EMOTIONAL INTELIGENCE AND STUDENT SUCCESS

Introduction

The capacity to identify, comprehend, and regulate your own emotions as well as those of others is known as **emotional intelligence (EI).**

"If you are tuned out of your own emotions, you will be poor at reading them in other people."

This highlights that **self-awareness is key** to building relationships and succeeding academically.

DEVELOPING EMOTIONAL INTELLIGENCE

Self-awareness
Recognising your emotions and triggers

Self-regulation
Controlling reactions (e.g. staying calm under pressure)

Empathy
Understanding how others feel

Social skills
Communicating and working well with others

Example: Managing exam stress by preparing early and staying calm

FACTORS AFFECTING STUDENT SUCCESS

Stress & Anxiety → reduces focus

Motivation → affects effort

Time Management → impacts deadlines

Emotional Resilience → helps overcome challenges

High EI = better coping strategies + improved results

PERSONAL REFLECTION

- I **felt anxious** when I had deadlines to meet.
- This had an impact on my motivation and focus.
- I started **getting better** at managing my time.
- I was able to maintain my attention by **taking pauses.**
- This demonstrates how **emotional intelligence** enhances academic achievement.

WAYS TO OVERCOME CHALLENGES

- Engage in mindfulness
- Arrange and plan your job
- Take frequent pauses.
- Consult tutors or peers.

These support productivity and emotional equilibrium.

METHOD

- Utilized scholarly publications and journal articles
- Emphasized emotional intelligence in the classroom
- Selected current and pertinent sources

References

- **Goleman, D. (1995). Emotional Intelligence**
- **Petrides, K. V. (2011). Emotional Intelligence Theory**
- **MacCann, C. et al. (2020). EI and Academic Performance**