

Developing Emotional Intelligence

Introduction

Emotional intelligence refers to the ability to recognise, understand, and manage emotions in ourselves and others. According to Daniel Goleman, people that lack EI struggle to understand others. Emotional intelligence is important because it helps manage stress, motivation, and academic pressure.

Reflection: Managing Emotions

Time management

Organising study schedules and breaking tasks into smaller steps.

Mindfulness

Practicing breathing techniques and focusing on the present moment to reduce stress.

Emotional reflection

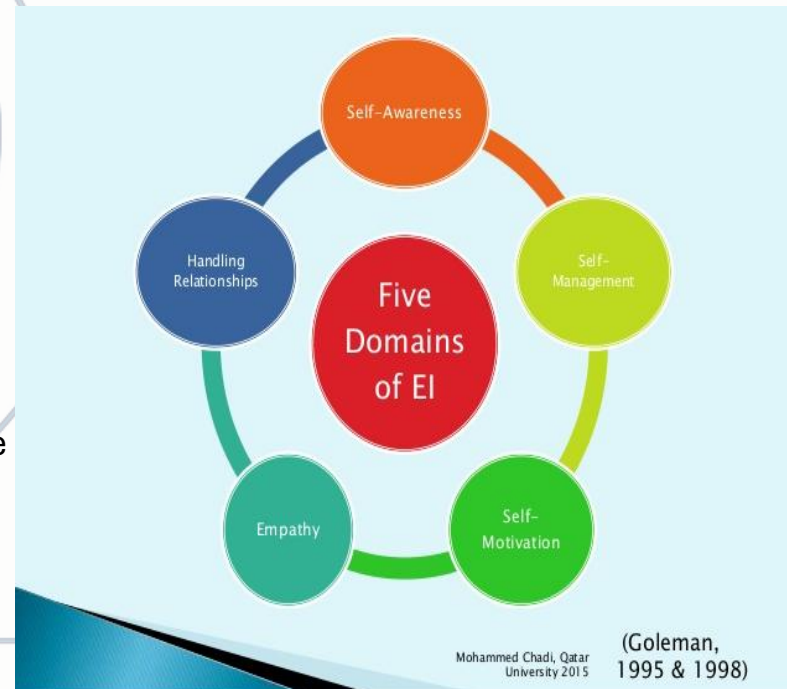
Recognising emotional responses and understanding how they affect behaviour.

Positive mindset

Viewing challenges as opportunities to learn and improve.

Method

This poster was developed using secondary research from academic books and journal articles on emotional intelligence. Key sources include research by Peter Salovey and John D. Mayer, who first defined emotional intelligence, as well as later work by Daniel Goleman.



Factors for Academic Success

Emotional intelligence supports student success by helping individuals:

- ✓ **Manage stress**
- ✓ **Stay motivated**
- ✓ **Work effectively with others**
- ✓ **Handle academic pressure**
- ✓ **Improve personal development**

How Can Someone Develop Emotional Intelligence?

- ✓ **Self-awareness**
- ✓ **Self-regulation**
- ✓ **Empathy**
- ✓ **Social skills**
- ✓ **Motivation**

References

- Salovey, P. & Mayer, J. (1990). *Emotional Intelligence*. Imagination, Cognition and Personality.
- Goleman, D. (1995). *Emotional Intelligence: Why It Can Matter More Than IQ*. New York: Bantam Books.
- Goleman, D. (1998). *Working with Emotional Intelligence*. New York: Bantam Books.