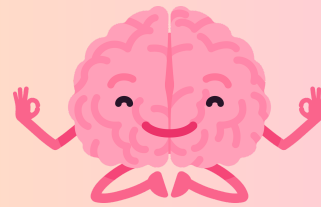


EMOTIONAL INTELLIGENCE AND STUDENT SUCCESS



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- LCLM5006 – Developing Emotional Intelligence Skill
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1

Introduction

Emotional intelligence is the ability to understand and manage our emotions. It also helps us understand the emotions of other people.

For students, emotional intelligence is important because it helps manage stress, motivation and relationships at university.

2

Method

To create this poster, I used academic articles and books about emotional intelligence.

I also reflected on my experience as a student and how emotions affect studying and academic performance.

3

How can someone develop emotional intelligence?

People can develop emotional intelligence through:

- Self-awareness – understanding your emotions
- Self-control – managing stress and reactions
- Empathy – understanding other people's feelings
- Social skills – communicating well with others

These skills help people make better decisions and build positive relationships.

4

Reflection as a student

As a student, emotions can influence motivation and concentration.

For example, stress during exams can affect performance.

Mindfulness and good time management help students stay calm and focused.

Understanding emotions helps improve learning and wellbeing.

5

Factors for academic success

Some important factors for success in studies include:

- Motivation – helps students stay focused
- Time management – helps organise tasks and reduce stress
- Emotional control – helps manage pressure and anxiety
- Positive mindset – helps students stay confident

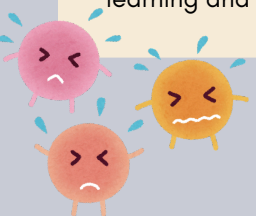
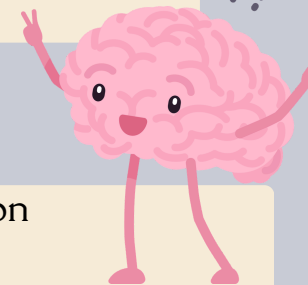
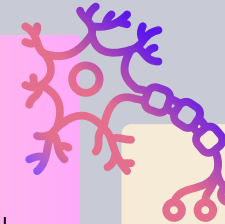
Students who develop emotional intelligence can manage challenges and improve their academic performance.

Conclusion

Emotional intelligence is important for students and future careers.

By understanding and managing emotions, students can improve their academic performance and wellbeing.

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