**TO:** Professor Colman

**FROM:** Chengjun Liu

**DATE:** September 23, 2019

**SUBJECT:** Emotional Intelligence Appraisal® Feedback

Complete the Emotional Intelligence Appraisal® using the assessment and code found in *Emotional Intelligence 2.0*.

**DELIVERABLE**

Read pages 1 – 60 and complete the **MY EQ ACTION PLAN** (pages 57-58).

Answer the questions from the book and submit your responses in a memo addressed to Professor Colman using the format below and from the book. Please be prepared to discuss in class the following:

* Results of the appraisal
* The EQ skill you selected and the strategies you will practice
* Why you choose your EQ mentor

**Part One – My Journey Begins**

**Date Completed: 9/23/2019**

**List your scores from the** *Emotional Intelligence Appraisal®*

Score

Overall EQ: 62

Self-awareness: 75

Self-management: 47

Social Awareness: 74

Relationship Management: 51

**Pick One EQ Skill and Three Strategies**

Which of the four core emotional intelligence skills will you work on first?

|  |  |
| --- | --- |
| **SELF-AWARENESS** | **SELF-MANAGEMENT** |
| **SOCIAL AWARENESS** | **RELATIONSHIP MANAGEMENT** |

Review the strategies for the EQ skill you selected, and list up to three that you will practice below (chapters 5, 6, 7, 8 list discuss strategies).

1. Create an emotion vs. reason list: when emotion and reason collide, create a list of what they intend to do to have a full judgment
2. Set aside some time in your day for problem solving: by this method, I can think without being muddled by emotions
3. Take control of your self-talk: my thoughts are “talking” every day, so guide self-talk to lead positive thinking

**My EQ Mentor**

Who do you know who is gifted in your chosen EQ skill and willing to provide feedback and advice throughout your journey?

My EQ mentor is Hanqing Wu, my undergraduate roommate currently studying at Cornell University. He is clever and natural in controlling emotions and behavior, reasoning on problem solving and acting positively. He is willing to help and I believe he will be my good EQ advisor.

**DUE:** September 25, 2019