

Emotional Intelligence

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Module: Developing Emotional Intelligence Skills (LCLM5006_LON)



Introduction

Emotional intelligence is the ability to understand and manage emotions. Self-awareness is key to improving behaviour and academic success (OECD, 2021).

1. Developing Emotional Intelligence

- Managing exam stress
- Practising mindfulness (WHO, 2022)
- Time management
- Reflection and communication (UNESCO, 2023).

2. Personal Reflection

- Managing exam stress
- Practising mindfulness (WHO, 2022)
- Time management
- Reflection and communication (UNESCO, 2023)

3. Success Factors

- Emotional control
- Focus
- Positive mindset
- Support systems (NICE, 2022)



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Conclusion

Self-awareness helps students improve academic performance and wellbeing.

References:

- Education Endowment Foundation (EEF) (2021) *Social and emotional learning*. London: Education Endowment Foundation..
- National Institute for Health and Care Excellence (NICE) (2022) *Mental wellbeing in children and young people*. London: NICE
- United Nations Educational, Scientific and Cultural Organisation (UNESCO) (2023) *Social and emotional learning for student success*. Paris: UNESCO
- World Health Organisation (WHO) (2022) *Mental health and well-being in schools*. Geneva: WHO.