

EMOTIONAL INTELLIGENCE IN ACADEMIC SUCCESS

Understand Regulate Succeed

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INTRODUCTION

Emotional Intelligence (EI) involves monitoring one's emotions and using them to guide thinking and decision-making (Salovey,1997).It means being aware of how emotions influence behaviour, thoughts and choices.By using this awareness it makes more balanced and affective decisions in academic and personal life.

"EMOTIONS ARE NOT A DISTRACTION FROM THINKING;
THEY ARE INFORMATION"
-SALOVEY (1997)



METHOD

- Academic Literature-Journals, textbooks, credible websites
- Qualitative Analysis –Key themes and findings
- Synthesis of evidence- to develop practical strategies and personal reflection



EMOTIONAL AWARENESS

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1.1 To what extent do your emotions influence your thinking and decision-making process?

Emotions can affect how we understand information,solve problems and make decisions.Positive emotions such as confidence and calmness can improve focus,while stress and fear may lead to poor decisions (Mayer et al.,2008)

Example:I feel anxious when giving presentations because English is my second language and I am shy.To feel more confident I practise at home and make notes

1.2 How can emotional awareness be developed to improve self-regulation and judgement?

- **Daily reflection:** identifying what happened, feeling and responses
- **Recognising emotional signs:** notice changes,tension,tiredness or rapid breathing—
- **-Mindfulness:**Pause and observe thoughts without quickly reacting to them---
- **Feedback:** Ask trusted classmates or lecturer –
- **Emotion vocabulary:** use specific words to describe feelings such as disappointed ,nervous or happy instead of bad or good



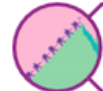
EMOTIONAL AWARENESS IN ACADEMIC SUCCESS



Stress management-reduces anxiety and overthinking-Improves focus and performance



Motivation-Drives effort, persistence and goal achievement



Resilience-helps bounce back from setbacks and maintain progress



Emotional regulation-supports better relationships, collaboration and learning

2.1 Key Emotional factors that contribute to academic success

2.2 Key Emotional factors that contribute to academic success



Procrastination-set clear goals and deadlines*use positive self-talk and reward



Anxiety & stress -practice breathing techniques*reframe negative thoughts



Low Motivation-reconnect with personal goals*celebrate small wins



PERSONAL REFLECTION

3.1 To what extent can mindfulness and emotional regulation strategies improve the learning experience?

Mindfulness and emotional regulation have been shown to enhance concentration ,reduce stress and improve overall wellbeing (Baer,2003)These strategies help create a calmer mindset, enabling clearer thinking ,better focus and more effective learning.

- Reported Benefits:
- Improved focus& concentration-70%
- Reduced stress& anxiety-65%
- Better emotional control-58%
- Higher learning satisfaction-60%
- Mindfulness research- Baer,2003;Khouri et al 2015)

4-7-8 method
• Home exercises to release stress

Breathing exercises



Pomodoro technique
• Create an agenda/calendar for each week
• Prioritise things-most important to least
• Planning tasks

Time management



• Short walks
• Stretching
• Going out for a drink
• Short friends chat
• Short study break

Mindful breaks



• Affirmation
• Growth mindset
• Positive thinking
• Setting goals clearly to achieve



Goleman skills	Strength	Improvements
Self-awareness	Understand my feelings	Notice when I feel stressed
Self-regulation	Staying calm	Take deep breaths before reacting
Motivation	Keep working towards goals	Set small study goals
Empathy	Understand others and help	Listen carefully to classmates
Social Skills	communicate well	Practice speaking confidently



CONCLUSION

Emotional intelligence helps us as students understand and manage their emotions,stay motivated and build positive relationships.Improving these skills can support better learning ,decision making and academic success

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