Emotional Intelligence & Student Success

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Moodle Name:Developing Emotional Intelligence

Introduction
Emotional Intelligence (EI) is the ability to recognise, understand, and manage emotions.
Self-awareness is the foundation of EI and influences academic success and relationships.

Reflection

As a student, stress and anxiety affect performance.

Management strategies:
- Time management
- Mindfulness
- Cognitive reframing
- Self-care

Method

- Literature review (books & journals)
- Google Scholar sources
- Personal reflection
- Goleman EI framework

Developing EI

- Self-awareness (reflection)
- Self-regulation (control reactions)
- Empathy (understand others)
- Social skills
- Mindfulness practices

Academic Success

Key factors:
- Motivation
- Emotional control
- Support systems

Challenges:
- Anxiety
- Workload pressure
- Group

Actions

- Break tasks into steps
- Use stress management techniques
- Seek support (peers/lecturers)
- Practice communication skills

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