

"Understanding and Developing Emotional Intelligence: Managing My Emotions for Academic Success"

Developing Emotional Intelligence Skills LCLM 5006

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Introduction

Emotional Intelligence (EI) is the capacity to comprehend, regulate, and utilise emotions proficiently in oneself and others (Goleman, 1998).

As students, being aware of and in control of our feelings affects how we deal with stress, work with others, and do well in school.

This poster looks at how emotional awareness and mindfulness may increase EI and help students do better in school.

2. Reflection: Controlling Emotions & Developing Mindfulness as a Student

Mindfulness techniques can help manage emotions like stress and anxiety, which impact focus and performance. Key approaches include mindful breathing to reduce anxiety, effective time management to avoid procrastination, self-reflection to understand emotional responses, fostering a growth mindset for resilience, and maintaining physical wellness through sleep and exercise.



3. Factors for Academic Success & Managing Emotional Challenges

Key Factors for Success:

- Stay motivated and focused on goals
- .Manage time effectively.
- Communicate well with others.
- Be flexible and learn from mistakes.
- Ask for help when needed.

How to Manage Emotional Challenges:

- Stress: Take short breaks and practice deep breathing.
- Low Motivation: Set small, realistic goals to stay encouraged
- .Anxiety: Use mindfulness or meditation before exams.
- Frustration: Pause, reflect, and approach tasks calmly.
- Conflict: Listen carefully and respect others' opinions.

1.Developing Emotional Intelligence

According to Goleman's model, EI includes Self-Awareness, Self-Regulation, Motivation, Empathy, and Social Skills.

Ways to develop EI:

EI Component	How to Develop It
Self-Awareness	Practice daily reflection and journaling to recognize emotional triggers.
Self-Regulation	Use breathing exercises and pause before reacting under stress.
Motivation	Set clear academic goals and celebrate small achievements.
Empathy	Listen actively to peers and consider diverse perspectives in group work.
Social Skills	Communicate openly, give constructive feedback, and manage conflict calmly.

Conclusion

Being able to understand and control your emotions makes you more emotionally intelligent, which helps you do better in school and have better relationships.

Students may break down emotional boundaries and reach long-term success by becoming more aware of themselves, being thoughtful, and being empathetic.



References

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