

Emotional Intelligence

"What is emotional intelligence? It's being intelligent with your emotions. Emotional intelligence is the ability to both understand and manage emotions." (Hasson, Gill 2024)

Key of EI Development:

1 Motivation

Setting SMART goals, celebrating progress, connecting tasks to personal values.

Self-awareness

2

3 Empathy

Journaling, emotional check-ins, identifying triggers, reflective practice.

Self-regulation

4

Active listening, perspective-taking, reducing assumptions.

Breathing techniques, pausing before reacting, cognitive reframing.

Controlling Emotions & Developing Mindfulness as a Student

As a student, control our emotional directly influences concentration, motivation, and resilience. And, to develop mindfulness as student here is some practices:

Mindfulness Practices

- Short breathing exercises before studying.
- Grounding techniques during stress (5-4-3-2-1 sensory method).
- Using apps/videos or guided meditations to maintain consistency.



Emotional Self-Management

- Using structured study plans to reduce overwhelm.
- Reframing negative thoughts ("I can't do this" → "I can break this into steps").
- Seeking support from tutors or peers when emotions affect performance.

Reflection

- Adjusting routines based on emotional insights.
- Recognising triggers such as deadlines, group work, or fatigue.
- Weekly reflection logs to track emotional patterns.



Factors for Succeeding in Studies:

- Time management and prioritisation.
- Motivation and goal clarity (SMART goals).
- Resilience and adaptability when facing setbacks.
- Effective communication with lecturers and peers.
- Healthy wellbeing habits (sleep, nutrition, breaks)

Actions to Address EI Challenges:

Overwhelm or stress

Use mindfulness, break tasks into smaller steps, schedule rest.

Negative self-talk

Cognitive reframing and positive self-affirmations.

Low motivation

Reconnect with long-term goals, reward progress, study with peers.

Difficulty managing emotions

Practise emotional labelling, grounding, and self-regulation techniques.

Poor communication in group work

Use assertive communication, active listening, and clarify expectations early.



Developing Emotional Intelligence Skills LCLM5006

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