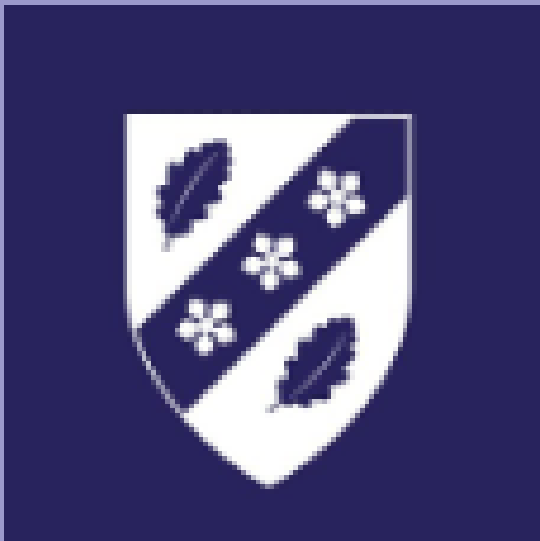




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Module: Developing Emotional Intelligence



Emotional Intelligence

How to Develop Emotional Intelligence

Research suggests emotional intelligence can be developed through five key competencies identified by Goleman
self awareness- to understand my emotional reactions and recognising how feelings influence my behaviour.
self regulation- Learning to manage emotional responses and remain calm during stressful situations
motivation- Maintaining intrernal motivation and setting academic goals
empathy- understanding the emotions and perspectives of others
social skills- building positive relationships and communicating effectively

Factors for Academic success

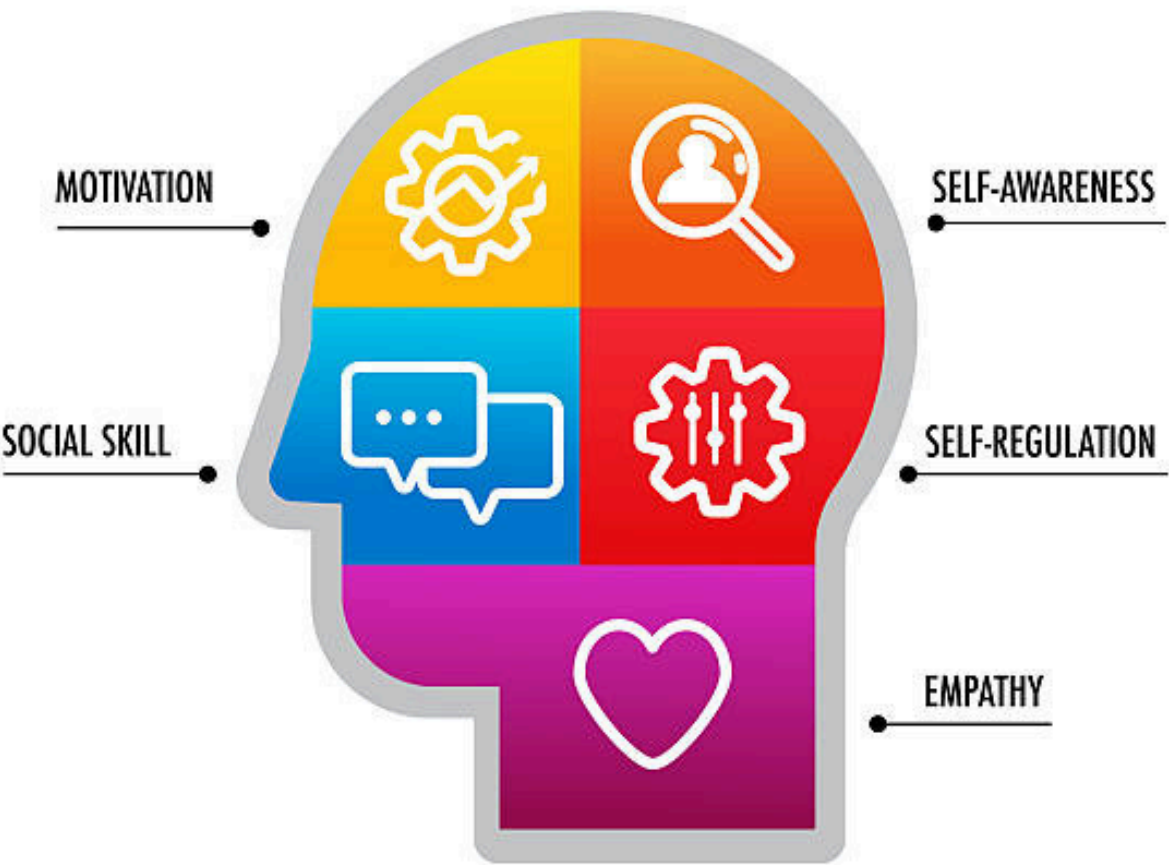
several Factors influence success in my studies :
Emotional Factors - Stress from exams , fear of failure and lack of confidence.
Academic Factors- time management, study habits and motivation
social factors- social relationships, communication in groups and support ffrom lecturers.
Actions I can take -
Develop better Emotional Awareness
seek academic support when needed
maintain healthy routines

Introduction

As a student emotional intelligence plays a role in academic performance, and stress management. university life involves pressure from deadlines, assessments and social challenges. According to Daqniel Goleman, emotional intelligence refers to the ability to recognise and understand our own emotions whilst having the ability to recognise the emotions of others (Goleman, 1995). Research shows that higher emotional intelllligence is linked to better wellbeing and academic performance (Schutte, Malouff and thorsteinsson,2007).

How to Control Emotions and Develop Mindfulness

From my experience as a student, emotional challenges often occur during deadlines and presentations . developing mindfulness helps me regulate my emotions and maintain focus..
Strategies i can use
mindful practice- practicing short breathing exercises
reflection- identifying patterns in my reactions to stress
Time Management-planning assignments early to reduce anxiety



EMOTIONAL INTELLIGENCE

Conclusion

Emotional intelligence is an essential skill for students navigating academic and personal challenges.
By developing Self awareness emotional regulation and mindfulness, I can manage my stress better. maintain motivation and build positive relationships.
Reflecting on my emotions allows me not only to understand myself better but also to interact more effectively with others with others , this helps support
with both academic achievement and personal growth.

References

Goleman, D. (1995). Emotional Intelligence:Why it Can MatterMore Than IQ.New York: Bantam Books.

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