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. Social skill deficits are leading many teens to seek intimacy through Ai rather than healthy human relationships.

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

A growing number of employers, including Amazon, Cigna, FedEx, IBM, General Electric, Google, Mayo Clinic, Marriott, Microsoft, Netflix, and Starbucks, Toyota and Zappos are emphasizing emotional intelligence screening and training during the recruitment process because they have seen that EI training makes employees more productive and reduces turnover (see list of employers and Relational Wisdom Strengthens Both Families and Businesses). Therefore, college students who complete RW360's training and add a ***Certificate in Enhanced Emotional Intelligence*** to their resumes will have an advantage over other applicants when competing for top jobs.

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)