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INTRODUCTION

EI can be defined as the capacity to identify, comprehend and control personal feelings and emotions of others. Goleman (1998) asserts that emotional intelligence is significant in the way people manage stresses, relate with others as well as the decisions they make. Emotional intelligence in an educational setting assists a student to handle the stress of school, stay motivated and have positive relationships with colleagues and lecturers. Awareness of the emotional responses is of special importance since emotions may affect the learning behaviour, focus and general academic performance. Thus, emotional intelligence can be developed to enable students to improve their studying habits, deal with challenges and succeed in their study.

FACTORS AFFECTING ACADEMIC SUCCESS

- Strong motivation helps students stay focused on their goals.
- Managing stress improves concentration and performance.
- Good time management helps meet deadlines.
- Emotional resilience helps overcome academic challenges.
- Emotional intelligence improves focus and productivity.



DEVELOPING EMOTIONAL INTELLIGENCE AS A STUDENT:
MANAGING EMOTIONS AND ACADEMIC SUCCESS

DEVELOPING EMOTIONAL INTELLIGENCE

EI can be acquired using a number of individual skills and practices. Self-awareness is one of them, and it consists of understanding how the emotional reactions affect the behaviour and the ability to identify them. The other important element is the emotional regulation, which can be explained as the ability to manage emotions during difficult or stressful circumstances. Empathy can also be significant in that it enables one to empathize with people, listen to their thoughts, and viewpoints, enhancing communication and collaboration. Emotional intelligence needs to be developed through reflection, practice, and the skills of learning to receive emotional feedback. Studies indicate that those who clearly develop such abilities tend to be more resilient, have better relationship with others and have enhanced performance at school.

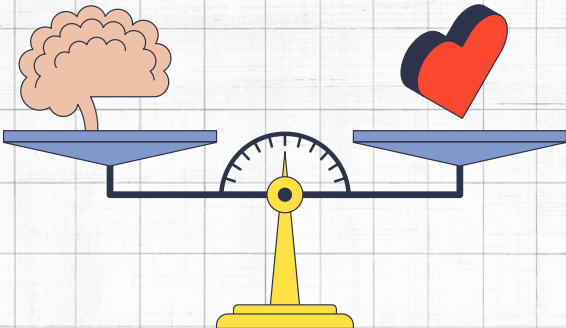
PERSONAL REFLECTION: MANAGING MY EMOTIONS AS A STUDENT

- Academic pressure and deadlines can cause stress and anxiety.
- Recognising my emotions helps me manage stress better.
- Mindfulness and a positive mindset help me stay calm.
- Good time management reduces pressure and improves focus.
- Taking breaks and seeking support helps maintain balance.



METHOD

The data used in this poster has been collected through the scholarly sources devoted to emotional intelligence and student learning. The online academic databases, Google Scholar, and university library resources were used to find the relevant literature. The choice of important theories and concepts was made using peer-reviewed journal articles and academic books that helped to have a credible picture of emotional intelligence in the educational setting. These references assisted in understanding the process of developing emotional intelligence, as well as its effects on the behaviours of students, motivation and student performance.



Reference list
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