

Introduction

- Emotional Intelligence (EI) begins with self-awareness.
- Being aware of one's emotions develops empathy and communication.
- Goleman notes: Self-awareness is the basis of all emotional competencies.

Method of researching

- Method: Qualitative reflective self-assessment that interlinks emotional intelligence theory with personal experience of being a student (Luștrea et al., 2024).
- Theory/Concept: Goleman's Five Components of EI (self-awareness, self-regulation, motivation, empathy, and social skills) were used as the theme for the analysis of emotional performance and regulation.
- Result: The reflection established connections between the development of EI and academic achievement and emotional wellbeing.

Developing Emotional Intelligence
Student: Maria Loredana Barsan
Student ID: 2321692
LCLM 5006
Lecturer: Kaseem Oseni



Controlling Emotional Developing

Mindfulness Student

- Acknowledge Emotional Triggers (stress, anxiety, frustration).
- Engage in mindfulness practices – breathing, meditation, and/or grounding exercises.
- Pause before responding; emotional regulation enhances focus and learning.

Developing Emotional Intelligence

- Improving Emotional Intelligence
- Think about feelings in writing or in silence on a daily basis.
- Engage self-regulation – pause prior to reacting.
- Develop intrinsic motivation and hopefulness.
- Increase empathy through engaged listening and perspective taking.

References

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