

Developing Emotional Intelligence

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Introduction

Emotional Intelligence can be defined as a specific ability for comprehending, managing and using emotions in an effective manner (Singh et al., 2022). It might involve recognising the emotional states of oneself and controlling impossible behaviour and also emphasizing with others and maintaining strong positive relationships. From the academic point of view, emotions influence motivation, interpersonal communication and focus for an individual. The students who have higher emotional intelligence are considered to be more successful, resilient and adaptable in varied academic conditions. The development of mindfulness relates to being aware of situations without being judgemental is also relevant in this case. In this poster about the way emotions affect emotional instances and the way students can develop mindfulness and also manage their own emotions will be highlighted. Along with this strategy needs to be taken by the students for overcoming the common EI challenges will also be illustrated.

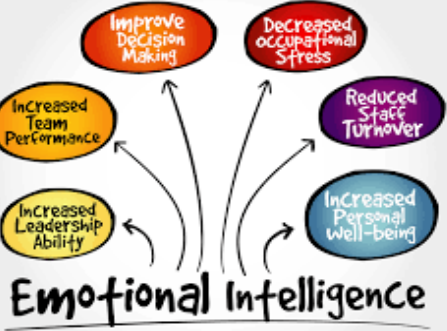
How can someone develop emotional intelligence

There are multiple ways of developing emotional intelligence through practice and self reflection. The very first type is enhancing self awareness or understanding the emotional figure strains and limitations. The students will be able to practice self reflection through the process of journaling emotions and seeking feedback from mentors and peers. The second component is self regulation and it involves learning to control one's own impulses and also remaining during stressful academic situations like meeting deadlines or any examinations (Zimmerman, 2023). Reacting, maintaining perspective and deep breathing exercise might be helpful in retaining emotional balance.



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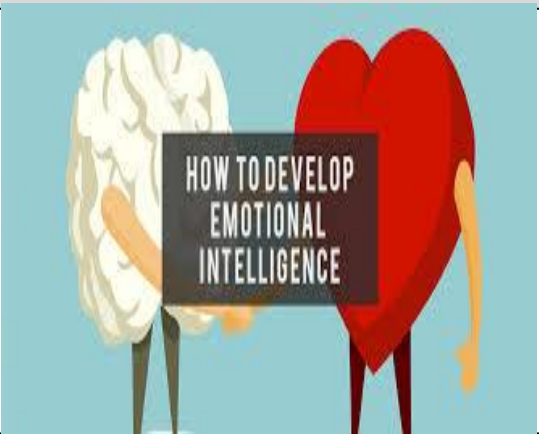
Factors for succeeding in studies and addressing emotional intelligence challenges

Success in academic life is not always determined by the intellectual capability and the score in academics. Empathy, resilience, relationship management and self awareness are also important in determining success for students. A student must be able to recognise the major emotional triggers which might be impacting their performance and also develop the appropriate coping mechanism (Nejati, Majidinezhad and Nitsche, 2022).

There are two types of motivations such as interesting motivation and extinct motivation. Understanding the differences between two motivational factors is also important in succeeding in one's academic life for a student. It is important to note that intrinsic motivation comes from within the individual and it is to achieve goals in their life. On the other hand, extrinsic motivation comes from the outer environment. For a learner, motivation will come from the seniors and from a college who will be able to guide him or her to achieve optimum performance.

Controlling emotions and developing mindfulness as a student

As a student, emotions fluctuate due to parameters such as academic pressures, competitions and uncertainty. Therefore learning to regulate emotion through the process of mindfulness might help in improving charity focus within an individual. In my own experience I have also faced situations where I have to deal with deadlines and I used to become frustrated with my set bags. In the initial status, I used to compare my own performance with my peers and my friends. This used to lead to over thinking and I was being trapped in the loop of over thinking and anxiety (Gupta, 2024). In the latest status and also react in an impulsive manner. I learn to observe the emotions rather than reacting in an impulsive manner. Therefore, recognising these emotional patterns has helped me in preventing the stress from to a new level..



DEVELOPING EMOTIONAL INTELLIGENCE



Conclusion

Mindfulness and emotional intelligence have been considered to be some of the most important sources for ensuring academic and personal success. Developing emotions in sentences is helpful in regulating the emotions and also the responses while reducing stress and cultivating better in our balance. Emotional intelligence also helps in laying the foundation for adaptability, resilience and powerful relationships in the future. For the students it is important to manage the emotions in a constant manner and also practice mindfulness. Continuous self improvement has equally led to better learning outcomes and emotional wellbeing. As suggested by Daniel Goleman quote and the emotion is always essential for connecting meaningfully for the longest period. It is also identified to be a skill which remains valuable both in the personal, professional and academic life.