

- Reflective Practice & academic Research

