

A QUARTERLY STUDENT NEWSLETTER

ConnectHUB

Unleashing EQ: The Path to Professional Triumph

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Unlock the secret sauce to college success through Emotional Intelligence (EI). It's the unsung hero of academia and the blueprint for a thriving career ahead. Developing emotional intelligence (EI) is crucial for professional success as it equips individuals with the ability to understand, manage, and express emotions effectively, both within themselves and in their interactions with others. But what exactly is EI, and why should it matter to you as a student? Dive into the world of EI and discover its power to elevate your academic game and pave the way for a fulfilling future. Plus, we've got some insider tips to supercharge your EI skills. Ready to level up? Let's go!



What is Emotional Intelligence?

Emotional Intelligence (EI) is like having a superpower that lets you navigate the ups and downs of college life with finesse. It's not about acing a test or writing the perfect paper; it's about understanding your own emotions and those of others, and using that insight to thrive in every aspect of your academic journey.

Think of EI as your trusty sidekick, helping you handle stress, build strong relationships, and bounce back from setbacks like a pro. It's the secret sauce that separates the average student from the standout success story. So, buckle up and get ready to unleash your inner EI superhero!

College life involves interacting with diverse groups of people, from classmates to professors to administrators. EI helps students navigate these relationships by understanding others' emotions, communicating effectively, and resolving conflicts constructively.

EI helps students manage stress, stay focused, and maintain motivation, all of which are essential for academic success. It enables them to handle the pressure of exams, deadlines, and workload effectively.

Students with high EI are better equipped to lead and collaborate in group projects, student organizations, and extracurricular activities. They can inspire, motivate, and influence others positively, fostering a more productive and harmonious environment.



EI is increasingly valued by employers as a critical skill for workplace success. College is an ideal time for students to develop EI skills like empathy, self-awareness, and adaptability, which are highly sought after in the professional world.

College can be a challenging time emotionally, with transitions, academic pressures, and personal growth all playing a role. Developing EI helps students manage their emotions, cope with setbacks, and build resilience, contributing to overall mental health and well-being.

College life often involves conflicts, whether in dorms, classrooms, or social settings. Students with high EI can navigate these conflicts more effectively by understanding others' perspectives, communicating assertively yet empathetically, and finding mutually beneficial solutions.

EI fosters self-awareness, helping students understand their strengths, weaknesses, values, and goals. This self-awareness enables them to regulate their emotions, behaviors, and impulses, leading to better decision-making and personal development.

So, whether you're hustling through assignments or navigating the complexities of the workplace, EQ is your secret weapon for success. Level up your EQ, and watch as doors of opportunity swing wide open before you.

How to Develop Emotional Intelligence for Professional Success:

Building your Emotional Intelligence (EI) is like sculpting a masterpiece—it takes practice, dedication, and a whole lot of heart. Here are some hands-on activities and examples to help you level up your EI game:



Practice Mindfulness:

Take a few minutes each day to tune into your thoughts and emotions. Close your eyes, focus on your breath, and let go of any distractions. This simple act of mindfulness can help you become more aware of your feelings and reactions.



Empathy Exercises:

Put yourself in someone else's shoes. Try to understand their perspective, emotions, and experiences without judgment. You can do this through role-playing scenarios or simply by actively listening to others.



Journaling:

Keep a journal to track your emotions and reflections. Write down what you're feeling, why you think you're feeling that way, and how you responded. This can help you identify patterns and triggers, leading to greater self-awareness.



Conflict Resolution Workshops:

Engage in workshops or group activities focused on resolving conflicts constructively. Practice active listening, assertiveness, and problem-solving skills to navigate tricky situations with grace.



Seek Feedback:

Ask trusted friends, mentors, or colleagues for honest feedback on your emotional intelligence skills. Listen openly to their insights and use them as opportunities for growth.

Volunteer or Join Clubs:

Get involved in activities that require teamwork and collaboration, such as volunteering or joining clubs. Working with diverse groups of people can help you develop empathy, communication, and interpersonal skills.

Reflect on Past Experiences:

Think back to challenging situations you've faced in the past. How did you handle them emotionally? What could you have done differently? Use these reflections to learn from your experiences and make better choices in the future.

Dear Students

Below is a link to an article that could be an essential read for anyone keen on staying informed about the evolving landscape of education in the digital age. The article discusses how AI is revolutionizing platforms like Coursera and transforming education.

https://yourstory.com/2024/06/how-is-ai-changing-coursera-and-education?utm_source=piano&utm_medium=email&utm_campaign=29131&pnespid=6L6PiYxe4que7am_Ufyv5KvR4S.DFzwwInHxBptVGV2useIoE4Tmsv5mtxtY0mrjm2Jz7T

1. Relationship Building:

EI enables individuals to establish and maintain positive relationships with colleagues, clients, and stakeholders by demonstrating empathy, understanding, and effective communication. Strong interpersonal relationships foster trust, collaboration, and teamwork, which are essential for achieving organizational goals.

2. Leadership Effectiveness:

Effective leaders possess high levels of EI, allowing them to inspire and motivate others, navigate conflicts, and make sound decisions based on emotional and social cues.

Leaders with high EI are adept at managing diverse teams, fostering a culture of inclusivity and empowerment, and driving organizational success.

3. Conflict Resolution:

EI enables individuals to manage conflicts constructively by understanding others' perspectives, controlling their emotions, and finding mutually beneficial solutions. Conflict resolution skills are essential for maintaining a positive work environment and minimizing disruptions to productivity and morale.



4. Stress Management:

High EI individuals are better equipped to handle stress and pressure effectively, maintaining composure and resilience in challenging situations. By managing stress proactively, individuals can avoid burnout, maintain productivity, and sustain long-term professional success.

5. Communication Skills:

EI enhances communication skills by enabling individuals to express themselves clearly, listen actively, and adapt their communication style to different audiences and contexts. Effective communication fosters understanding, alignment, and collaboration, driving organizational effectiveness and efficiency.

In the ever-evolving landscape of professional success, Emotional Intelligence emerges not just as a desirable trait but as a non-negotiable asset. As individuals hone their EQ skills, they embark on a journey towards unlocking their fullest potential. Through understanding oneself and others, navigating challenges with grace, and fostering meaningful connections, the significance of EI transcends mere competence—it becomes the cornerstone of leadership excellence and organizational resilience. In a world where adaptability and empathy reign supreme, embracing Emotional Intelligence isn't just a choice; it's the roadmap to thriving in the complexities of the modern workplace and beyond.

Training & Placement



The Baseline Assessment for 3489 1st Year Scholars and Endline assessment for 2594 3rd year scholars are going on.

In the 2nd year cohort (2023-24) supported by MSDF, 1319 scholars are in the Aptitude program by Ethnus.

In the current 3rd year cohort (2022-23) supported by Capgemini and MSDF, 1074 scholars completed the advanced Hi touch English program by eAge tutors, and 1738 scholars are in the Technical Skilling program by Coursera. 2329 scholars in this cohort are in the Mock Interview program by SHL.

The Pharma and Law scholars are also in the Coursera program that started in December.



Other Skilling Initiatives

FLY

A 12-day workshop that started in 2021 with 1396 scholars having participated in the program so far. 2 batches were conducted in April and May for 1st year Engineering scholars. The workshop is conducted by CMI - Competitive Mindset Institute Inc. and is designed to teach non-cognitive skills for students' personality and character development.

Medical webinar

On the 19th of May 2024, a webinar was conducted for all FFE medical scholars on the topic "Career Prospects post-MBBS". The session was conducted by Dr.Jogin Desai - Founder & CEO of Eyesystem. There were more than 400 participants.

Mental Wellness Program

Over the past five months, FFE has effectively implemented the Wellness program for all its beneficiaries, aiming to raise

awareness and knowledge of comprehensive mental health services. FFE is delighted to collaborate with Mpower Minds for this initiative, aimed at providing a positive mental health environment and eliminating the stigma associated with mental illness. This year-long program involves onboarding students in batches for weekly workshops on Mental Health. Beneficiaries will have access to a 24*7 Helpline number to seek support whenever needed. Additionally, the one-to-one counselling sessions will be conducted as required. To date, 1319 students have participated in the workshops, gaining insights into identifying mental health issues and learning strategies to take remedial action.

QMed Literature Searching program

FFE collaborated with QMed Knowledge Foundation in November 2023 to offer the Medical Literature Searching program for 169 medical scholars from year 2 and year 3 of the study, enlightening scholars on the methodologies to specialize skills in online searching and literature.

This program offers skills for online searching in the medical and allied health domain. Students have been actively participating in the 3 modules of the program.

SRIP Internship

4, 3rd year scholars have started the Summer Research Internship program from May 15th at IIT Gandhinagar. This is a 2-month Internship that will go on till July. Students are working on modules like the Development of a portable Universal testing Machine, Remaining useful lifetime prediction of a battery using machine learning, Thompson Jumping ring, and Linear Induction Motor, Video Image Detection.

AWS Career Restart Program

6 scholars have enrolled in the AWS Career program conducted by Amazon partners - Vinsys. A 12-week program focussing on skills training and career on Cloud ensuring participants have the abilities to secure job opportunities in the related modules.

Placement update

From the 2022-23 graduating cohort, out of the 1455 Engineering students, 1362 (94%) are placed; 1158 students have secured jobs and 204 are opting for Higher studies. The remaining are attending off-campus recruitment.

From the 2023-24 graduating cohort with 1508 Engineering students, 1019 (65%) are placed; 817 have secured jobs and 202 have opted for higher studies. The remaining are attended campus and off-campus recruitments

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