



Introduction:

Emotional Intelligence (EI) is the ability to recognize, understand, and manage our own emotions while also being aware of and responding to the emotions of those around us. Developing Ei allows us to build stronger relationships, make wiser decision, and face challenges with calm and confidence.

(HelpGuide, 2023).

3. Several factors are important to succeed in my studies: **Self-motivation, time management, emotional balance.**

(IBEC, 2023).

1. Emotional Intelligence can be developed improving:

Self-awareness

Involves recognizing and understanding emotions

Self-Regulation

Helps manage responses in challenging situations.

Empathy

Allows to understand other's feelings.

Social skills

Improves communication and teamwork.

(Professional Development, 2023).

2. Managing Emotion:

Controlling emotions start with recognizing triggers like exams stress or group work frustration. Techniques such as deep breathing, short breaks, and positive self-talk help to maintain calm.

(Boryga, A. 2023).

Conclusion:

Emotional Intelligence is essential for personal and academic success. By recognizing and managing our emotions and practicing mindfulness we can stay focused, motivated and calm. (NHS, 2023).

References:

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