

INTRODUCTION

El is the ability to recognise, understand and manage emotions.

1. Emotional Awareness



Benefits of mindfulness:

- Better concentration
- Reduced stress
- Improved emotional control
- Higher engagement

Personal reflection:

Deep breathing and short breaks help maintain focus during assessments.

Critical view:

Works best alongside effective study habits and time management

References

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Conclusion

Emotional intelligence supports decision-making, resilience, wellbeing and academic achievement.

Emotional Intelligence



2. Evaluate Emotional Intelligence in Academic Success

Key factors:

- Stress management
- Motivation
- Resilience
- Emotional regulation

Managing challenges

Procrastination: Small goals

Anxiety: Breathing & self-talk

Low motivation: Clear goals & rewards

Result: Improved learning, persistence and academic success.

3. Critically Reflect on Personal Experience

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- Reduced stress
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Personal reflection:

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