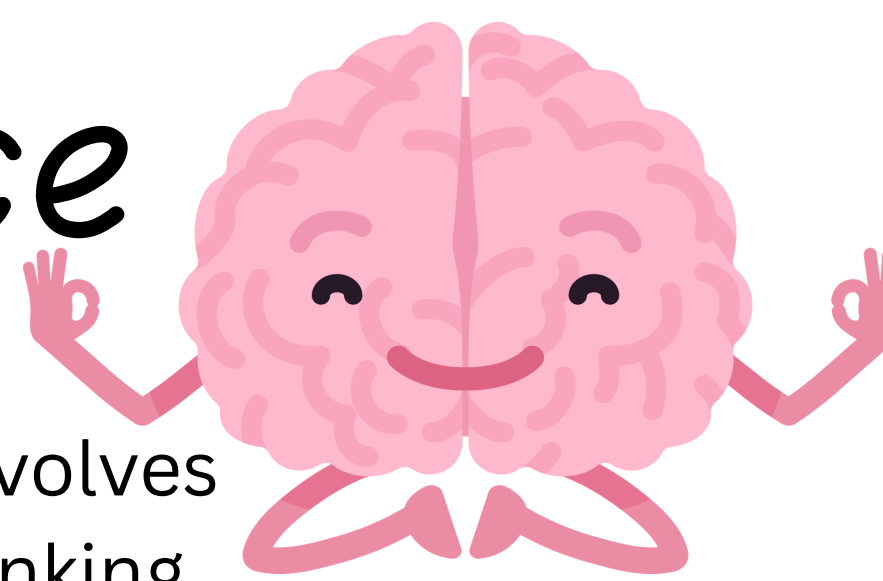


Emotional Intelligence

Awareness - Better Choices - Academic success

“according to Salovey (1997), emotional intelligence involves monitoring one’s emotions and using them to guide thinking and decision-making”



introduction:

emotional intelligence is the ability to recognise, understand and manage our emotions, as well as the emotions of others.

According to Salovey (1997), it involves monitoring our emotions and using them to guide our thinking and decision-making.

In academic settings, emotional intelligence can help us stay focused, handle challenges, build positive relationships and achieve our goals. This poster will examine how emotional intelligence affects academic achievements, critically analyse the role of emotional awareness in decision-making and discuss how mindfulness and emotional regulations may encourage but not guarantee, more effective and long-lasting learning.

Methods: i researched this poster using:

- academic sources (e.g Salovey, 1997; Goleman, 1995.)
- Online articles and trusted websites (e.g NHS, Student Minds)
- Personal reflection (My own experiences, habits and challenges)
- Notes and key takeaway from lectures and study materials.

this poster is meant



1. Emotional Awareness:

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

- my emotions have a big influence on my thinking and decisions. When i feel anxious, for example, i can overthink and doubt myself, which can lead to poor decision and procrastination.
- when i feel motivated, calm or confident, i'm more focused, positive and open to opportunities.

- Emotions can also affect how i see situations i might react emotionally instead of logically, especially when i'm stressed or upset
- how can emotional awareness be developed to improve self-regulation and judgement?

- keep a journal to notice patterns on my emotions and triggers
- pause before reacting - take a few deep breaths and think about the bigger picture
- Ask for feedback from people i trust to understand how my emotions may impact my decisions.
- practise mindfulness to stay present and recognise how i feel moment

being aware of my feelings helps me note how they might be impacting my judgement and leverage the information to make better judgement and decisions (Chung, Cichocki and Chung, 2023).



2. Emotional intelligence in Academic success:

what are the key emotional factors contributed to academic success?

- stress management - helps with focus and prevents burnout
- motivation - keeps you consistent and goal driven
- resilience - helps you bounce back from setbacks.
- self-confidence - improves participation and belief in your abilities.
- emotional regulation - helps you stay calm and think clearly under pressure.

Small steps every day

How can emotional intelligence applied to manage challenges like procrastination, anxiety or low motivation?

- procrastination: recognise when i'm avoiding tasks, understand the emotion behind it (e.g. fear or overwhelm). and break tasks into smaller steps.
- Anxiety: use breathing techniques, positive self-talk and focus on what i can control.
- Low motivation: reconnect with my personal goals, celebrate small wins and remind myself of my progress.

When it comes to procrastination, emotional awareness can assist in identifying whether avoidance is brought on by boredom, anxiety, or anything overwhelming. A student should be able to control the emotion that underlies disappointments and replace avoidance with controlled behavioural actions once they become aware of it. Determining the emotional experience's triggers, implementing an active response, and transforming an immediate threat into a specific, manageable study task are further strategies for managing anxiety. In order to set reasonable goals and reinvest when motivation is low, emotional intelligence (EI) could be used to distinguish between short-term emotional burnout and transient engagement with other causes of emotional disengagement

3. Personal reflection:

to what extent can mindfulness and emotional regulation strategies improved my learning experience?

mindfulness helps me stay present, reduce overthinking and improve focus during study sessions

emotional regulation helps me manage stress, frustration and negative thoughts, so i can stay calm and productive.

it improves my overall wellbeing and makes learning feel less overwhelming and more enjoyable

references:

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