

Developing Emotional Intelligence

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Introduction

Emotional intelligence is a ability to understand own emotions and manage them while influencing emotions of others. Emotions are data, not directives. They are information to help us make better choices in life (M. Bracket, 2019)

Factors for Study Success & Addressing EQ Challenges

Effective time management

Positive mindset

Strong social support

Healthy work-life balance

Manage Stress

- Exercise, hobbies, planning

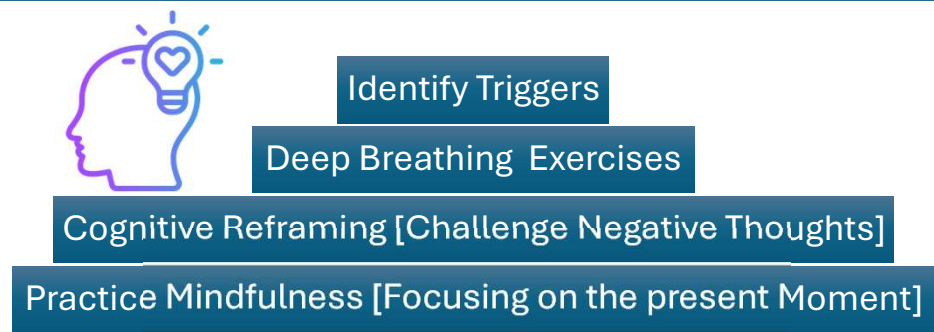
Build Relationships

- Form study groups
- Seek mentors

Get Feedback

- Review progress
- Identify weaknesses

Controlling Emotions and Mindfulness



Core components of Emotional Intelligence



Method

- Literature Review of Academic Articles

- Personal Reflection on Experience

- Using university library

How to develop emotional intelligence

Key strategies for developing Emotional intelligence:

- Social Skills
- Self-Regulations
- Self-Awareness
- Motivation

References

1. Bracekit, M. G. & Ghass, S. E. (2014). Transforming education through emotional intelligence. Handbook of emotions in education.

2. Beusestt, G. (2013). Trantenolite and Beneti, Gutbeee of emotions of education.

