

DEVELOPING EMOTIONAL INTELLIGENCE SKILLS

Module: LCLM5005

Lecturer: Dr Kazeem OSENI

Student Name: Kouassi Ange Daniel KOMENAN

Student Number: 2323466

Introduction.

Emotional intelligence is the ability to understand and manage your own emotions and those of others (Goleman, 1998). It supports learning, relationships, and well-being. This poster was created through research, university resources, and reflection on personal experiences..



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How to develop emotional intelligence

To develop EI, an individual can:

- **Increase self-awareness:** keep a reflection journal to identify emotional triggers
- **Practice self-regulations:** pause before reacting and use breathing techniques.
- **Cultivate empathy:** Listen actively to others' perspectives.
- **Improve social skills:** Engage in teamwork, practice clear communication, and offer constructive feedback.
- **Develop motivation:** Set realistic goals and celebrate small achievements.

Emotional control and mindfulness development

As a student, I have learned to:

- **Control emotions:** by practicing deep breathing and time management during exams.
- **Develop mindfulness** through short meditation sessions before study periods, to improve concentration and calmness.
- **Apply self-awareness** by recognizing frustration or fatigue early and taking a short break to restore focus.

Reflection: Being aware of my emotional state has helped me interact more effectively with others and manage group work more efficiently.

Conclusion

Developing emotional intelligence enhances students' ability to manage stress, maintain focus, and foster positive relationships. By applying mindfulness and self-awareness strategies, individuals can respond more effectively to challenges and support, both personal and academic Growth

References

- Goldman, D. (1995). Emotional Intelligence: Why it can Matter More Than IQ. Batam Books
- Salovey, P., & Mayer, J.D. (1990). Emotional Intelligence, Imagination, Cognition, and Personality, 9(3), 185-211.
- Kabat-Zinn, J. (2003). Mindfulness-based interventions in context.

FACTORS	ACTIONS
Stress & Anxiety	Use relaxation and time management Strategy
Low Motivation	Set short-term goals and reward progress
Poor teamwork	Practice empathy and communication
Emotional Overload	Seek counselling or support.