

Understanding Emotional Intelligence: The Role of Self-Awareness

Joao Fino | Student ID: 2333038 | Module: Developing Emotional Intelligence Skills

Introduction



Self-awareness is key to emotional intelligence.
It helps students understand emotions and manage stress.

Method

Used academic sources and personal reflection.
Connected theory with real student experience.

Developing Emotional Intelligence

- **Self-awareness** – Journaling , Mindfulness
- **Emotional control** – Stress management , setting goals
- **Empathy** – Understanding how others feel
- **Communication** .
- **Motivation** – Finding internal motivation

Mindfulness & Emotional Control

- **Breathing exercises** (do 5 min mindfulness before any exercise)
- **Time management**
- **Reflection** (reduce stress)
- **Talking with others**



Academic Success

- **Helps manage stress**
- **Improve focus**
- **Achieve better results at university**



References

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