

# EMOTIONAL INTELLIGENCE

SELF-AWARENESS • BETTER DECISIONS • ACADEMIC SUCCESS

*"Emotional intelligence involves monitoring one's emotions and using them to guide thinking and decision-making."*

— Salovey (1997)

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## 1 INTRODUCTION

Emotional intelligence (EI) is the ability to recognise, understand and manage our emotions and those of others. It plays a crucial role in how we think, make decisions and interact with the world. This poster explores how emotional awareness, EI and personal reflection can support academic success and long-term wellbeing, using Daniel Goleman's four-quadrant model as a framework.

Self-Awareness

Self-Management

Social Awareness

Relationship  
Management

## 2 METHOD

I researched this poster using:



**Academic journals and textbooks**  
(e.g. Goleman, 2002; Mayer & Salovey, 1997)



**Peer-reviewed articles and meta-analyses**  
(e.g. Zeidner et al., 2019; Runnels et al., 2023)



**Credible websites and educational resources**  
(e.g. Global Leadership Foundation)



**My EI test results**  
(Global Emotional Intelligence Test – 40 questions)  
to apply the theory to personal reflection.

## 1 ANALYSE EMOTIONAL AWARENESS

**To what extent do your emotions influence your thinking and decision-making processes?**

- Emotions shape attention, memory and judgement (Mayer & Salovey, 1997).
- Positive emotions can improve creativity and problem-solving; negative emotions may lead to bias or impulsive decisions.
- Greater emotional awareness helps me pause, reflect and make more rational choices.



**How can emotional awareness be developed to improve self-regulation and judgement?**

- Mindfulness and self-reflection increase awareness of emotional triggers (Zeidner et al., 2019).
- Practising emotional labelling and journaling builds clarity and control.
- Using feedback and setting intention supports better judgement and decision-making.



## 2 EVALUATE EMOTIONAL INTELLIGENCE IN ACADEMIC SUCCESS

**Key emotional factors that contribute to academic success:**



**Stress** – effective management reduces anxiety and improves focus.



**Motivation** – drives effort, engagement and persistence.



**Resilience** – helps adapt to setbacks and maintain progress.

EI helps balance these factors, leading to better focus, wellbeing and performance.

**Applying EI to manage common challenges:**



**Procrastination** – use self-regulation and goal-setting to build momentum.



**Anxiety** – practise mindfulness, breathing and positive self-talk.



**Low motivation** – reconnect with personal goals and intrinsic values.



## 3 CRITICALLY REFLECT ON PERSONAL EXPERIENCE

Using Daniel Goleman's Competency Framework and my test results

**Self-Awareness**

**7/10**

- Emotional self-awareness
- Accurate self-assessment
- Self-confidence

**Self-Management**

**5/10**

- Self-control
- Transparency
- Adaptability
- Achievement drive
- Initiative

**Key Insights**

- ✓ Strongest area: Social Awareness (8/10) – excellent.
- ✓ Good progress in Self-Awareness (7/10).
- ✓ Areas for development: Self-Management (5/10) and especially Relationship Management (4/10).

**Social Awareness**

**8/10**

- Empathy
- Organisational awareness
- Service orientation

**Relationship Management**

**4/10**

- Developing others
- Influence
- Conflict management
- Teamwork and collaboration

**Overall EI**  
**24/40**  
**(60%)**

**How mindfulness and emotional regulation help:**

- 😊 Reduces stress and improves focus
- 🧘 Builds self-control and patience
- 🗣 Enhances communication and relationship skills
- 💚 Supports balanced emotional intelligence across all quadrants

**Greater emotional intelligence leads to better choices, stronger relationships and greater academic success.**



**THE BIG PICTURE**

By developing emotional awareness, self-regulation and relationship skills, I can manage challenges, improve my learning experience and prepare for the demands of the workplace.



## REFERENCES

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