

EMOTIONAL INTELLIGENCE AND ACADEMIC SUCCESS

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LCLM5006- DEVELOPING EMOTIONAL INTELLIGENCE SKILLS

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COMPONENT 1: INDIVIDUAL POSTER PRESENTATION



INTRODUCTION

Emotional intelligence is the ability to recognise, understand and manage emotions (Mayer and Salovey, 1997). It helps individuals use emotional information when thinking and making decisions.



QUESTION 1: ANALYSE EMOTIONAL AWARENESS

Emotions, Thinking & Decision-Making

Multiple assignment deadlines caused stress and made me want to delay starting my work. Emotions can influence reasoning and decision-making (Yimlaz, 2023).

Goleman's 4-Domain EI Self-Assessment

Self-Awareness-> Recognise my stress

Self-Management-> Manage my stress

Social Awareness-> Consider others' feelings.

Relationship Management -> Communicate effectively (Goleman, 2024)

Area for development: Managing stress to reduce procrastination

Mindful awareness and cognitive flexibility can support emotion regulation (Bernstein et al., 2021).

QUESTION 3: MINDFULNESS & EMOTIONAL REGULATION

Mindfulness

Mindfulness can help recognise emotions and respond more effectively to stressful situations (Bernstein et al., 2021).

Emotional Regulation

Emotional regulation can help manage stress and frustration during academic challenges.

Personal Benefits

Better focus -> Stress management -> Less

procrastination -> Improved academic performance

Evaluation

Overall, these strategies could significantly improve my learning experience by supporting focus, stress management and academic performance.

For me, mindfulness could help me manage stress, stay focused and avoid delaying assignments.



METHOD

I conducted academic research using Google Scholar. Keywords included emotional intelligence, emotional awareness, emotional regulation, decision-making, academic stress, motivation and resilience. Relevant peer-reviewed sources were selected for the poster.

QUESTION 2: EMOTIONAL FACTORS AFFECTING ACADEMIC SUCCESS

Academic Stress

Higher EI-> lower academic stress (Ullah et al., 2023).

Motivation & Resilience

EI can support academic motivation and resilient coping (Gonzalez-Yubero et al., 2025).

Procrastination & Anxiety

Emotional regulation can help manage task avoidance and anxiety (Bernstein et al., 2021). Mindfulness could help me manage stress, stay focused and avoid delaying assignments.



CONCLUSION

Emotional intelligence can support decision-making, stress management and academic performance. Developing emotional awareness, mindfulness and emotional regulation can help students manage academic challenges effectively.



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