



What do you do when you are in a **group assignment** and your perspectives don't match? Do you often tend to **ignore** different opinions or try to make some room for brainstorming?

Here's a fun fact: Listening to opinions or ideas to incorporate into the project while keeping a check on our emotions is **not at all** an easy task! However, research has shown that people with high emotional intelligence have much better crisis management capabilities than others.

So how do you give ear to all their ideas and still stay calm and composed?

This World Youth Skills Day, how about we look at the top 3 **expert-recommended** Emotional Intelligence Skills that can assist you to handle your college assignments like a boss!



Self-Awareness

Only once you are **aware** of your emotions, you can **regulate** them. Bring thoughtful awareness into situations by-

- Naming your feelings like "I'm angry" or "I'm jealous" in everyday situations.
- Recognizing how these feelings affect your actions.



Adaptability

You can **diffuse** tense situations and manage conflicts through adaptability. To practice adaptability, you can-

- Embrace change by exploring newer options.
- Consider views different from yours.
- Always look at the end goal instead of focusing on the disputes.



Empathy

Being empathetic allows you to interpret difficult situations. You can start by:

- Listening to people and considering their perspectives.
- Stepping into their shoes in everyday conversations.

Every skill needs continuous practice. So while you can't learn all of this in a day, you can at least start **practicing a bit daily** to take yourself out of a crisis.

Want to know how to work on any of these EI skills? Reach out to our experts who are just a click away!

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