



EMOTIONAL INTELLIGENCE FOR TEENS

ARTICLES AND STUDIES

Download pdf with active links at rw360.org/eiteen-art

Challenges of the Teenage Years

The teenage years are some of the most exciting and yet challenging years of life. New freedoms, new friends, new schools and new dreams are accompanied by new emotional experiences and relational challenges. As their brains mature, teenagers tend to feel emotions more intensely, which can lead to mood swings, frustration or feelings of inadequacy. Academic demands, extracurricular activities and pressure to plan for the future can feel overwhelming. Teens' emotions increase in complexity, and feelings like sadness, anger, fear and even happiness are complicated by desires to individuate and by growing nuances in peer relationships. As a result of these changes, teens often struggle to navigate conflicts with family and friends, which damage key relationships and rob them of emotional support. The need to fit in and be accepted can push teens toward risky or impulsive decisions, such as experimenting with substances, engaging in unsafe behaviors or, worst of all, contemplating violence or suicide. [Social skill deficits are leading many teens to seek intimacy through Ai rather than healthy human relationships.](#)

The Benefits of Emotional Intelligence for Teens

These struggles are not inevitable, however. Multiple studies show that “teens with high emotional intelligence (EI) are better equipped to handle stress, anxiety and depression. They have the tools to understand their emotions and seek help when needed, leading to better mental health outcomes. Teens who are self-aware and self-regulated are more likely to stay focused, set goals, and overcome academic challenges. Teens with strong social skills and empathy are more likely to form and maintain healthy relationships. They can communicate effectively, resolve conflicts and offer support to their peers. Teens with high EQ are more resilient (able to bounce back from setbacks and challenges) because they can manage their emotions and stay positive even in difficult situations” ([Developing Emotional Intelligence in Teens](#)).

Articles and Studies on Emotional Intelligence for Teens

- [Why Emotional Intelligence is Essential for All Adolescents](#) (2023)
- [Emerging Understanding of EI of Teenagers](#) (2017)
- [How to Teach Your Teenager Emotional Intelligence](#) (2023)
- [EI for Teens: A Parent's Guide to Helping Your Child Thrive](#) (2025)
- [The Association Between EI and Subjective Well-Being in Adolescents](#) (2022)
- [Hooked On A Feeling: The Importance of Fostering Emotional Intelligence](#) (2024)
- [Correlation Between EI, Self-Esteem and Life Satisfaction Among Adolescents](#) (2022)

Articles and Studies on Emotional Intelligence Preventing Violence and Suicide

- [Prosocial Behaviors and EI as Factors Associated with Healthy Lifestyles and Violence in Adolescents](#) (2024)
- [Effects of an EI program in Variables Related to the Prevention of Violence](#) (2015)
- [Relationship between Emotional Intelligence and Violence Exerted, Received, and Perceived in Teen Dating Relationships](#) (2021)
- [Emotional Intelligence Education Has a Role in Suicide Prevention](#) (2017)
- [The Association Between Emotional Intelligence and Suicidal Behavior](#) (2018)
- [Untangling the Emotional Intelligence-Suicidal Ideation Connection](#) (2020)
- [Emotional intelligence and suicidal ideation in adolescents](#) (2023)

As these studies show, emotional intelligence training benefits teens, their families and their communities, and can even save their states millions of dollars. How? When teens learn emotional and relational skills that divert them from a path of crime, the state saves \$214,620 person per year from what it would have otherwise paid for confinement in prison (see [Sticker Shock 2020: The Cost of Youth Incarceration](#)).

Emotional Intelligence in College and Beyond

Improving emotional intelligence can also prepare teens to succeed during college, in their first jobs and in later stages of life. EI is a key factor in building close and lasting friendships during and after college, improving academic achievement, enhancing a resume and competing for top jobs, strengthening future job performance, teamwork and career advancement and experiencing a fulfilling, life-long marriage.

A [growing number of employers](#), including Amazon, FedEx, IBM, General Electric, Mayo Clinic, Microsoft and Starbucks, have seen that EI training makes their employees more productive, so they are emphasizing EI screening and training during the recruitment process. As a result, college students who add a “Certificate in Enhanced Emotional Intelligence” to their resumes will have an advantage over competing applicants and have a greater chance of landing their dream jobs and excelling in their careers.

- [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)

July 29, 2025