

Introduction

- Emotional Intelligence (EI) begins with self-awareness.
- Being aware of one's emotions develops empathy and communication.
- Goleman notes: Self-awareness is the basis of all emotional competencies.

EMOTIONAL INTELLIGENCE (EI)



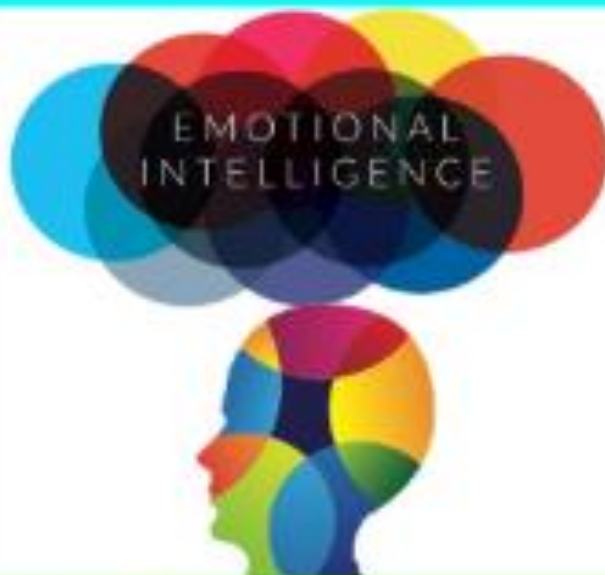
Developing Emotional Intelligence Skills

Maria Loredana Barsan

Student number:2321692

LCLM5006

Lecturer :Kazeem oseni



Developing Emotional Intelligence

- Improving Emotional Intelligence
- Think about feelings in writing or in silence on a daily basis.
- Engage self-regulation – pause prior to reacting.
- Develop intrinsic motivation and hopefulness.
- Increase empathy through engaged listening and perspective taking.

Controlling Emotions and Developing Mindfulness as a Student

- Acknowledge Emotional Triggers (stress, anxiety, frustration).
- Engage in mindfulness practices – breathing, meditation, and/or grounding exercises.
- Pause before responding; emotional regulation enhances focus and learning.

Method of researching

- Method: Qualitative reflective self-assessment that interlinks emotional intelligence theory with personal experience of being a student (Luștea et al., 2024).
- Theory/Concept: Goleman's Five Components of EI (self-awareness, self-regulation, motivation, empathy, and social skills) were used as the theme for the analysis of emotional performance and regulation.
- Result: The reflection established connections between the development of EI and academic achievement and emotional wellbeing.

References

- Bru-Luna, I.M., Martí-Vilar, M., Merino-Soto, C. and Cervera-Santiago, J.L., 2021, December. Emotional intelligence measures: A systematic review. In Healthcare (Vol. 9, No. 12, p. 1696). MDPI.
- Jefferys, T., 2024. The Emotional Crippling of American Men: Facing the Psychological Spiral of Anger, Guilt, and Shame. Pacifica Graduate Institute.
- Luștea, A., Dincă, M., Berge, T., Onițiu, A., Thomassen, M., Crașovan, M. and Luchea, D., 2024. The Digital Reflective Journal: A Self-Assessment Tool for Higher Education Students. In Digital Assessment in Higher Education: Navigating and Researching Challenges and Opportunities (pp. 259-283). Singapore: Springer Nature Singapore.
- Malik, S. and Perveen, A., 2023. Mindfulness and anxiety among university students: Moderating role of cognitive emotion regulation. Current Psychology, 42(7), pp.5621-5628.
- Mayang, N.R., 2025. The Relationship Between Emotional Intelligence and Student Adaptability. Educational Praxis Journal, 1(1), pp.36-46.