

Individual Poster Presentation

Understanding Emotional Intelligence: Managing Emotions, Stress and Academic Challenges

Module Name: Developing Emotional Intelligence Skills
Module Code: LCLM5006
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Introduction

Emotional Intelligence is the capacity to identify, comprehend and control one's emotions and he emotions of others.
EI influences academic decision-making, motivation, stress management and resilience. Developing emotional intelligence will help students respond to obstacles in a productive way and improve their experience of learning. (Goleman. 2020)

Methodology

To develop this poster, I looked at scholarly literature on emotional intelligence, like Goleman (2020) and thought about my own experiences with the pressures of university studies, night shifts and professional development. I related the scholarly notions to my experiences of stress, emotional awareness and self regulation.

Emotional sensitivity

My feelings and my choices. Sometimes I feel stressed and overwhelmed trying to balance my university night shift and my professional development. When I'm fatigued or stressed, it is harder for me to focus and think clearly.

Self-knowldge

I am learning to spot when stress or fatigue is influencing my thoughts and conduct.

Self Control

I must learn to resist an immediate response and to take a moment to think and to put my duties first.

Personal growth

Understanding my feelings enables me to make better choices and deal with school pressures.

Emotional Intelligence and Academic Success

Stress management

Night shifts as a student can take a toll on my energy and attention. I know that stress management is important to my school performance. (Charoenthammanon and Gooley, 2025).

Reasoning

Then, I have my aim to develop a profession in accounting, so I continue my studies even when I confront problems or feel weary.

Resiliency

Working, studying and training professionally have taught me the value of persistence, flexibility and learning from failures.

Overcoming Academic Challenges

I try to minimise procrastination by splitting assignments into smaller pieces, setting realistic deadlines and prioritising vital activities.

Critical Personal Reflection Copy

How did I get here?

I have suffered from stress and juggling my commitments in the past. I was in the mode of getting things done and not always conscious of how my emotions were affecting my well-being and my concentration.

Where am I now?

Balancing university, night shifts and professional development has made me more aware of my emotional responses. I understand the value of planning, self-reflection and emotional moderation.

How will I get better?

I will practise mindfulness. I will take brief pauses. I will set attainable priorities. I will build healthier responses to stress. I also know that resilience means knowing when to relax and ask for help.

References

- Goleman, D. (1995). *Emotional Intelligence: Why it can matter more than IQ*. Twenty-fifth-anniversary edition. London: Bloomsbury Publishing.
- Charoenthmmanon, R.S. and Gooley, J.J. (2025) "Factors associated with late bedtimes, early wake-up times, and sleep in adolescents on school nights," <https://doi.org/10.1093/sleepadvances/zpaf018>.

