

DEVELOPING EMOTIONAL INTELLIGENCE AS A STUDENT

Reflecting on Goleman's Statement on Self-Awareness and Emotional Intelligence

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Developing Emotional Intelligence Skills | C1 Individual Poster

INTRODUCTION & METHOD

Emotional intelligence is the ability to recognise, understand and manage emotions (Goleman, 1995).

Impacts academic performance, stress, collaboration and leadership readiness.

Method:

- Reviewed peer-reviewed EI literature (2019–2024)
- Compared Goleman & Mayer-Salovey models
- Applied reflective practice (Gibbs Cycle)

HOW Emotional intelligence CAN BE DEVELOPED

Goleman: Self-awareness, Self-regulation, Motivation, Empathy, Social skills.

Mayer & Salovey: Perceive, Use, Understand, Manage emotions.

Development Strategies:

- Emotional activeness
- Pro – active reframing (thinking on something negative from another angle to give a more neutral and logical approach)
- Mindfulness practice (Appreciate the present more)
- Active listening

REFLECTION & ACADEMIC SUCCESS

Recognised stress triggers before deadlines.

Used prioritisation & Pomodoro technique (a time management strategy for meeting deadlines)
Practiced breathing before presentations.

Success Factors:

- Emotional regulation (Handle all your emotions well)
- Resilience (Continue on when something is difficult or negative)
- Growth mindset (Use these challenges as steps to learn from)
- Support networks

Self-
Awareness

Self-
Regulation

Empathy

Social-
Skills

REFERENCES: Goleman (1995); Mayer & Salovey (1997); Kabat-Zinn (2003).