



Assignment Title: The key Role of Personal Emotions in Developing Emotional Intelligence.

Introduction

Daniel Goleman’s quote highlights the connection between self-awareness and understanding other’s emotions.(Goleman, 1995).

Emotional intelligence (EI) refers to the ability to recognise, understand, regulate, and use emotions effectively in ourself and others. i found in EI supports well-being, stress management, and academic performance, Quest, 73(2), pp.105-119.

Mindfulness is also closely linked to emotional intelligence because it improves self-awareness,Mantzios, M.,2018,5(1), pp.75-88. reduces academic stress, supports better academic outcomes and personal life balancing cycle at workplace.

Methodology

This poster was developed using:

- Reflection on student emotional experiences and learning challenges. Personal reflection, Statistical analysis.
- Literature review of emotional intelligence theory.
- Google scholar and Research about mindfulness and emotional control.
- UWTSD library site Books, articles, journals and reports.

"If you are tuned out of your own emotions, you will be poor at reading them in other people."
— Daniel Goleman



1. How Can Someone Develop Emotional Intelligence?

Emotional intelligence can be developed through continuous self-reflection and behavioural practice.

- Know yourself (self-awareness)
- Choose yourself (self-regulation)
- Give yourself (purposeful action and empathy)

Key development strategies include:
Self-Awareness

Understanding emotional triggers helps individuals respond rather than react,behavioral and Brain Sciences, 25(1), pp.36-37.

Self-Regulation

Managing emotions helps students remain flexible and respond appropriately in stressful situations.

Motivation

Higher EI increases motivation, which indirectly improves academic performance, Journal of Personality and Social Psychology, 104(4), p.591.

Empathy and Social Skills

EI improves communication and relationships with peers , which increases support,PloS one, 10(9), p.e0137585.

Challenge

Test anxiety

Stress and worry

Low self-confidence

Poor emotional regulation

Impect

Poor concentration and memory

Reduced motivation

Poor emotional decisions

Overreaction or avoidance

Action

Mindfulness & preparation strategies

Time management emotional reflection

Journaling and feedback from others

Pause before reacting and breathing exercises

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

Recognising stress, anxiety, or frustration early prevents emotional. Dornisch, M.M., 2010,38(6), pp.551-570. as a Students with higher EI experience lower test anxiety because they can under and manage emotional reactions to academic pressure.

Mindfulness improves focus, reduces stress, and enhances academic performance.

Examples:

- Deep breathing during stressful study periods
- Reflective journaling
- Taking breaks to reset emotional state

3. Factors for Academic Success and Emotional Intelligence Challenges

Key Success Factors:

1. Emotional Regulation
Managing academic emotions supports persistence and performance.

2. Social Support
I believe with higher EI build stronger support networks, improving well-being and motivation.

3. Motivation
EI increases motivation, leading to better academic outcomes.Roberts,R.D., 2014. (pp. 162-182).

References

- ✓ George Taukeni, S. (2021) The Science of Emotional Intelligence. IntechOpen. Available at: <https://doi.org/10.5772/intechopen.90978>.
- ✓ Verhaeghen, P. (2017) Presence: How Mindfulness and Meditation Shape Your Brain, Mind, and Life. 1st ed. New York: Oxford University Press. Available at: <https://doi.org/10.1093/acprof:oso/9780199395606.001>.
- ✓ Machado, C. and Davim, J.P. (eds.) (2019) Emotional intelligence and neuro-linguistic programming: new insights for managers and engineers. 1st ed. Boca Raton, FL: CRC Press.

Conclusion

Understanding and managing personal emotions is essential for developing emotional intelligence. as a Students actively develop emotional awareness, regulation, and mindfulness are more likely to succeed academically and maintain psychological well-being. Emotional intelligence should be considered a core emotional skills, not just a personal trait, because it supports both academic success and life-long personal development.