

The Impact of Self-Awareness on Emotional Intelligence

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

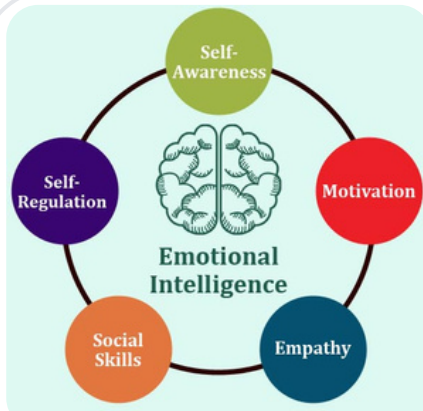
Daniel Goleman

Introduction

Emotional intelligence (EI) involves understanding and regulating one's emotions while recognizing those of others. Daniel Goleman highlights self-awareness as a key component of EI. This poster examines the relationship between self-awareness and empathy, presents strategies for enhancing EI, and offers techniques for emotional management and mindfulness to support academic success.

Methodology

This poster's content is derived from a research-based methodology, entailing a review of online literature drawn from the fields of psychology and education. The investigation centered on several key domains: Daniel Goleman's theoretical framework of emotional intelligence (EI), established methodologies for its cultivation, mindfulness interventions for student populations, and the correlation between emotional intelligence and academic achievement.



Components of Emotional Intelligence

1. How Can Someone Develop Emotional Intelligence?

From my research, I have learned that developing emotional intelligence is a journey of cultivating a set of core skills. Daniel Goleman's framework breaks down EI into five components:

1. Practice Self-Awareness
2. Develop Self-Regulation
3. Cultivate Empathy
4. Enhance Social Skills
5. Seek Feedback

3. Succeeding in Studies & Addressing EI Challenges

Factors for Success

- Higher Motivation
- Better Stress Management
- Improved Learning Strategies
- Stronger Relationships

Actions to Address Challenges

- Lack of Self-Awareness
- Stress & Anxiety
- Limited Empathy



Mindfulness in Practice

2. Controlling Emotions & Developing Mindfulness

As a student, I know the pressures of academic life can often lead to stress and emotional challenges.

How I Control My Emotions

- Recognize and name my emotions to understand their source
- Practice deep breathing exercises before exams
- Reframe negative thoughts as learning opportunities

How I Develop Mindfulness

- Start with short, regular mindfulness practices
- Incorporate mindfulness into daily activities like walking
- Use guided mindfulness apps for consistency

STRATEGIES THAT STUDENTS CAN IMPLEMENT TO MANAGE THEIR MENTAL HEALTH



Path to Academic Success

References

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2. Goleman, D. (1995) *Emotional Intelligence*. New York: Bantam Books.
3. MacCann, C. et al. (2020) 'Emotional intelligence predicts academic performance: A meta-analysis', *Psychological Bulletin*, 146(2), pp. 150-186.