

DEVELOPING EMOTIONAL INTELLIGENCE

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Introduction

Emotional Intelligence (EI) refers to the ability to recognise, understand and manage our own emotions while understanding the emotions of others. Self-awareness forms the foundation of EI and directly influences academic performance, stress management and interpersonal relationships.

Method

- Review of academic literature (Goleman; Mayer & Salovey)
- Analysis of peer-reviewed research on EI and academic success
- Personal academic reflection
- Use of university databases and Google Scholar

1. Developing Emotional Intelligence

- Self-awareness – recognising emotional triggers
- Self-regulation – managing stress responses
- Motivation – setting intrinsic academic goals
- Empathy – active listening and perspective-taking
- Social skills – effective communication and teamwork

2. Reflection & Academic Application

Common challenges include exams, deadlines and group work pressures. To manage these, I practise breathing exercises before assessments, use cognitive reframing to challenge negative thoughts, apply structured time management, and adopt a growth mindset after setbacks. These strategies improve focus, resilience and emotional control.

Conclusion

Developing emotional intelligence enhances academic resilience, performance and interpersonal effectiveness. Through mindfulness, reflection and emotional regulation strategies, students can strengthen both academic achievement and personal development.

References

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