

Emotional Intelligence Assessment 1

Introduction

Emotional Intelligence refers to the ability to be aware of, understand, and manage your emotions and those of others effectively, guiding your thinking, behaviour, and social interactions. The rare ability to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way (Aristoto).

Methodology

This poster focuses on understanding and developing EI as a student. The approach for this work involves self-reflection, practical observation, images, Academic Journers and Books.



Conclusion

Emotional intelligence plays a vital role in students' overall performance and success. Developing EI and controlling emotions helps scale the challenges of studying. It is imperative to manage one's emotions.

Developing Emotional Intelligence (EI)

Research has shown that emotional intelligence largely contributes to how effectively one relates and is relatable. Developing EI is crucial to achieving personal and professional success.

Steps to Developing EI.

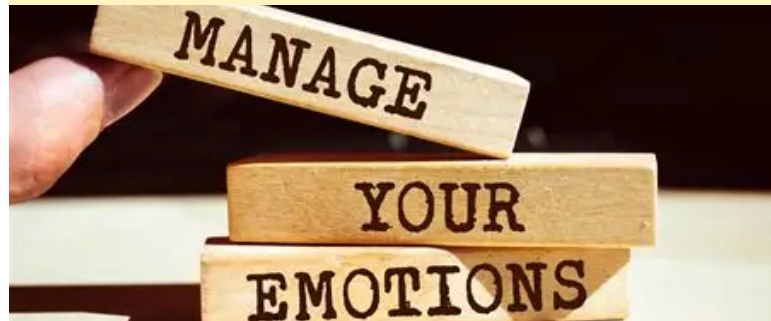
Self Awareness - Be aware of your emotions and their effect on others, think about your experience and reactions

Self-Control - Control impulsive reactions, stay calm during stress or conflict, reflect before taking any action

Motivation - Motivate yourself to succeed and sustain progresss

Empathy - Understand the feelings of others

Social Skills - The ability to communicate effectively and build relationships.



References

1. Goleman, D. (2020) *Emotional Intelligence: Why it can matter more than IQ*. 25th Anniversary edn. London: Bloomsbury Publishing.
2. Treves, I.N., Pichappan, K., Hammoud, J., Bauer, C.C.C., Ehmann, S., Sacchet, M.D. and Gabrieli, J.D.E. (2024) 'The Mindful Brain: A Systematic Review of the Neural Correlates of Trait Mindfulness', *Journal of Cognitive Neuroscience*, 36(11), pp. 2518-2555. Available at: <https://direct.mit.edu/jocn/article/36/11/2518/123937/The-Mindful-Brain-A-Systematic-Review-of-the> (Accessed: 18 March 2026).
3. Shutterstock(2026) *Control your emotions* Available at: https://www.shutterstock.com/search/control-your-emotions?image_type=photo (Accessed: 18.03.2026).

Emotional Control and Mindfulness

Emotional control means being able to recognise and manage one's emotional state.

Practical ways to do that are:

- Identify the Emotion - Fear, anger, sadness, or frustration
- Think before you take any action-
- What will you do with the way you feel?
- Practice Breath techniques
- Stay positive

Developing Mindfulness as a student:

- Focusing on the present moment-
- Pay attention to thoughts and feelings before the assessment.
- Take regular Breaks
- Keep a reflection journal
- Meditate constantly to clear the mind
- Listen carefully to others

Factors

Some factors that helps student succeed

- Time Management
- Good Study Skills
- Clear Goals and Motivation
- Self-Discipline and Consistency
- Positive and Growth Mindset - Belief in yourself
- Active Participation
- Robust Support System
- Healthy lifestyle
- Conducive learning Environment.

Actions to Address EI

Common EI Challenges

1. Assessment deadlines and workload pressure can lead to anxiety or burnout.

-Actions-

- Use structured planning:
- Create a study routine
- Practice stress management techniques

2. Procrastination or lack of interest in studying.

-Actions-

- Set clear personal goals.
- Complete an easy task to build momentum.