

Developing Emotional Intelligence Skills

C1- Individual Poster Presentation

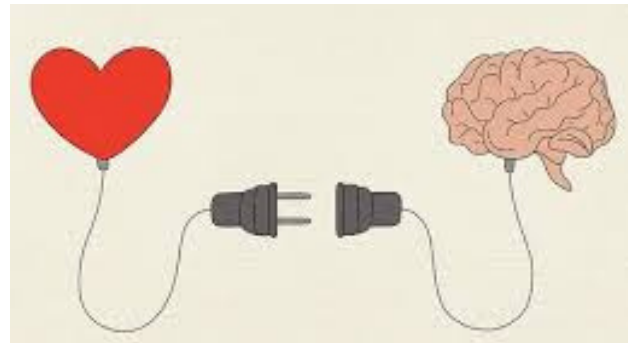
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1. How can someone develop emotional intelligence?

- Reflecting on personal experiences and learning from them
- Improving communication and listening skills
- Being open to feedback and willing to improve emotionally
- Practising empathy and trying to understand how other people feel



2. By reflecting on your experience, identify how can you control your own emotions and develop mindfulness as a student.

- Noticing when you start to feel stressed and taking a step back before reacting
- Giving yourself time to relax and clear your mind when studies feel overwhelming
- Staying present and focusing on one task at a time instead of worrying about everything at once



What factors can be accounted for succeeding in your studies and what actions can be taken to address specific emotional intelligence challenges while completing your studies

Factors for succeeding in your studies

- Staying motivated and setting clear academic goals
- Managing your time well and keeping a study routine
- Being emotionally resilient when facing stress or setbacks

Actions to address emotional intelligence challenges

- Learning to manage stress and academic pressure
- Asking for help when feeling overwhelmed
- Staying positive and patient during difficult moments

