



SIES School of Learning and Leadership Development (SIESSLLD)

TRAINING NOTE (004/2025-26)

On

Emotional Intelligence Among Students

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Backdrop:

In this fast-paced world, students face immense pressure to excel academically. However, academic success alone does not guarantee a fulfilling life. Emotional intelligence (EI) plays a significant role in personal and academic success. It refers to the ability of the students to recognize, understand, and manage their own emotions while also being able to empathize with others. For students, developing emotional intelligence is essential as it affects relationships as well as academic performance.

Importance of Emotional Intelligence:

Emotional intelligence is crucial in creating a balanced student life. It impacts how students handle academic stress, communicate with peers and teachers, and resolve conflicts. In classroom setting, emotionally intelligent students are more likely to contribute a supportive learning environment. Further, EI helps students to remain motivated and optimistic, qualities that are vital for achieving long-term goals.

Another critical aspect of emotional intelligence is self-awareness. Students with high EI can recognize when they are feeling anxious, upset, or distracted, which allows them to address these feelings well in time.

Benefits of Emotional Intelligence:

Improved Academic Performance: Research shows that emotional intelligence has a positive impact on academic achievement. By developing skills like self-regulation, time management, and motivation, emotionally intelligent students are better able to handle demands of academics.

Stronger Relationships: Emotional intelligence enables students to build stronger relationships with their peers, teachers, and family members. By practicing empathy, active listening, and clear communication, students can develop meaningful connections.

Enhanced Mental Health: Students with high emotional intelligence are generally more equipped to manage stress, anxiety, and other negative emotions. It thus leads to improved mental and emotional well-being.

Better Conflict Resolution: Whether it is disagreements with classmates, teachers, or friends, conflict is inevitable in student life. Emotional intelligence provides students with skills to approach conflict calmly and find amicable solutions.

Strategies to Develop Emotional Intelligence:

Practice Self-Awareness: Self-awareness is the foundation of emotional intelligence. Begin by paying attention to how you feel in different situations. Writing an “observation diary” can be a powerful tool to understand one’s own emotions. And this helps one to manage them.

Learn to Empathize: Empathy, or the ability to understand and share feelings of others, is crucial for forming healthy relationships. Try to put yourself in someone else’s shoes when communicating or resolving conflicts. Practice active listening by giving your full attention when someone is speaking and trying to understand their perspective before responding.

Manage Stress Effectively: Developing strategies to manage stress will help one stay emotionally balanced. Engaging in relaxation techniques such as deep breathing, meditation, or physical activities like yoga helps. These practices can reduce emotional tension.

Cultivate Emotional Resilience: Emotional resilience is the ability to bounce back from setbacks. Instead of allowing a bad grade or a difficult social situation to affect your mood for extended periods, learn to take these challenges as opportunities for future. Keeping positive mindset is essential in managing stress and disappointment.

Practice Emotional Regulation: Emotional regulation involves being in control of your reactions. If you are feeling upset, take a moment to breathe and pause before responding. This helps in avoiding impulsive decisions and encourages thoughtful communication. Over time, this practice can help develop calm and composed approach to life’s challenges.

Role of Academic Institutions:

The academic institutions have a great role to play to imbibe this crucial attitude among students. This can be done only through constant motivation, observations, counselling, and interactions. The teachers must play role of “inspirational mentors” and try to foster this crucial life attitude among students.

Some of the specific strategies in this regard could include the following:

Strengthening of Mentoring System: Mentoring at the institute level plays a crucial role in this realm of emotional intelligence among students. A good mentor can help generation of self-awareness among students,

develop the sense of empathy and lead fostering emotional intelligence among them.

Arranging Workshops to Inculcate Social Emotional Learning (SEL):

The institutions must arrange workshops on the related subjects on a regular basis so that the students can appreciate and develop the tools & techniques of emotional intelligence. Workshops on subjects like “stress management”, “integrated wellness”, “developing emotional quotients (EQ)”, “critical thinking” should be some of topics to which the students should be exposed to. “Mindfulness Workshops” are also ideal tools to inculcate this attitude among the young generation. For students at higher level, the framework of EI including the work done by psychologists Peter Salvey and John D Mayer (1990), Daniel Goleman (1995), and others should also be taught.

Community Service: There cannot be anything better than “experiential learning.” Emotional intelligence can best be learnt when the students are put through the situations that need emotional intelligence and balance and taking decisions out of “right brain”. Community services are the best examples of developing this acumen. They should be exposed to such social issues like problems of elders, orphanages, environmental challenges, and similar other matters that will force them to take decisions based on emotional balance and intelligence.

Moving Ahead:

For students, emotional intelligence is as important as academic achievement. By developing emotional awareness, empathy, and self-regulation, students can better handle the pressures of academics, build stronger relationships, and improve their mental well-being. Emotional intelligence helps students to be more effective in professional life besides helping them to become better citizens. All efforts need to be made by the educators to ensure that students become better individuals in terms of emotional intelligence besides the traditional knowledge, skills and attitude.
