

Emotional Intelligence



Motivation

Harnessing emotions to achieve goals



Empathy

Understanding the emotions of others



Social Skill

Building Strong Relationships



Self Awareness

The ability to recognise one's strong emotions



Self Regulation

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The Mirror of the Mind: How Self-Awareness Shapes Emotional Intelligence

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Introduction: Daniel Goleman's quote underscores a fundamental truth: our internal emotional landscape is the lens through which we perceive the feelings of others. Being "tuned out" of our own emotions creates static on this channel, impairing our ability to connect, lead, and empathize effectively. This poster critically discusses the impact of self-awareness on Emotional Intelligence (EI) and its pivotal role in academic and personal success.

Methodology: This poster was developed through a synthesis of: Theoretical Research: Analysis of key texts by Daniel Goleman on Emotional Intelligence. Academic Review: Exploration of contemporary studies on mindfulness and self-regulation in educational psychology. Personal Reflection: Application of these principles to the authentic challenges and experiences of student life.

1. Developing Emotional Intelligence: A Continuous Journey
Developing EI is not an event, but a practiced skill. Key strategies include
Cultivate Self-Awareness: Practice labelling your emotions as they arise. Instead of "I'm stressed," try "I am feeling overwhelmed by this deadline." This creates cognitive distance and clarity.
Practice Active Listening: Focus entirely on the speaker, without formulating your response. This builds empathy and social skills by truly understanding another's perspective.
Seek Feedback: Ask trusted peers or mentors for honest feedback on your interpersonal interactions.
Develop a Mindfulness Habit: Regular meditation or mindful breathing trains the brain to observe emotions without immediate reaction, enhancing self-regulation.
Empathize Actively: Make a conscious effort to imagine yourself in another person's situation, considering their feelings and motivations.

2. A Student's Reflection: Controlling Emotions & Developing Mindfulness
As a student, emotional turbulence from deadlines, social pressures, and performance anxiety is common.
Controlling Emotions: When feeling overwhelmed by anxiety before an exam, I practice the "STOP" technique: Stop what you are doing. Take a deep breath. Observe your emotions and thoughts without judgment. Proceed with intention, choosing a constructive action like a five-minute walk or reviewing a study plan.
Developing Mindfulness: I integrate a 10-minute guided meditation using an app like "Calm" or "Headspace" into my morning routine. This practice creates a "pause button" for my day, allowing me to respond to stressors with greater calm and focus, rather than reacting impulsively.

3. Succeeding in Studies: Addressing EI Challenges
Key Factors for Success
Actions to Address EI Challenges
Self-Regulation & Motivation
Challenge: Procrastination due to fear of failure. **Action:** Use the "5-Minute Rule" – commit to starting a task for just five minutes. This reduces the emotional barrier and often leads to continued engagement.
Social Skills & Empathy
Challenge: Conflict in group projects. **Action:** Practice "I" statements ("I feel concerned about the timeline") instead of "You" statements ("You are not doing your work"), which fosters collaboration over defensiveness.
Self-Awareness
Challenge: Burnout from overcommitment. **Action:** Keep a weekly journal to track energy levels and emotional states. Identify patterns and learn to say "no" to non-essential tasks to protect well-being.

References
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