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**Emotional Intelligence and Its Relationship
to Academic Success**

Emotional intelligence is a measure of how well a person understands their own emotions and those of others, how well they regulate emotions in themselves and others, and how they use feelings to motivate, plan and achieve in their life. The subject is very controversial in the field of psychology today. There are conflicting opinions about whether or not emotional intelligence is its own form of intelligence, separate from general cognitive ability. I examined the current literature on emotional intelligence to help validate or refute whether it has the predictive ability to determine success in an academic setting.