



Developing Emotional Intelligence and Mindfulness as a Student

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Introduction

Emotional Intelligence (EI) and mindfulness support emotional regulation, focus, and teamwork in academic settings (Goleman, 1995; Zeidner, Matthews & Roberts, 2004).

As a student, strengthening EI and mindfulness improves resilience, communication, and academic outcomes.



Method

Poster content is gathered from scholarly literature on EI and mindfulness (Goleman, 1995; Mayer & Salovey, 2008; Zeidner et al., 2004) and reflective analysis of personal study experiences.

Research methods: literature review + personal reflection (Briffa, 2020).



Managing Emotions & building Mindfulness

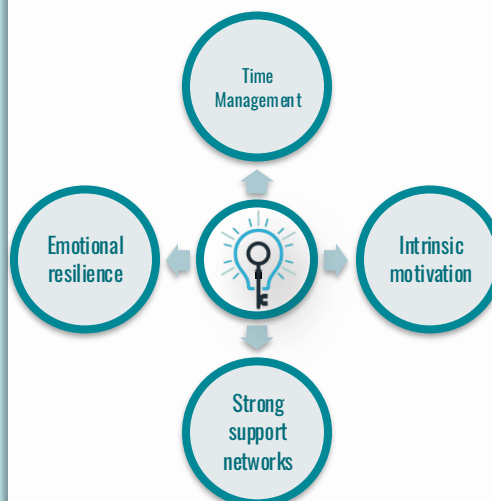
Mindfulness techniques (short meditations, focused breathing) reduce study anxiety and improve concentration (Zeidner et al., 2004).



1. I use brief guided meditations, reflective journaling, and positive self-talk to identify emotional triggers and improve self-regulation
2. Apps and short daily practice support consistency (Briffa, 2020).

Factors for study success & actions to overcome EI challenges

Key Success Factors (Mahmoud et al., 2021) :



Actions to overcome EI challenges:

- Attend EI/mindfulness workshops
- Practice active listening in group work
- Reflect on feedback rather than react
- Keep a work-life balance through rest and exercise (Arora, 2017; Marcinkus Murphy, 2012).

Conclusion

EI and mindfulness are interlinked, cultivable skills that improve academic performance and prepare students for workplace roles (Goleman, 1995; Zeidner et al., 2004).

Ongoing reflection, practice, and feedback accelerate development and resilience.

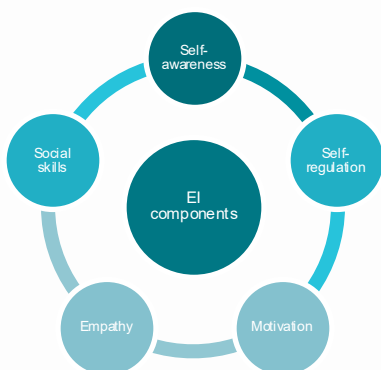


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How to develop Emotional Intelligence

EI comprises five core components (Goleman, 1995; Mayer & Salovey, 2008) :



Practical Development Strategies
(Arora, 2017; Briffa, 2020)

- Daily reflection / journaling
- Teamwork practice to build empathy
- Structured feedback from peers
- Mindfulness breathing