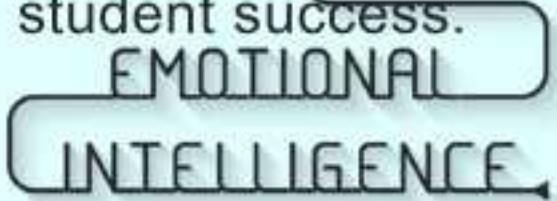


DEVELOPING EMOTIONAL INTELLIGENCE AND MINDFULNESS AS A STUDENT THIS POSTER WAS CREATED BY FLORINA ADRIANA SOARE FOR THE DEVELOPING EMOTIONAL INTELLIGENCE AND MINDFULNESS MODULE. IT PRESENTS KEY THEORIES BY GOLEMAN (1998) AND SHOWS HOW MINDFULNESS SUPPORTS STUDENT SUCCESS.

If you are tuned out of your own emotions, you will be poor at reading them in other people.” – Daniel Goleman
Emotional intelligence (EI) refers to the ability to recognise, understand, and manage emotions in oneself and others (Goleman, 1998).

In both academic and personal contexts, EI helps build resilience, empathy, and effective communication. This poster explores how EI can be developed, how mindfulness supports it, and how these skills contribute to student success.



Method

Research was conducted through academic journals, books, and credible online sources.

Key frameworks reviewed include Goleman’s (1995, 1998) model of EI and Mayer & Salovey’s (1997) theory of emotional intelligence.

A reflective approach was used to connect theory with personal student experiences.

DEVELOPING EI ACCORDING TO GOLEMAN (1998)

EI consists of five key components:

- Self-awareness – understanding your emotions and their effects.
- Self-regulation – managing emotions constructively.
- Motivation – using emotions to achieve goals.
- Empathy – understanding others’ emotions.
- Social skills – building positive relationships.

Ways to develop EI:

- Keep a reflective journal to monitor emotions.
- Practice mindfulness and active listening.
- Seek feedback from peers or mentors.
- Engage in teamwork to improve communication and empathy



Student details
Module: LCLM5006 –
Developing Emotional
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Assessment:
Component 1 – Poster
Presentation

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MANAGING MY EMOTION
AND DEVELOPING
MINDFULNESS

To manage this you have to recognise signs of stress and emotional tension. Use mindfulness breathing to refocus.

- Reflect after stressful situations to learn from them.
- Use peer feedback to build awareness and self-regulation.

Mindfulness helps me stay calm, make clearer decisions, and improve my focus and confidence

SUCCEEDING IN STUDIES
AND OVERCOMING EI
CHALLENGES

Succeeding in Studies and Overcoming EI Challenges
Developing EI improves learning, teamwork, and well-being.

However, challenges remain:

ChallengeAction Plan
Procrastination

Use self-regulation and time management strategies

Group conflicts

Apply empathy and clear communication

Performance anxiety

Build confidence through practice and self-reflection

CONCLUSION

Conclusion

Developing emotional intelligence and mindfulness is an ongoing journey.

Through self-awareness, empathy, and reflection, students can enhance academic success, relationships, and overall well-being.

Continuous practice builds resilience and prepares us for professional life.

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