



EMOTIONAL INTELLIGENCE FOR COLLEGE AND BEYOND

ARTICLES AND STUDIES

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General Observations

College students face numerous day-to-day stresses, including unpredictable friendships and romances, unfamiliar roommates, challenging professors, heavy academic loads, financial pressures, mounting school debts, competition for desirable jobs and uncertainty about their future lives, finances and careers.

Numerous articles and studies show that improving emotional intelligence (EI) is one of the most effective ways to overcome these challenges, reduce stress and make college an enjoyable and successful experience. EI is a key factor in building close and lasting friendships during and after college, improving academic achievement, enhancing a resume, strengthening future job performance, teamwork and career advancement and experiencing a fulfilling, life-long marriage.

Career Benefits of Emotional Intelligence

- Enhanced communication
- Improved conflict resolution
- Better decision making
- Increased adaptability, stress management and emotional resilience
- Effective teamwork
- Improved job performance, career advancement and earning capacity

More and more employers are becoming aware of the way EI makes their employees more productive and their businesses more profitable, so adding formal training in EI to your resume can make you more attractive to future employers, give you an advantage over competing applicants and may help you to land your dream job.

Articles and Studies on Emotional Intelligence in College and Beyond

- [How College Students Can Improve Their Emotional Intelligence](#) (2023)
- [Emotional Intelligence and Learning Motivation for College Students](#) (2023)
- [The Impact of EI on Academic Success: A Comprehensive Review](#) (2023)
- [Emotional Intelligence: The Critical Factor for Success in Higher Education](#) (2023)
- [Stress, Emotional Intelligence, and Life Satisfaction in College Students](#) (2015)
- [The Role of Emotional Intelligence in College Student's Success](#) (2011)

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