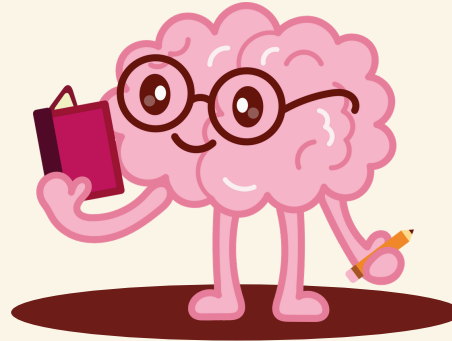


EMOTIONAL INTELLIGENCE

"Emotional Intelligence is the ability to recognise, understand, and manage our emotions, as well as the emotions of others"



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

Daniel Goleman

WHY EMOTIONAL INTELLIGENCE MATTERS?

Developing emotional intelligence

- name your emotions
- build self awareness
- improve social skills
- practice empathy
- pause before reacting

Self-Regulation and Mindfulness in Academic Practice

- meditation
- journalling
- structured study plan
- focus attention
- seek feedback

Emotional Intelligence and Academic Success

- motivation and commitment
- time management
- engage with support networks
- build resilience