

EMOTIONAL INTELLIGENCE

Understanding Emotions to Learn Better

"Monitoring one's emotions and using them to guide thinking and decision-making." — Salovey (1997)

Emotional intelligence (EI) is the ability to recognise, understand and manage emotions. It helps us make decisions, build relationships and respond to challenges.

Key message: Understanding emotions can help us make better decisions and improve our learning experience.

This poster is based on secondary research using academic books, journal articles and reliable online sources. I searched for information about emotional intelligence, academic performance, stress, motivation and mindfulness. I compared the research findings and applied them to student learning experiences.

No primary research was conducted.

How do emotions influence thinking and decision-making?

Stress: Can make it harder to concentrate and make clear decisions.

Anxiety: May lead to overthinking and avoiding difficult tasks.
Confidence: Can encourage participation and decision-making.
Motivation: Helps us stay focused on our goals.

How can emotional awareness be developed? Keep a mood journal to identify emotions and triggers.
Practise self-reflection by asking, "What am I feeling and why?" Pause before reacting to stressful situations.

Ask for feedback from others. Think about facts before making important decisions.

Key point: Emotions provide useful information, but they should not control every decision.

What emotional factors contribute to academic success?

Stress management:

Supports concentration and clear thinking.

Motivation: Encourages effort and consistent study.

Resilience: Helps students recover from setbacks.

Self-confidence: Encourages students to face challenges.

Emotional awareness: Helps students recognise when they need support.

How can EI help manage academic challenges?

Procrastination

Break assignments into smaller tasks.

Set realistic deadlines.

Start with one simple activity.

Anxiety

Practise slow breathing.

Prepare early for exams and presentations.

Challenge negative thoughts.

Low motivation

Set achievable goals.

Celebrate small achievements. Remember the reasons for studying.

Critical point: Emotional intelligence can support academic success, but grades also depend on study habits, teaching quality, time and available support.

How can mindfulness improve my learning experience?

I believe mindfulness and emotional regulation can help me become a more focused and organised student. When I feel stressed about deadlines or assignments, taking a short break and controlling my breathing can help me feel calmer.

Recognising my emotions can help me understand why I feel distracted or unmotivated. Instead of avoiding a difficult task, I can divide it into smaller steps and focus on one thing at a time.

Strategies I can use

Take a few minutes to breathe calmly.
Plan my study time and set priorities.
Recognise negative thoughts without immediately reacting.

Reflect on my progress and learn from mistakes.

Critical reflection: Mindfulness may reduce stress and improve emotional awareness, but it does not guarantee better grades. It works best alongside good study habits, preparation and support.

Emotions influence how we think and make decisions.
Emotional awareness helps us manage stress and reactions.
Motivation and resilience support academic progress.
Mindfulness can improve focus and emotional control.

Developing emotional intelligence is an ongoing process that can support personal and academic growth.
"Better emotional awareness can lead to better choices and more effective learning."

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