



1. INTRODUCTION



Emotional intelligence isn't just a feeling — it's how we notice what we feel and use that to make better choices. As a 20-year-old student, I balance study, family life, and lots going on day-to-day. My emotions shape whether I focus, give up, or keep going. This poster shows how my feelings affect my studies, what I already do to cope, and what I want to improve — using my real experiences.

METHOD I BUILT THIS POSTER USING:

- My own honest experiences — studying, stress, procrastination, family support
- Salovey's (1997) definition of emotional intelligence
- Goleman's 4 key areas of EI from my module materials
- Deep reflection on what works for me and what doesn't
- No made-up stories — everything here is true to my life

EI & ACADEMIC SUCCESS

FACTOR	HOW IT AFFECTS ME
STRESS	OVERWHELM TOO MANY THINGS GOING ON → I LEAVE WORK TO THE LAST MINUTE
MOTIVATION 💪	FAMILY, MY FUTURE, MAKING MONEY, PRIDE — THESE KEEP ME PUSHING
ANXIETY	MAKES STUDYING FEEL HARDER; I AVOID IT INSTEAD OF STARTING
RESILIENCE	SOMETIMES I GIVE UP TOO EASILY; I WANT TO BOUNCE BACK STRONGER

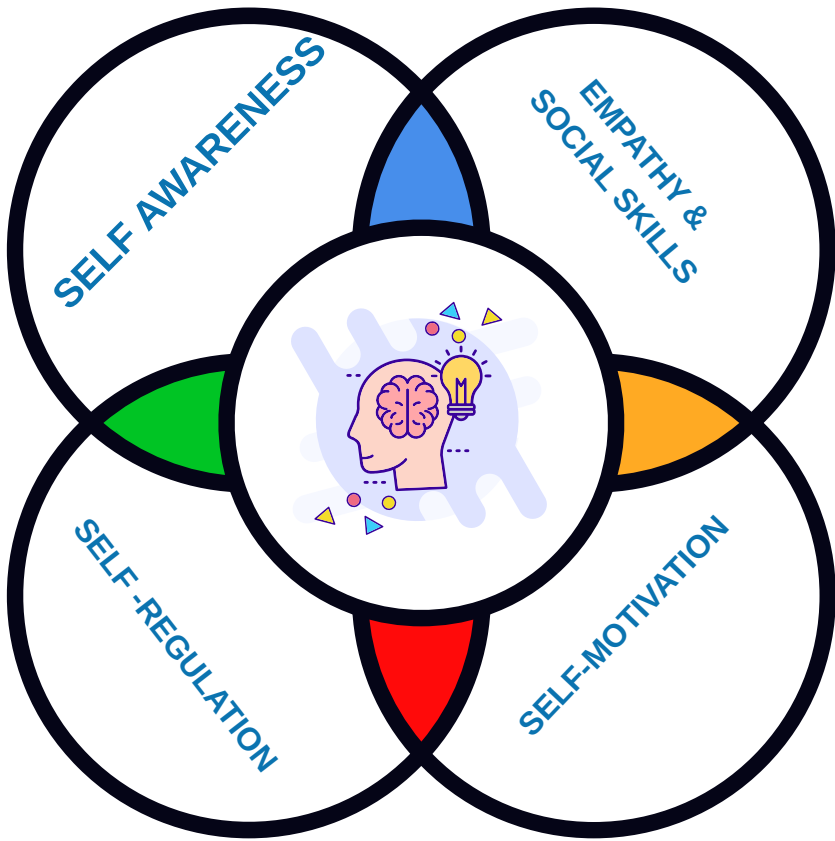
8. REFERENCES

1. Salovey, P. (1997) Emotional Intelligence — monitoring emotions to guide thinking and decisions
2. Goleman, D. (2004) Four components of Emotional Intelligence
3. Module Learning Materials: Emotional Intelligence in Practice

EMOTIONAL AWARENESS

- How My Emotions Influence My Thinking & Decisions**
- Studying is mostly reading feels boring - I lose focus quickly
 - I feel anxious - then frustrated - then angry - I stop working, walk away, leave everything unfinished
 - Procrastination is my biggest struggle: I think "I can do it later" - leave it to the last minute - more stress
 - Lots going on in life = overwhelmed - I put things off and forget about them
 - When I AM calm: I think clearly, make good decisions, and actually get work done

- How I Can Develop Better Emotional Awareness**
- Notice when frustration starts - catch it early before it gets worse
 - Recognise my triggers: boredom, feeling stuck, too much to do at once
 - What I do now: Go for a drive, listen to music - calms me down instantly
 - What I want to try: Simple breathing exercises - I haven't used these yet
 - Goal: Don't let emotions decide if I work — use them to know when and how to work best



MINDFULNESS & PERSONAL REFLECTION

- ✔ WHAT ALREADY WORKS FOR ME
- DRIVING + LISTENING TO MUSIC — MY BEST WAY TO CALM DOWN, WORKS EVERY TIME
 - I KNOW WHEN I'VE HAD ENOUGH — I STEP AWAY INSTEAD OF FORCING IT
 - FAMILY IS MY BIGGEST MOTIVATION — THEY KEEP ME GOING
- WHAT I WANT TO TRY
- SIMPLE BREATHING EXERCISES WHEN I FEEL FRUSTRATED RISING
- MINDFULNESS: FOCUS ON RIGHT NOW — DON'T WORRY ABOUT EVERYTHING ELSE I HAVE TO DO
- SCHEDULE PROPER REST TIME SO I DON'T BURN OUT
- HOW THIS WILL IMPROVE MY LEARNING
- LESS PANIC AT THE LAST MINUTE
 - CLEARER THINKING = BETTER QUALITY WORK
 - I WON'T LEAVE TASKS HALF-FINISHED
- I'LL FEEL IN CONTROL OF MY FEELINGS — NOT THE OTHER WAY AROUND

CONCLUSION

MY EMOTIONS HAVE A HUGE IMPACT — THEY CAN BLOCK ME OR DRIVE ME FORWARD.
I ALREADY HAVE STRONG COPING SKILLS: DRIVING, MUSIC, AND AMAZING FAMILY SUPPORT.
BUILDING EMOTIONAL AWARENESS AND TRYING MINDFULNESS WILL HELP ME
STOP PROCRASTINATING, HANDLE ANXIETY BETTER, AND STAY CONSISTENT.