

Developing Emotional Intelligence Skills

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C1- Individual Poster Presentation

1. How can someone develop emotional intelligence?



- Practising self-awareness (understanding your own emotions)
- Reflecting on your reactions and learning from experiences
- Managing emotions instead of reacting impulsively
- Listening actively and showing empathy to others
- Asking for feedback and being open to improving

2. By reflecting on your experience, identify how can you control your own emotions and develop mindfulness as a student



- Using simple techniques like deep breathing to stay calm and focused
- Staying present in the moment instead of overthinking or worrying too much
- Being aware of my thoughts and not letting negative ones take control
- Creating a routine that includes breaks, rest, and time to reset mentally

3. What factors can be accounted for succeeding in your studies and what actions can be taken to address specific emotional intelligence challenges while completing your studies?

Time management →
Motivation and discipline →
Stress management →

Emotional awareness →
Focus and concentration →
Confidence →

