

INTRODUCTION

Emotional intelligence is the ability to recognise understand and also understand the feeling of others.

My life experiences have shown me how emotional awareness and resilience can help us face change and keep moving forward.

Emotional Intelligence and Academic Success

- During COVID-19, I lost my job and struggled to pay my credit card and mortgage.
- I felt lost and uncertain, but I manage the hardships step by step.
- This experience taught me resilience, motivation and self regulation.
- I decided to return to University to build a better future for myself and my daughter

Mindfulness and Emotional Regulation

- Being strong does not mean never feeling worried or overwhelmed.
- Mindfulness helps me focus on the present moment and reduce stress.
- I pause, breathe and think about what I can do next, rather than trying to solve everything at once.
- I remind myself of the challenges I have overcome, which give me strength for the future.

EMOTIONAL INTELLIGENCE: Turning Life's Challenges into Growth

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Method

I reflected on my personal experiences and linked them to emotional intelligence concepts from my module. I organized my thoughts around emotional awareness, academic resilience, mindfulness and emotional regulation.

This is a personal reflection supported by academic literature.

Key Learning

- Self awareness helps me understand my feelings
- Self regulation support better decisions under pressure.
- Motivation and resilience help me continue after setbacks.
- Education represents hope, growth and a better future.

Conclusion

My life has taught me that challenges can become opportunities for learning and growth.

Although I did not finish school, I have gained valuable life experience through work, family responsibilities and overcoming difficult situations. Returning to University is my way of building a better future. Emotional intelligence helps me understand my feelings, make better decisions and respond to difficulties more constructively.

References

Slovery, P. and Mayer, J.D. 1990). Emotional intelligence. Imagination, Cognition and Personality, 9(3), 185-211.

Goleman, D. (1995). Emotional Intelligence. New York: Bantam Books.