

Development Emotional Intelligent for academic success

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Introduction
Emotional intelligence is particularly important for students because it influences learning, relationships, stress management, and accademic success.

Refelaction controlling your Emotion as a student as a student emotional control is important during stressful situation

- 1 maditation
- 2 deep breathing
- 3 journaling
- 4 time management
- 5 Taking breaking

how someone can develop emotional intelligence

- 1 self-Awareness understanding emotional triggers
- 2 self -regulation managing stress and anger
- 3motivation stay focused on goals
- 4 Empathy active listening
- 4 social skill communication building relationship

Factors for success in studies

stress management -handling accademic pressure

Emotional Awareness -understanding personal strengths and weeknesses

action student can take

- : practice mindfulness daily
- :seek support from tutors or peers
- :maintain healthy routines

development problem -solving problem

References

Goleman, D. (1995). Emotional Intelligence: Why It Can Matter More Than IQ. Salovey, P., & Mayer, J. D. (1990). Emotional intelligence. Imagination, Cognition and Personality. Schutte, N. S., et al. (2007). Emotional intelligence and academic success. Personality and Individual Differences.