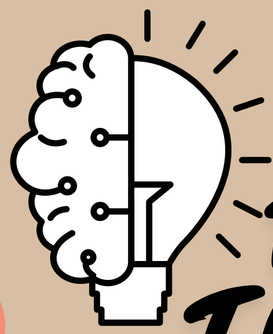
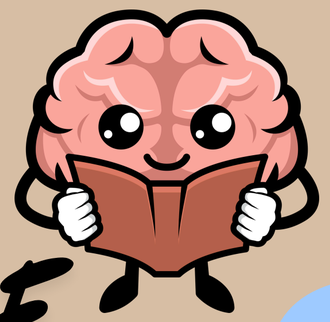


Developing EMOTIONAL INTELLIGENCE



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INTRODUCTION

WHAT IS EMOTIONAL INTELLIGENCE AND HOW CAN YOU DEVELOP IT?

Emotional Intelligence is the ability to understand , manage and use your emotions in the most positive way. It allows you to relieve stress and communicate with others in a effective way which can avoid any future conflicts and prevailing challenges.

In the long run, it will also help you reach your personal goals and succeed at work or school. It allows you to connect to your feelings and lets your make head-on decisions that are mostly important to you.

There are four key skills to Emotional Intelligence :

- Self-Awareness – Knowing your own emotions and how they affect your thoughts and behaviour
- Self-Management – When one can control impulsive feelings and behaviours in a healthy way and also follows through on commitments
- Social Awareness – This is where you understand the needs and emotions of others, by picking their emotional cues and making them socially comfortable
- Relationship Management – When you know how to develop and hold down good relationships by communicating well, giving others inspirations, working together as a team and knowing how to deal with problems that may occur in the future

HOW TO DEVELOP EMOTIONAL INTELLIGENCE

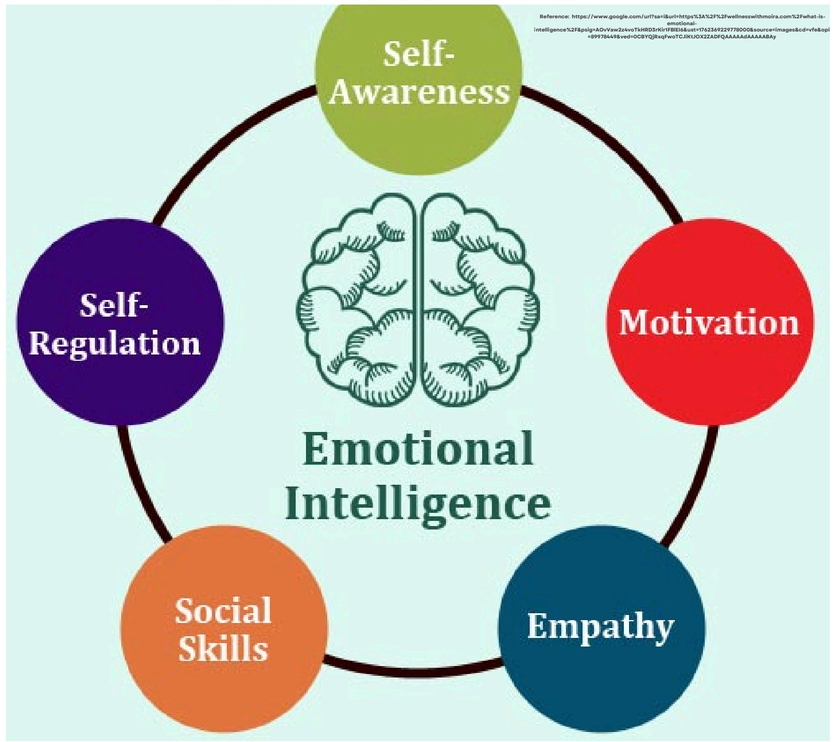
Here are some ways how you can develop Emotional Intelligence :

- Self-Regulation : Understanding your emotions and how they may have impact
- Self- Awareness : Knowing how to deal with your emotions in a effective manner in different situations
- Motivation : Stay inspired and focused even when facing challenges
- Empathy : Having the tenderness on knowing how to respond to other peoples emotions
- Social skills : By communicating clearly and creating good relationships

REFLECTION AS A STUDENT

As a university student there are ways where I have learnt how to control and develop mindfulness. Knowing when to take a pause and reflecting on situations will allow me to take a moment to think before reacting. In my spare time, I do use meditation as a way to practice mindfulness. It helps me clear my thoughts and have a clear sense of things. Music really helps me to focus and stay calm while studying and dealing with daily living activities.

Another way that helps me develop mindfulness is to stay organised by knowing how to manage my time accordingly. I have a good group of friends and family where if I need to seek for help, I can reach out to them when emotions are overwhelming.



FACTORS

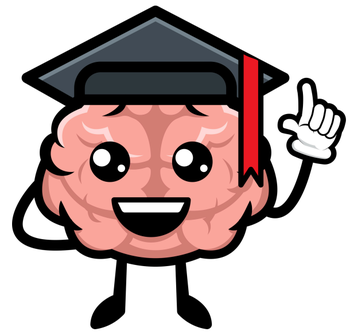
Here are some key factors that will help succeed in my studies through Emotional Intelligence :

- Having a positive state of mind
- A healthy lifestyle
- Knowing how to manage time
- Having a mindset that will allow yourself to grow as a individual

ACTIONS

Here are some actions on how to address Emotional Intelligence :

- Setting Realistic Goals- ensure that manageable tasks have put into place
- Develop coping strategies- having support networks like friends and family
- Have time to use Reflective practises- reviewing and knowing how to deal the emotions while dealing with academic stress
- Celebrate wins- no matter how big or how small the achievement always ensure that it is acknowledged



CONCLUSION

How we think, learn or even interact with others is shaped by our emotions. Understanding and knowing how to manage our emotions can strengthen our emotional intelligence, which will lead up to personal well being and academic success. Through the journey of mindfulness, reflection and self-regulation, as a student in my experience I can say that I have cultivated resilience and empathy and with these key qualities I can say that not only has it improved my study performance but also it has helped me with contributing to a lifelong emotional growth.

Someone once told me, "Emotional Intelligence is not about being emotional, its about being smart with emotions".

Reference: www.HelpGuide.org (2025) "What is Emotional Intelligence"? Available at : https://www.helpguide.org/mental-health/wellbeing/emotional-intelligence-eq