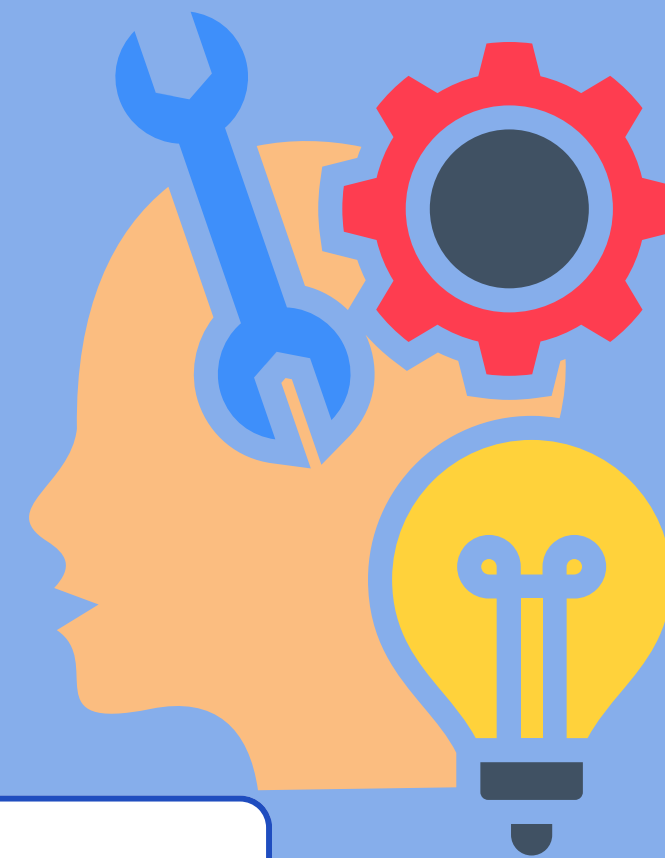
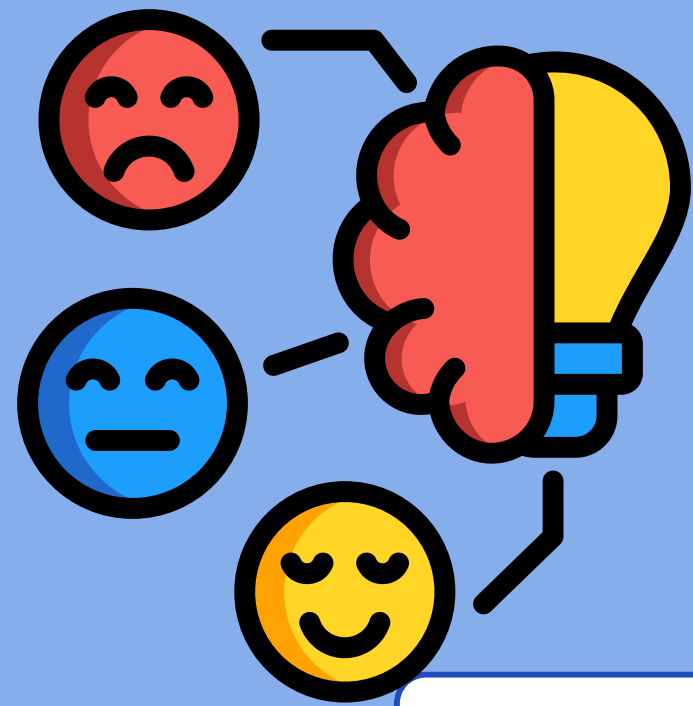




The Role of Emotional Intelligence in Understanding and Managing Emotions

Introduction

- **Emotional Intelligence (EI)** = ability to recognise, understand and manage emotions (Segal et al., 2025).
- Helps with communication, relationships, and decision-making.
- Understanding your own emotions improves your ability to understand others (Goleman quote).
- Important for student success, stress management and teamwork.

Developing Emotional Intelligence

- **Self-awareness** – recognise your emotions and how they affect behaviour.
- **Self-management** – control stress and emotional reactions.
- **Social awareness** – understand other people's emotions and perspectives.
- **Relationship management** – communicate clearly and resolve conflicts.
- Practice reflection and emotional awareness regularly.

(Source: Segal, Smith & Robinson, 2025)

Factors for Academic Success

- Stress management during exams and assignments.
- Time management and organisation.
- Motivation and self-discipline.
- Positive relationships and teamwork.
- Using mindfulness and emotional awareness to stay focused.

Methods

- Research from academic websites and articles on emotional intelligence.
- Sources included HelpGuide.org and resources from reputable universities.
- Focus on EI skills, mindfulness and student development.
- Information summarised and organised into key themes.



Conclusion

- Emotional intelligence improves academic performance, wellbeing and relationships.
- Understanding and managing emotions helps students cope with stress and challenges.
- Developing EI and mindfulness supports personal and academic success.

Control Emotions & Mindfulness for Students

- Take deep breaths when feeling stressed or overwhelmed.
- Practice mindfulness – focus on the present moment.
- Pause and think before reacting emotionally.
- Use study breaks or short meditation to reduce stress.
- Stay aware of thoughts and redirect attention when distracted.

(Source: Diebold, 2020)

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