EMOTIONAL INTELLIGENCE IN ACADEMIC SUCCESS



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Componenet 1:Individual Poster Presentation

INTRODUCTION

Emotional Intelligence (EI) involves monitoring one's emotions and using them to guide thinking and decision making (Salovey,1997).It helps us understand our feelings, manage our reactions and make better choices in both personal and academic life (Kang,2025).

METHOD

I researched this poster using:

- Academic journals articles(Salovey 1997,Goleman 1995)
- Well known websites such as APA, University library, Mind Tools
- My own experiences ,notes and reflections from lecturer and module materials

1 EMOTIONAL AWARENESS

1.1 To what extend do your emotions influence your thinking and decision-making process?

Stress anxiety can lead to overtghnking and rushed decisions.Positive emotions like calmness and confidence helps us thik clearly,stay creative and make better decisions

Exam stress → Deadlines → Self-doubt

Affect my focus and decision

1.2 How can emotional awareness be developed to improve self-regulation and judgement?

•Keep a daily mood journal
•Notice physical signs of emotions(,heart rate, tension)
•Practise mindfulness and self reflection
•Seek feedback from trusted people
•Learn to label emotions(feeling of stress
• instead of feeling fine)



Goleman's theory focuses on understanding and managing emotions (Goleman,1995).

Area	Strengths	Needs improvements
Self-Awareness	Identify when feels nervous before an exam	explain their feelings more clearly
Self-management	Stays calm when work becomes challenging	Avoid giving up when frustrated
Motivation	Works hard to achieve e personal goals	stay motivated when tasks are less interesting
Empathy	Notices when a class member is upset and offers to help	listen more carefully to others' problems
Social skills	Makes fiends easily and joins group activities	Take turns when specking and allow others to share ideas



2 EMOTIONAL INTELLIGENCE IN ACADEMIC SUCESS

2.1 Key emotional factors that contribute to academic success

EI Skill	Benefit
Stress Management	-Better focus, memory and performance
Motivation	-Better direction, energy and keeps it going
Resilience	-Helps bounce back from setbacks and stay positive
Emotional regulation	-Helps stay calm, think clearly and make better decisions

2.2 How can EI be applied to manage challenges (procrastination, anxiety ,low motivation)?

- Procrastination-Set small, realistic goals, use time management and reward progress
- Anxiety :Practise deep breathing, positive self-talk and focus on what I can control
- Low Motivation: Reconnect with my goals ,find study methods I enjoy and celebrate small wins



PERSONAL REFLECTION

3

3.1 To what extend can mindfulness and emotional regulation strategies improve your learning experience

To a large extent ,mindfulness helps me stay focus and reduces overthinking. Emotional regulation helps me manage stress and keep positive mindset. Together ,they improve focus ,motivation and overall wellbeing making learning easier ad more enjoyable

3.2Strategies I use

- Mindfulness(deep breathing, short breaks,bodyscan)
- Journaling (track emotions and progress)
- Positive self talk (I can do this)
- Time management (Pomodoro technique,(Colver,2025), priority list)

I have used these strategies ,I feel calmer, more focused , confident and my grades have improved

CONCLUSION

Emotional Intelligence plays a vital role in both personal wellbeing and academic success. By increasing my emotional awareness ,using EI strategies and practising mindfulness, I can manage challenges, make better decisions and achieve my goals

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