

Emotional Intelligence

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INTRODUCTION

"If you are tuned out of your own emotions, you will be poor at reading them in other people." — Daniel Goleman



Emotional intelligence (EI) enables people to identify their emotions and those of others while learning to control their own feelings and the feelings of others. Goleman (1995) establishes emotional awareness as the essential base for developing empathy and social comprehension abilities. Students who develop emotional awareness can better handle stress while improving their concentration and building stronger relationships with others. My emotional awareness helps me choose thoughtful responses instead of impulsive actions which leads to better academic results and personal development.

+DEVELOPING EMOTIONAL INTELLIGENCE

People can develop emotional intelligence by practising mindfulness and regularly reflecting on their emotions. Salovey and Mayer (1990) describe emotional intelligence as the ability to recognise emotions and use them effectively while understanding them and controlling their impact. Self-awareness enables me to detect emotional triggers which impact my choices, while self-regulation helps me control my anxiety and frustration levels. According to Goleman (1998) emotional stability and interpersonal understanding develop through the combination of motivation, empathy and social skills. The combination of these elements creates academic settings where students can work together effectively while building their resilience

REFLECTION AND MINDFULNESS

The period before my assessments brings me significant stress as a student. I practice mindfulness through deep breathing and journaling, which enables me to watch my emotions without judgment to get better concentration and inner peace, as Kabat-Zinn (2006) explains. Mindfulness teaches me to choose responses instead of automatic reactions, which enhances my emotional stability and self-control abilities (Cherry, 2025).

CONCLUSION

The development of emotional intelligence produces better academic achievements and improved self-management skills and better overall life satisfaction. My emotional control helps me deal with tough circumstances through both powerful and empathetic and confident actions.

METHODS

The research data for this poster originated from academic books and peer-reviewed journals and trustworthy online resources. I connected theoretical emotional intelligence concepts to my student experiences through reflective self-analysis.

References

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