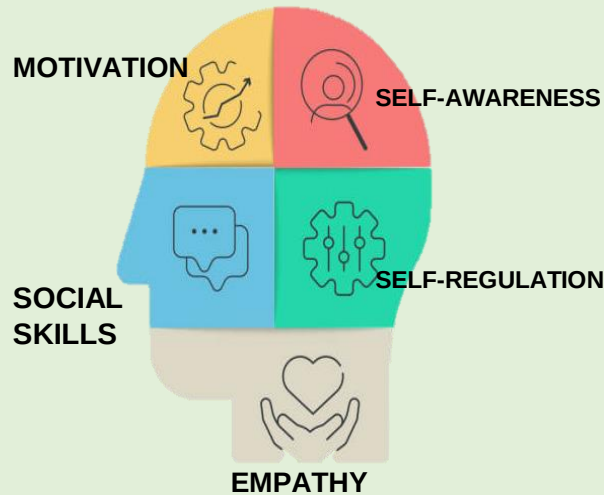


EMOTIONAL INTELLIGENCE SHAPED BY EMOTIONAL AWARENESS

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How can someone develop emotional intelligence?



Introduction

Emotional awareness begins with recognizing our own emotions, as suggested by Daniel Goleman. Emotional Intelligence is built on understanding and managing emotions in ourselves and others.

Method

This poster was developed using academic literature (Goleman 1995, Salovey & Mayer, 1990), using lecture materials, personal experiences and by applying models of emotional regulation and mindfulness practice.

Reflecting on My Experience; Managing Emotions as a Student

Ways of controlling my emotions and staying mindful:

- When stressed I do pause for a moment and breathe before I react
- I use journal to record and then understand what triggers me the most
- I practice mindfulness
- I ask for help if needed

References:

- Goleman, D. (1995) *Emotional Intelligence*. New York: Bantam Books.
- Salovey, P. and Mayer, J.D. (1990) 'Emotional Intelligence', *Imagination, Cognition and Personality*, 9(3), pp. 185-211.

Conclusion

Understanding my emotions and managing them is important for my learning processes. It also strengthens how I communicate and respond to stress. By developing emotional intelligence, I can succeed academically and build positive relationships.



Factors Supporting Success in My Studies & Actions to Improve EI

Success Factors	Actions
Time management	planners, task lists
Emotional resilience	mindfulness and self-care routines
School support	engaging with tutors, school's support services
Communication	asking questions, participating in groupwork
Self-reflection	reviewing feedback