



EMOTIONAL INTELLIGENCE

Understanding feelings to make better choices and learn

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Better Emotions
Better Decisions
Better Future

1 INTRODUCTION

Emotional intelligence (EI) means noticing, understanding and managing feelings so we can respond in helpful ways. It includes:

- self-awareness
- self-regulation
- empathy
- motivation
- social skills

Better understanding
= better choices



2 HOW I RESEARCHED

- I used secondary research from academic journals, books and trusted websites.
- I selected useful ideas and applied them to my poster.
- I made sure to include reliable, up-to-date sources and references.



3 MY RESEARCH QUESTIONS

1. How do emotions influence thinking and decision-making?
2. How can emotional awareness improve self-regulation and judgement?
3. How can EI help with procrastination, anxiety and low motivation?

3 ANALYSE EMOTIONAL AWARENESS

Q1. To what extent do emotions influence our thinking and decisions?

- Emotions can strongly influence attention, memory and judgement.
- For example, stress can make a problem feel bigger, leading to rushed or less rational decisions.
- Emotional awareness helps us notice what we feel, understand why we feel it, and choose a more balanced response.



Q2. How can emotional awareness improve self-regulation and judgement?

- When we recognise our emotions, we can pause, think clearly and avoid impulsive actions.
- This helps us manage stress, stay calm and make better decisions, even in difficult situations.

4 EVALUATE EI IN ACADEMIC SUCCESS

Q1. How do stress, motivation and resilience affect academic success?

- Stress can make it harder to concentrate, affecting memory and judgement.
- Motivation helps us stay focused and keep working, especially when tasks are challenging.
- Resilience helps us recover from setbacks and keep going.



Q2. How can EI help with procrastination, anxiety and low motivation?

- Helps us recognise and manage difficult emotions (e.g. fear, stress, overwhelm).
- Encourages us to set small, achievable goals instead of feeling stuck.
- Reduces anxiety by improving problem-solving and positive thinking.

★ EXAMPLES OF PRACTICAL ACTIONS

- ✓ Break big tasks into smaller steps.
- ✓ Use the 5-minute rule to get started.
- ✓ Keep a routine and remove distractions.
- ✓ Practice deep breathing or mindfulness.

5 CRITICALLY REFLECT ON MY EXPERIENCE



Q1. My personal experience

I had a 4,000-word assignment and felt very stressed. I worried I wouldn't have enough time and started putting it off. This made my anxiety worse and I felt overwhelmed.

What I did

- Broke the work into smaller sections and set mini deadlines.
- Used mindfulness (deep breathing, short breaks) to stay calm.
- Reminded myself that progress is better than perfection.

What I learned

- Avoiding a difficult task increases stress instead of reducing it.
- Small steps make a big difference.
- I can manage my emotions and stay focused, even when I feel anxious.

What I will do differently next time

- Start assignments earlier.
- Set clear deadlines for each section.
- Ask for help if I feel stuck or overwhelmed.

6 MINDFULNESS & EMOTIONAL REGULATION



- Mindfulness reduces stress and increases focus.
- Emotional regulation helps us stay calm and think clearly.
- Together, they improve concentration, memory and overall performance.



THE RESULT

I feel more organised, less anxious and more confident in my ability to learn and complete my work.



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Small changes
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