

Developing Emotional Intelligence: The Impact of My Emotions on Academic Success

“If you are tuned out of your own emotions, you will be poor at reading them in other people.”

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Introduction

Emotional Intelligence (EI) is the ability to recognise, understand, and manage emotions. Goleman notes that if we can’t understand our own emotions, we struggle to understand others.

EI and Student Success

- Emotional regulation predicts success more than cognitive intelligence (Goleman, 1995).
- Anxiety and self-doubt influence judgement and learning (Córdova et al., 2023).

The poster will examine how I can manage my own emotions and mindfulness as a student of Leadership and management

Methods

Database: Google Scholar
Foundational Theories: Goleman (1995) and Salovey and Mayer (1990).

Insights from Daniel Goleman’s Theories

- Self-awareness
- Self-regulation
- Motivation
- Empathy
- Social skills

Reflection

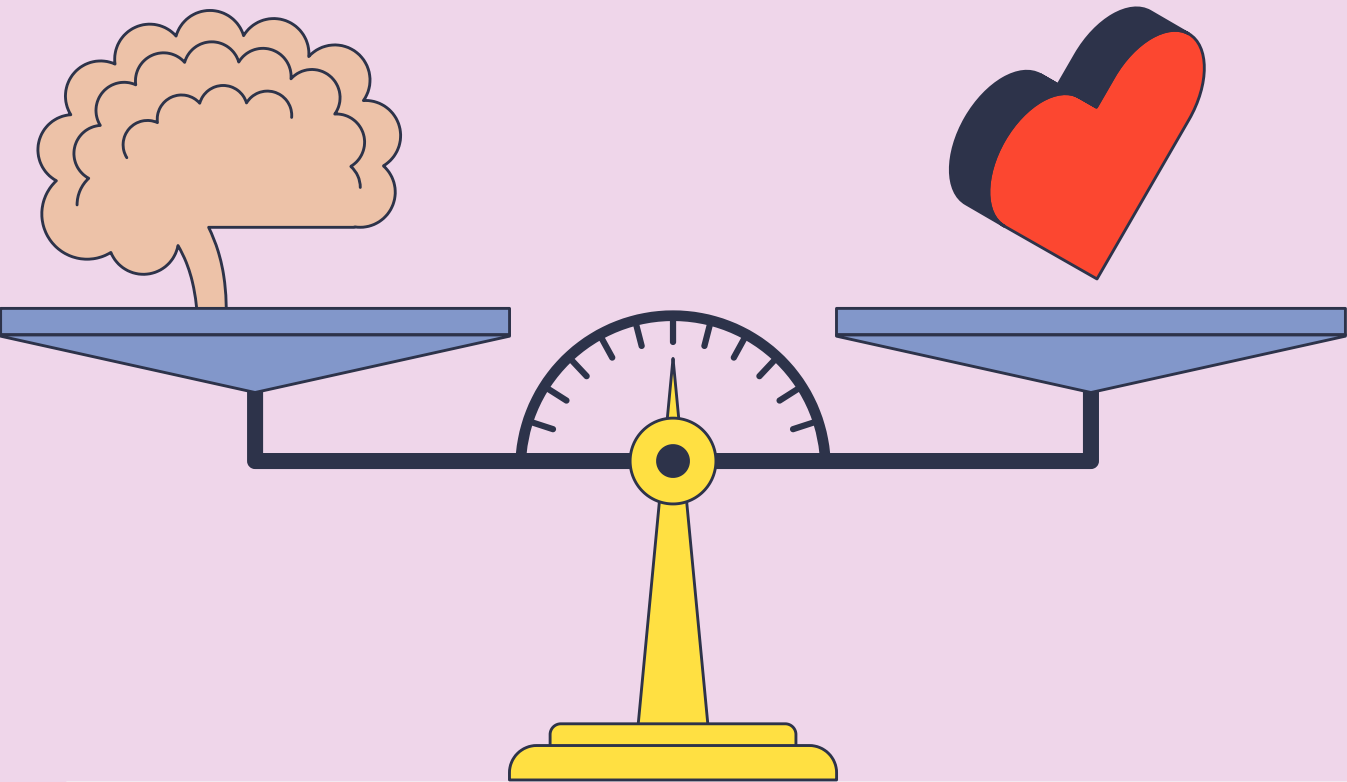
- Academic work and self-imposed pressure can affect performance.
- Deadlines caused anxiety, leading to procrastination and overthinking (Alves et al., 2024).

Strategies

- Cognitive framing to maintain a positive mindset.
- Breaking tasks into smaller, manageable steps.
- Mindfulness to stay present .
- Breathing exercises and body scan meditation to reduce stress (Yuan & Hu, 2025).

Key Learning

- Simple coping strategies can improve wellbeing and academic focus.



Developing Emotional Intelligence

Emotional intelligence is not fixed and can improve through practice.

According to Goleman, self-awareness is the foundation of EI.

Strategies for developing emotional intelligence include:

- Mindfulness
- Reflective journaling
- Seeking feedback
- Emotional regulation

Strategies I Use to Manage My Emotions

- Structured weekly planning
- Mindfulness exercises
- Peer discussions

These strategies help maintain focus, motivation, and balance during demanding academic periods.



Conclusion

Emotional intelligence begins with self-awareness.

By recognising and managing emotions, students can improve:

- Academic performance
- Stress management
- Workplace preparation

As Goleman suggests, understanding ourselves is the first step toward understanding others.

Reference

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