



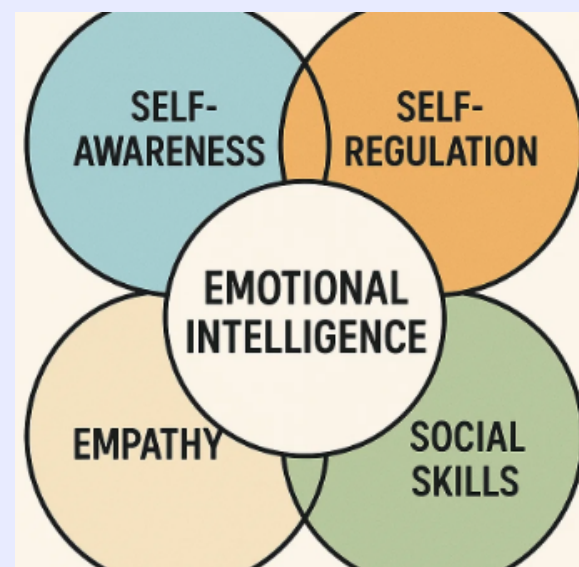
EMOTIONAL INTELLIGENCE AND ACADEMIC SUCCESS: DEVELOPING SELF-AWARENESS TO ENHANCE LEARNING

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INTRODUCTION

Emotional intelligence (EI) plays a pivotal role in academic and professional success, particularly in higher education (Mayer et al., 2024; Mayer & Salovey, 1997). Self-awareness, a key component of EI, helps individuals understand their own emotions, which can lead to more effective management of academic pressures. This poster explores strategies for developing EI, controlling emotions, and applying these practices to academic life.

Figure 1: Key Mindfulness Techniques for Enhancing Emotional Control



DEVELOPING EMOTIONAL INTELLIGENCE

Emotional intelligence can be developed through self-awareness, self-regulation, empathy, and social skills (Goleman, 1995). Practices like journaling, mindfulness, and empathy-building exercises help students enhance EI, improving behavior, communication, and collaboration.

CONCLUSION

Emotional intelligence enhances academic success, stress management, and collaboration. Developing EI through mindfulness, empathy, and self-regulation boosts performance and well-being.

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METHODOLOGY

The poster content is based on scholarly articles, books, and academic resources on emotional intelligence and mindfulness. Key sources include Daniel Goleman's works and recent EI research in education (Goleman, 2006). The methodology involved reviewing peer-reviewed journals, case studies, and relevant books to ensure a research-based, accurate approach.

Mindfulness and Emotional Control

Mindfulness techniques help students control emotions, reduce stress, enhance focus, and manage frustration (Kabat-Zinn, 2003). Practices like deep breathing and meditation improve emotional understanding, leading to better academic performance and overall well-being.

Success Factors and EI Challenges in Studies

Academic success relies on self-regulation, intrinsic motivation, and effective collaboration (Boyatzis & McKee, 2025). Challenges like stress and poor time management can be addressed through mindfulness, mentorship, and realistic goal-setting to enhance emotional intelligence.

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