

DEVELOPING EMOTIONAL INTELLIGENCE AND MINDFULNESS FOR ACADEMIC SUCCESS

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Introduction

Nowadays, emotional intelligence holds a crucial role in every aspect of someone's life. Concerning this, Bru-Luna *et al.* (2021) stated that emotional intelligence is the ability to understand, recognise, and manage one's own emotions, along with understanding their impact on others. As a student, being emotionally intelligent helps in academic success. Therefore, this poster focuses on understanding the ways of developing Emotional intelligence and finding ways to tackle its negative sides.



Figure: Factors impacting Emotional Intelligence
(Source: Pahwa and Khan, 2022)

Ways to develop emotional intelligence

Emotional Intelligence (EI) is a crucial part of everyone's life. It is needed in every step of action. To develop effective EI, one can incorporate various strategies, which will be effective for understanding and managing one's emotions, while understanding others, too. Practising self-awareness is one of those strategies, as it helps a person be aware of their own feelings and know what makes them happy, stressed or angry. In addition to this, active listening is another aspect that also helps in developing emotional intelligence. As per Nichols and Straus (2021), active listening is an important practice which helps in providing full attention to the speaker and understanding their perspective while responding efficiently. This helps in understanding other people's feelings and eventually fosters empathy. Further, effective communication skills are also important for one to develop EI. Concerning this, a study by Shrivastava *et al.* (2022) stated that effective communication is a vital part of expressing feelings and managing emotions. Finally, being able to stay calm and regularly reflect on actions also helps a person become more emotionally strong, and they also learn to handle relationships in more effective ways.

Factors Important and actions

To achieve success in studies, it is important to have various crucial skills and abilities, like good time management skills, motivation, and always to possess a positive attitude. Focusing on this, Fu *et al.* (2025) stated that time management not only enhances academic success, but it also teaches self-control and over-dependence on digital devices. Further, as a student, I always prefer to stay organised and follow my daily routine positively to complete tasks at a given time. Moreover, as a student, there are some challenges I face regarding emotional intelligence, such as stress, poor communication and lack of confidence. I believe that these aspects can be effectively managed through self-awareness. In addition to this, asking for help, taking short breaks and keeping a healthy balance between study and other work also help in mitigating the challenges regarding emotional intelligence.

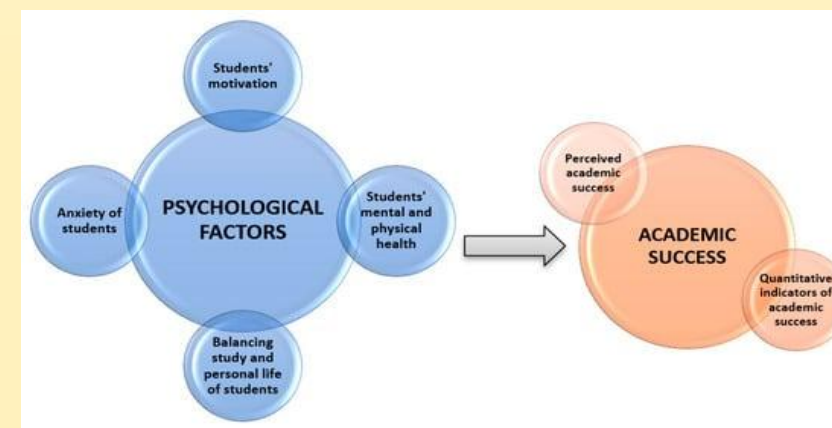


Figure Factors impacting academic success
(Source: Rožman Vrečko and Tominc, 2025)

Emotions control and mindfulness development

Reflecting on my own experience, I can say that I have the ability to manage my own emotions and I can also control them effectively. For example, I always try to control my own emotions as I always try to stay calm and critically think before giving any reaction during any difficult situations. In addition to this, I always clear my head by taking deep breaths and only focus on positive thoughts, which is also effective for managing negative emotions, like stress, anger or frustration. According to APA (2022), using relaxation techniques, avoiding emotional arousals, and physical activities also helps in managing negative emotions like anger. On the other hand, APA (2025) also explained mindfulness as a state of being aware of one's internal aspects and their surroundings, without being judgmental. As a student, I always meditate and stay focused on being mindful. Moreover, I also believe that being aware of my own emotions is also effective for me to make effective decisions, and I can also stay motivated. Overall, it can be said that effectively practising mindfulness every day helped me reduce stress and develop emotional strengths.

Method Used

The entire poster was made through effective research, using relevant academic journals, books and websites regarding emotional intelligence and mindfulness. Key findings from the resources were effectively analysed, and later relevant evidence was introduced to develop the poster.

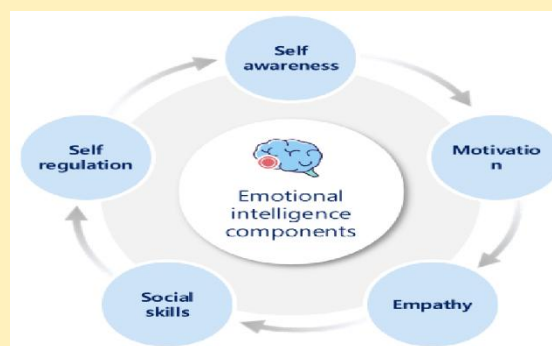


Figure: Components of Emotional Intelligence
(Source: Paudel *et al.*, 2024)

Conclusion

To sum up, it is possible to state that emotional intelligence and mindfulness development play a vital role in the guarantee of academic success and the promotion of personal growth. Self-awareness, active listening, and communication are really crucial in attaining emotional intelligence. In such ways, there is also a chance of academic success among students.

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