

EMOTIONAL INTELLIGENCE AND ACADEMIC SUCCESS

REFLECTING ON SALOVEY (1997): MONITORING EMOTIONS TO GUIDE THINKING AND DECISION-MAKING

Introduction

Emotional intelligence (EI) is the ability to monitor emotions and use them to guide thinking and decision-making (Salovey, 1997). This poster explores emotional awareness, EI in academic success, and personal strategies that support learning.

Method

- Literature review of EI theory and academic research
- Personal reflection on the four EI components

Synthesis of evidence on stress, motivation and mindfulness

1. Analyse Emotional

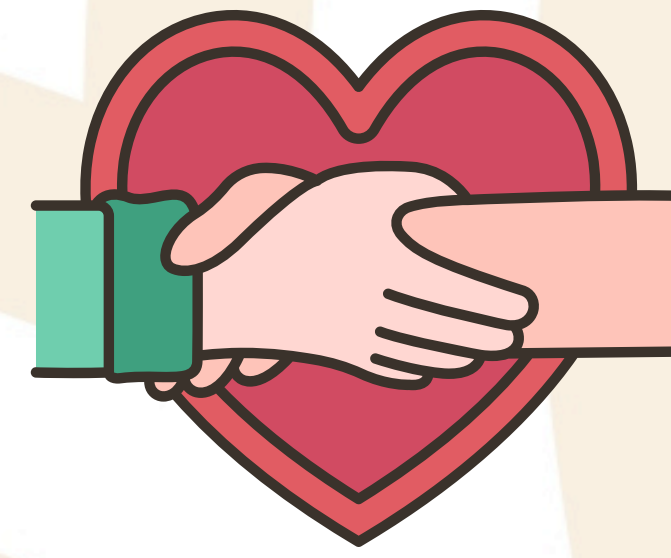
Emotions strongly influence attention, judgement and decision-making.

Stress and anxiety can narrow focus; positive emotions support clearer thinking.

How to improve:

- Label emotions accurately
- Use short daily check-ins
- Pause before reacting

Personal goal: Improve early recognition of stress and practise pausing before responding to feedback.



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2. EI and Academic Success

Key factors: Stress management • Motivation • Resilience

Applying EI:

- Procrastination → break tasks down
- Anxiety → reappraisal & breathing techniques
- Low motivation → link tasks to personal values

Higher EI is linked to better academic performance and adjustment.

3. Personal Reflection

Mindfulness and emotion regulation help me notice stress earlier, reduce anxiety and improve focus.

Current focus:

- Social Awareness – notice cues in group work
- Relationship Management – give clearer, constructive feedback

These strategies are improving both my learning and interactions.

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