

## How My Own Emotions Influence Emotional Intelligence and Academic Success

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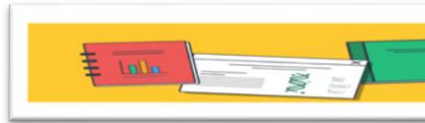
### Introduction

Emotional intelligence is about understanding how you feel and knowing how to deal with those feelings in a positive way. Daniel Goleman explains that if we don't understand our own emotions, it becomes difficult to understand other people's emotions. This is especially important for students because emotions affect how we handle stress, stay motivated, work with others, and perform academically. This poster looks at how being aware of my own emotions helps me develop emotional intelligence and do better in my studies.



### Method

To create this poster, I used information from academic books about emotional intelligence and mindfulness. I read about different ideas and theories and then linked them to my own experiences as a student. This helped me understand how emotional intelligence works in real life, especially in situations like exams, assignments, and group work.



### Research Process

Academic books → Emotional intelligence ideas → My experience as a student → Poster content



### 1. How Can Someone Develop Emotional Intelligence?

Emotional intelligence is something that anyone can improve over time. According to Goleman, it starts with being aware of your own emotions. This means noticing how you feel and understanding why you feel that way. When people understand their emotions, they can control how they react instead of acting without thinking. Emotional intelligence also includes being able to understand how other people feel, showing empathy, and communicating clearly. Mayer, Salovey, and Caruso explain that emotional intelligence improves when people reflect on their emotions and learn from their experiences.

Emotional Intelligence Model:

Self-awareness → Self-control → Empathy → Good relationships



### 2. Reflection: Managing My Emotions as a Student

As a student, I often feel stressed, anxious, or under pressure, especially during exams and assignment deadlines. When I don't manage these emotions properly, they affect my focus and motivation. I have learned that the first step is to notice how I am feeling instead of ignoring it. Mindfulness has helped me a lot with managing my emotions. Mindfulness means focusing on what is happening right now without judging yourself. Simple things like deep breathing, planning my time, and taking short breaks help me calm down and think more clearly. These strategies help me stay focused and make better decisions during my studies.

Mindfulness Cycle:

Stress → Pause and breathe → Calm thinking → Better decisions

### 3. Emotional Intelligence and Academic Success

Emotional intelligence plays a big role in academic success. Bar-On explains that emotional intelligence helps people deal with stress, adapt to challenges, and solve problems. Students with good emotional intelligence can handle pressure better and stay motivated even when things get difficult. Emotional intelligence helps students concentrate better, manage stress, and build positive relationships with classmates and lecturers. All of these things make learning easier and more effective. By improving emotional intelligence, students can cope better with university life and perform better academically.

Emotional Intelligence and Academic Success:

Emotional intelligence → Better focus → Less stress → Academic success

## References

### Conclusion

*Understanding and managing your own emotions is an important part of emotional intelligence. As Goleman explains, self-awareness helps us understand others better. By learning to control emotions and practice mindfulness, students can manage academic stress, improve focus, and achieve better results in their studies and everyday life.*

### References:

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3. Kabat-Zinn, J. (2005) Wherever you go, there you are. Hyperion.
4. Mayer, J.D., Salovey, P. and Caruso, D.R. (2004) Emotional intelligence. Psychology Press.