
Student Success \ Brain, Emotion, and Health

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Emotional Intelligence & Resiliency

DEVELOP YOUR SENSE OF SELF-UNDERSTANDING

- Counselling is a versatile tool for you in this endeavor.

CULTIVATE POSITIVE TEMPERAMENTAL CHARACTERISTICS

- Example: glass is half-full (versus glass is half-empty).

LEARN TO CALM YOUR CARDIOVASCULAR SYSTEM AFTER STRESS

- Tools that can help: counselling, meditation, physical exercise, etc.

FOCUS ON APPRECIATING AND GENERATING HUMOR

IMPULSE (RAW EMOTIONS) MANAGEMENT

- Especially effective in delaying gratification, people skills, and task completion.

ADAPTABILITY TO AN EVER-CHANGING CIRCUMSTANCES

- Cultivating self-confidence in one's abilities to cope.