

EMOTIONAL INTELLIGENCE

Analysis of emotional intelligence in academic environment

NAME: ALEXANDRA IVAN

STUDENT NO: 2330887

MODULE TITLE: DEVELOPING EMOTIONAL INTELLIGENCE SKILLS (LCLM 5006)

LECTURER NAME: NISHI RAMSURRUN

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INTRODUCTION

Emotional intelligence is the ability to understand, manage, and express emotions, while recognizing others' feelings.

"If you are tuned out of your own emotions, you will be poor at reading them in other people." – Daniel Goleman

ACADEMIC IMPORTANCE



Stress
management



Improves
academic
performance



Build strong
relations &
solve
conflicts



Increases
confidence

DEVELOPING E.I.

- Practice recognising and naming your emotions
- Pause before reacting in stressful situations
- Listen actively and understand others' perspectives
- Reflect regularly on your emotional responses
- Set goals and stay motivated through challenges

CONCLUSION

Emotional intelligence helps students understand themselves and others, improving decisions, relationships, and academic success. By developing core skills, students can manage stress, stay motivated, and communicate effectively in their studies.

COMPONENTS

Self-Awareness

Understanding your own emotions and triggers

Noticing you feel anxious before exams and identifying pressure as the cause

Self-Regulation

Managing emotions and controlling impulsive reactions

Staying calm and focused instead of panicking during a difficult test

Empathy

Understanding others' feelings and perspectives

Listening to a classmate's concerns and offering support during stressful group work

Social Skills

Building relationships and communicating effectively with others

Working well in a team by resolving disagreements calmly and respectfully

Motivation

Staying driven to achieve goals despite challenges

Continuing to study regularly and staying positive even after receiving low grades