

Understanding Emotional Intelligence

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Introduction

You will not be able to interpret other people's emotions well if you are not aware of your own. — Daniel Goleman

The capacity to identify and control your own emotions as well as those of others is known as emotional intelligence (EI).

Gaining emotional intelligence (EI) increases academic performance, self-awareness, and interpersonal interactions.

Developing Emotional Intelligence

- Self-Awareness: Consider your feelings and stressors; be mindful.
- Self-regulation: Control your tension and think things through before acting.
- Motivation: Remain upbeat and goal-oriented.
- Empathy: Pay attention to and comprehend the emotions of others.
- Social Skills: Interact, collaborate, and settle disputes.

Controlling Emotions & Developing Mindfulness (Student Reflection)

- Controlling Emotions and Being Mindful
- Self-Reflection: Determine what causes your emotions, such as stress from an exam.
- Practice mindfulness by taking deep breaths, pausing briefly, and thinking positively.
- Emotional Control: Think things through before acting, make plans, and ask for help when you need it.

Factors for Academic Success & Addressing EI Challenges

Success & EI Challenges

Success Factors:

- Consistent study routine
- Good time management
- Supportive relationships

Overcoming Challenges:

- Stress: Use mindfulness and planning
- Conflicts: Practice empathy and listening

References

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