

EMOTIONAL INTELLIGENCE AS A STUDENT

Module Title: Developing Emotional Intelligence Skills

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How to develop EI:

- **Be self-aware:** Notice your emotions and what causes them.
- **Manage emotions:** Take a moment before reacting.
- **Stay motivated:** Focus on goals and stay positive.
- **Show empathy:** Try to understand other's feelings.
- **Build social skills:** Communicate and work well with others.



Emotional intelligence involves understanding and managing our own emotions and recognizing the emotions of others. For students, developing EI is crucial for academic success, positive relationships, and emotional well-being.



Controlling emotions and developing mindfulness

Personal strategies used:

- **Mindfulness practise.**
- **Recognising triggers.**
- **Emotional control.**
- **Communicating openly.**

References:

- *Can mindfulness exercises help me?* (2022) Mayo Clinic. Available at: <https://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/mindfulness-exercises/art-20046356> (Accessed: November 2025).
- Schulze, R. and Roberts, R.D. (2005) *Emotional intelligence: An international handbook*, Books. Cambridge, MA: Hogrefe & Huber Publishers. Available at: https://books.google.co.uk/books?hl=en&lr=&id=iJibEAAQBAJ&oi=fnd&pg=PA31&dq=emotional+intelligence+goleman+components&ots=5Z4u9hW71b&sig=VsUHvBmWBosaLGW7pK SJFIXpDJ0&redir_esc=y#v=onepage&q=emotional%20intelligence%20goleman%20components&f=false (Accessed: November 2025).



Success factors in study:

- Time management and self-discipline.
- Supports from peers, teachers and family.
- Resilience helps overcome challenges.

Actions to address EI challenges:

- Ask for feedback.
- Attend workshops, mindfulness sessions.
- Maintain a balanced lifestyle.

Conclusion

Developing EI helps students manage their emotions, improve relationships, and succeed academically. By practising mindfulness and reflection, students can become more self-aware, resilient, and emotionally balanced.