

Understanding Emotional Intelligence: The Role of Self-Awareness

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

Introduction

- **Self-awareness** is key to emotional intelligence (EI) and academic success
- This poster explains how understanding and managing our own emotions helps develop EI.

Method

- Reviewed literature (Goleman, Mayer et al.) on emotional intelligence
- Reflected on personal experiences as a student
- Connected theory to practical tips for students to build EI skills

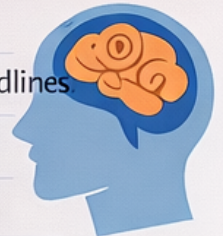
Developing Emotional Intelligence

- **Self-Awareness:** Journaling, Mindfulness
- **Self-Regulation:** Stress Management, Setting Goals
- **Social Skills:** Empathy, Communication
- **Motivation:** Finding internal motivation
- **Empathy:** Understanding how others feel



Controlling Emotions & Mindfulness as a Student

- **Mindfulness** exercises: Breathing, Meditation
- **Identify triggers:** Recognize stressors like exams, deadlines
- **Manage time well:** Reduces stress, improves focus
- **Peer support matters:** Talk to friends about feelings
- **Example:** Do 5 mins of mindfulness before exams



Academic Success & EI Challenges

- **Motivation** & setting goals
- Bouncing back from setbacks
- **Support network:** friends, mentors
- **Managing stress** effectively



- Notice emotions early
- Use strategies like deep breathing, and positive self-talk

References

- Goleman, D. (1995), *Emotional Intelligence*.
- Mayer, J. D., Salovey, P., & Caruso, D. R. (2008). *Emotional Intelligence: New Ability or Eclectic Traits?*
- Brown, K. W., & Ryan, R. M. (2003). *The Benefits of Being Present: Mindfulness...*