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C1- Poster Presentation

Understanding Emotional Intelligence through Self-Awareness

Introduction

In general emotional inteligence is to manage your emotios and how it has influence on others

Controlling Emotions & Developing Mindfulness as a Student

Self-Reflection: As a student, I get anxious before tests and due dates. I can better control my emotions by being aware of this trend and making plans and practicing mindfulness.

Techniques for Managing Emotions:

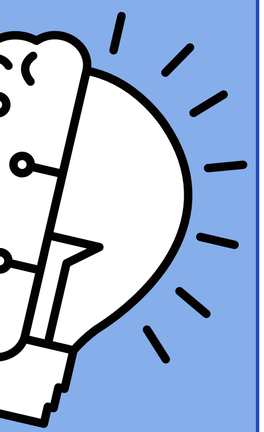
Before studying or giving a presentation, practice mindful breathing.

Use constructive self-talk to replace nervousness with self-assurance.

Effective time management can help you stay balanced and less stressed.

To comprehend emotional triggers, keep a reflective notebook.

Sleep, exercise, and breaks are healthy habits that help preserve emotional stability.



Method

I made this poster after seeing sources on emotional intelligence like goleman, 1995 , Mayer etal 2008

I looked over my emotional responses and experience as student

Emotional Intelligence, Success & Overcoming Challenges

Impact of the Challenge Action/Strategy
Anxiety and stress Diminishes concentration Engage in awareness and relaxation

Conflict arises from a lack of empathy in collective projects.

Engage in active listening.
Procrastination is caused by poor self-control
.
Make SMART plans and goals
.
Self-talk that is negative lowers motivation Positively reframe your thoughts

Important Success Factors:

Self-knowledge

Inspiration

Resilience on an emotional level

Good communication

Regular evaluation of advancements

• Developing Emotional Intelligence

Essential Elements (Goleman, 1998):

Self-awareness: Acknowledging feelings and their consequences.

Self-regulation: Controlling feelings under duress.

Motivation: Sustaining a positive attitude toward objectives.

Empathy: Being aware of the thoughts and emotions of others.

Social skills: Communicating and forming wholesome relationships.

Methods for Developing EI:

Journaling or self-reflection should be done every day.

Ask for helpful criticism from others.

Take part in activities that foster empathy.

To maintain emotional equilibrium, practice mindfulness.

Learn to control your emotions by pausing before acting.

Conclusion

Understanding and controlling one's own emotions is the first step towards developing emotional intelligence.
Students can develop resilience, strengthen relationships, and improve their overall academic performance by practicing mindfulness and emotional management.

References

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