

Emotional Intelligence and My Development as a Student

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Module: LCLM5006 Developing Emotional Intelligence Skills

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Introduction

- Emotional intelligence (EI) refers to the ability to understand and manage emotions in ourselves and others.
- According to Daniel Goleman, EI includes self-awareness, emotional regulation, empathy and social skills.
- These abilities help individuals respond more effectively to stressful or challenging situations.
- As a university student who balances full-time study with part-time work, emotional intelligence helps me remain organised and manage academic pressure.



PERSONAL REFLECTION

Reflection on My Experience as a Student

01 >>

I am currently studying full-time at university while also working part-time during the week. Balancing academic responsibilities and work commitments sometimes creates pressure, especially during assignment deadlines.

02 >>

When several assignments are due at the same time, I need to organise my time carefully and stay focused in order to complete my academic work successfully.

03 >>

Working with customers and colleagues also requires emotional awareness and communication skills. I have learned to remain calm in stressful situations and respond professionally.

04 >>

Mindfulness helps me notice when I feel stressed or overwhelmed and take a short pause before reacting. This helps me think more clearly and make better decisions.

05 >>

Through these experiences I have developed resilience, emotional awareness and better self-management skills

DEVELOPING EMOTIONAL INTELLIGENCE

- Emotional intelligence can be developed through self-awareness, emotional regulation, empathy and social skills.
- Self-awareness helps individuals recognise their emotions and understand how these emotions influence their behaviour and decisions.
- Emotional regulation allows people to stay calm in stressful situations such as academic deadlines or work pressure.
- Mindfulness is an important practice that helps people focus on the present moment and observe their emotions before reacting.
- Developing empathy improves communication and helps individuals understand the feelings and perspectives of others.
- For students, these skills help manage stress, organise tasks and maintain motivation during challenging periods of study.
- In my experience, recognising when I feel overwhelmed during assignment deadlines helps me organise my tasks more effectively and remain focused.



Method

- This poster is based on academic literature related to emotional intelligence and mindfulness.
- Sources were accessed through the university library and Moodle learning platform.
- Key search terms included emotional intelligence, mindfulness, emotional regulation and student stress.
- Key authors used in this poster include Goleman (1995), Singh (2006) and Langer (2014).
- These sources were selected because they explain how emotional intelligence can improve learning, stress management and decision-making.

FACTORS FOR SUCCESS IN STUDIES AND ACTIONS TO IMPROVE EMOTIONAL INTELLIGENCE

- Academic success often depends on emotional control, time management and motivation.
- Students who understand their emotions can manage stress and remain focused on their goals.
- Effective communication with teachers, classmates and colleagues also supports academic success.
- Students can improve emotional intelligence by practising mindfulness, reflecting on their emotions and organising their study time effectively.
- Developing resilience and positive thinking can also help students overcome academic challenges and remain motivated.

Conclusion

- Emotional intelligence plays an important role in both academic success and personal development.
- Reflecting on my experience as a student who studies full-time while working part-time has helped me understand how emotional awareness supports better stress management and organisation.
- Developing emotional intelligence skills such as self-awareness, mindfulness and communication can help students remain focused and resilient during their studies.
- These skills are also valuable for future professional development and workplace success.

References

- Goleman, D. (1995) *Emotional Intelligence: Why It Can Matter More Than IQ*. London: Bloomsbury.
Singh, D. (2006) *Emotional Intelligence at Work*. New Delhi: Response Books.
Langer, E. (2014) *Mindfulness in the Age of Complexity*. Harvard Business Review.