

Emotional Intelligence, Learning, and Academic Success

Emotional Intelligence: Understanding Emotions to Improve Learning and Decision-Making

Samaneh Mohajer Solaimani

(Student Number: 2428421)

BETTER
EMOTIONS
BETTER
LEARNING
GREATER
SUCCESS

Module Code: 5006

Module Title: Poster Presentation

Lecturer: Chinomso Nwagboso

Assignment: Individual Poster Presentation

1. Introduction & Core Theoretical Concept



What is Emotional Intelligence (EI)?

Emotional Intelligence (EI) is the ability to perceive, comprehend, control, and utilize emotional information in thinking and decision-making (Salovey & Mayer, 1990).



Impact on Learning

Emotions directly affect attention, motivation, memory, judgment and behavior. Developing emotional awareness helps students respond effectively to academic challenges rather than reacting impulsively.

2. Methodology



- Secondary research approach analysing books and academic journal articles on learning, stress, EI and mindfulness.
- Compared key psychological theories with research data and applied findings to personal experiences (motivation, stress, procrastination, focus).

3. Emotional Awareness & Management Framework

Negative Cycle



Interrupted / Regulated Cycle



4-Step Process



Analysis: Suppressing emotions is ineffective; true awareness involves acknowledging emotional information without letting strong feelings automatically dictate actions.

4. EI Factors & Academic Effects



Stress

- Reduces concentration
- Increases avoidance



Motivation

- Encourages persistence
- Active engagement



Resilience

- Helps recover from academic setbacks



Self-regulation

- Supports task planning
- Sustained attention



Anxiety

- May interfere with focus
- Test performance



Confidence

- Influences willingness to undertake challenging tasks

5. Strategies for Common Academic Challenges



Procrastination

- 1 Identify underlying emotion
- 2 Break task into smaller steps
- 3 Set realistic start
- 4 Reward progress



Small steps
create big progress



Anxiety

- 1 Recognize physical/emotional symptoms
- 2 Slow breathing/mindfulness
- 3 Challenge unhelpful thoughts
- 4 Focus on controllable actions



Breathe • Reframe • Focus



Low Motivation

- 1 Identify root cause
- 2 Connect task to personal goal
- 3 Use achievable targets
- 4 Track progress



Purpose fuels
motivation

6. Personal Reflection & Mindfulness



What is Mindfulness?

Mindfulness (Kabat-Zinn, 1994) is paying present-moment attention with greater awareness and non-judgment.



Critical Evaluation

Mindfulness creates psychological space and reduces knee-jerk reactions, but it is not a standalone solution—it must be combined with study skills and academic support.

5-Step Mindful Learning Routine



7. References



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Emotional awareness today → Academic success tomorrow

