



EMOTIONAL INTELLIGENCE IN ACADEMIC SUCCESS

“Better emotions = Better decisions”

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INTRODUCTION

Emotional intelligence (EI) refers to the ability to understand and manage our own emotions and the emotions of others (Salovey, 1997). In academic settings, EI plays a key role in how we cope with stress, build positive relationships, stay motivated and make better decisions. It is not only important for academic achievement, but also for personal well-being and long-term

METHODS

This poster is based on the theories of Salovey (1997) and the information provided in the assignment brief. A literature-based approach was used, supported by real-life examples from everyday life.

Theories and Methods Used

- * Salovey & Mayer's Four-Branch Model (1990) - to explore the key components of EI (self-awareness, self-management, social awareness and relationship management).
- * Goleman's Emotional Intelligence Framework (1995) - to understand how EI contributes to academic success.
- * Reflective practice - to analyse personal experiences and identify

KEY THEORIES

- Salovey & Mayer's Four-Branch Model (1990)
 - * Self-awareness - recognising and understanding emotions
 - * Self-management - controlling emotions and behaviour.
 - * Social awareness - understanding others' emotions.
 - * Relationship management - building positive relationships.
- Goleman's Emotional Intelligence Framework (1995)
 - Identifies EI as a key factor in success, with components such as self-awareness self-regulation, motivation, empathy and social skills.



EVALUATION OF EMOTIONAL INTELLIGENCE IN ACADEMIC SUCCESS

How can emotional intelligence be applied to effectively manage challenges such as procrastination, anxiety, or low motivation?

EI helps individuals manage difficult emotions and stay focused, even when facing challenges.

It supports better planning, self-discipline and resilience.

Key applications:

- * Procrastination - self-awareness helps identify triggers and set realistic goals.
- * Anxiety - self-regulation techniques (e.g. deep breathing, positive self-talk) reduce stress.
- * Low motivation - motivation and empathy help in finding purpose and support from others.

Example

A student who feels anxious before an exam can use breathing techniques and positive self-talk to stay calm and focus.



CRITICALLY REFLECTION ON PERSONAL EXPERIENCE

How can mindfulness and emotional regulation strategies improve your learning experience?

Mindfulness and emotional regulation help to reduce stress, improve concentration and support better decision-making. They allow individuals to stay present, manage negative emotions and respond more calmly to challenges.

Strategies to use:

- * Mindfulness - focus on the present moment (e.g. short breathing exercises).
- * Emotional regulation - use positive self-talk and break tasks into smaller steps.
- * Time management - plan study time and set realistic goals.

Example

Practising 5 minutes of mindfulness before studying can improve focus and reduce

GOLEMAN'S EMOTIONAL INTELLIGENCE FRAMEWORK

AREA	GOOD AT	NEEDS IMPROVEMENT
SELF-AWARENESS	RECOGNISES EMOTIONS AND THEIR EFFECT	IMPROVE UNDERSTANDING OF EMOTIONAL TRIGGERS
SELF-REGULATION	MANAGING EMOTIONS AND STAYING CALM	IMPROVE CONTROL DURING STRESSFUL SITUATIONS
MOTIVATION	STAYING FOCUSED ON GOALS AND LEARNING	MAINTAIN MOTIVATION WHEN FACING DIFFICULTIES
EMPATHY	UNDERSTANDING OTHERS FEELINGS AND NEEDS	DEVELOP ACTIVE LISTENING SKILLS
SOCIAL SKILLS	COMMUNICATING AND BUILDING RELATIONSHIPS	IMPROVE TEAMWORK AND CONFLICT MANAGEMENT

1

ANALYSE EMOTIONAL AWARENESS

To what extent do your emotions influence your thinking and decision-making processes?

Emotions have a strong influence on how we think and make decisions. They can affect our judgement, focus and ability to solve problems. For example, feeling anxious before an exam may lead to overthinking, while confidence and calmness can help us make clearer decisions.

For me, whenever I have a presentation to do I get stressed and don't want to do it. In academic life, emotional awareness helps us to recognize when we are stressed, reflect on our feelings and choose better responses.

This leads to improved focus, higher motivation and more positive outcomes.

Key points

- Emotions influence thoughts and behavior.
- * Awareness helps us make better choices.
- * Leads to improved focus and performance.

CONCLUSION

Emotional intelligence is not just about being kind or emotional; it is a set of skills that helps us understand ourselves and others. It influences how we think, make decisions and handle challenges. By using EI strategies such as self-awareness, self-regulation, motivation, empathy and social skills, individuals can improve their academic performance, manage stress and achieve their goals.

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Feel, Understand, Connect: Harnessing the Power of Emotional Intelligence.