

Understanding emotional intelligence

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introduction

Emotional intelligence (EI) is an individual's ability to monitor, perceive and understand one's own along with other individuals' emotions. EI also pertains to how that information guides their thinking and behaviour (Salovey and Mayer, 1990)

Self awareness forms the foundation of emotional intelligence because individuals need to understand their own emotions first. Otherwise, they will be unable to properly interpret and understand each others' emotions
I will fully analyse both concepts in this poster

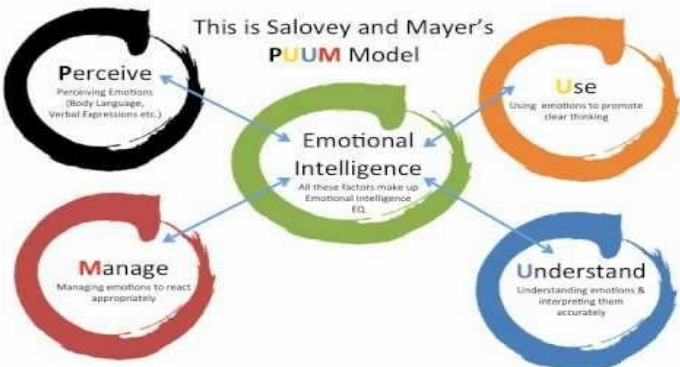
Method

This poster was created after sourcing and reviewing a variety of different information, such as lecture slides and recommended academic literature. Firstly, I made sure that the ability model and the bar-on model were adequately examined and explained. Secondly, I moved to Kabat-Zinn's MBSR research and explained the results of his study how mindfulness and emotional regulation can be developed and improved for great benefits (Kabat-Zinn, 2003). Subsequently, I reflected critically upon my own personal academic experiences to put theory to practice ending with a conclusion

Developing emotional intelligence

The ability model

This is a model that provides a paradigm, in which it we can more easily view emotional intelligence. It defines EI as a capacity to perceive, understand and regulate their own emotions. As well as EI, self-awareness is another key factor in decision making, this is because people will react more thoughtfully instead of reacting impulsively emotions.



Based on the "Mayer-Salovey-Caruso Emotional Intelligence Test (MSCEIT)" by J. D. Mayer, P. Salovey, and D. R. Caruso, 2002, Toronto, Ontario: Multi-Health Systems, Inc.

Bar-on model

This model further increases the scope of EI to additionally include topics such as stress tolerance (1997). However, it is important to not just focus on the scope but also on the skill of EI. Emotional intelligence can be trained and improved through self-reflection, feedback and mindfulness practices (Goleman, 1995)



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Mindfulness, reflection and academic success

What is mindfulness

Mindfulness is the practice of intentionally placing all your attention on the current moment in a non-judgemental, objective fashion. It can boost self-awareness along with emotional intelligence (Kabat-Zinn, 2003). Practically, it involves looking at thoughts, emotions and bodily sensation whilst ensuring you do not respond impulsively or being overwhelmed

MBSR

As a result of an 8-week study done by Kabat-Zinn (2003) good mindfulness aided in bettering EI, mindfulness strengthened EI and emotional regulation through encouraging participants to take thoughts objectively. Participants in the 8-week mindfulness-based stress reduction (MBSR) program stated that they had seen large improvements in their resilience, happiness and reduced stress.



Reflection

Personally, as a student, an effective way for me to manage my personal emotional pressure is through practicing emotional reflection and using a structured system to manage my time, which relieves stress.

Reframing any stress or pressure from things such as deadlines can be an opportunity to improve my academic resilience and increase my academic performance

conclusion

The root of good EI is good self-awareness, as if we misunderstood our personal emotions of others. The ability, mixed and trait models show that cognitive skills along with personal traits are principal factors in EI (Mayer et al, 2004). However, research on mindfulness reveals EI can be improved on and strengthened with practice (Kabat-Zinn, 2002)



Especially for students and aspiring professionals, developing a proficient level of EI could boost academic success, leadership, and resilience. EI is not fixed—it is a quality that can be developed through awareness, hard work and mindful action.

references

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