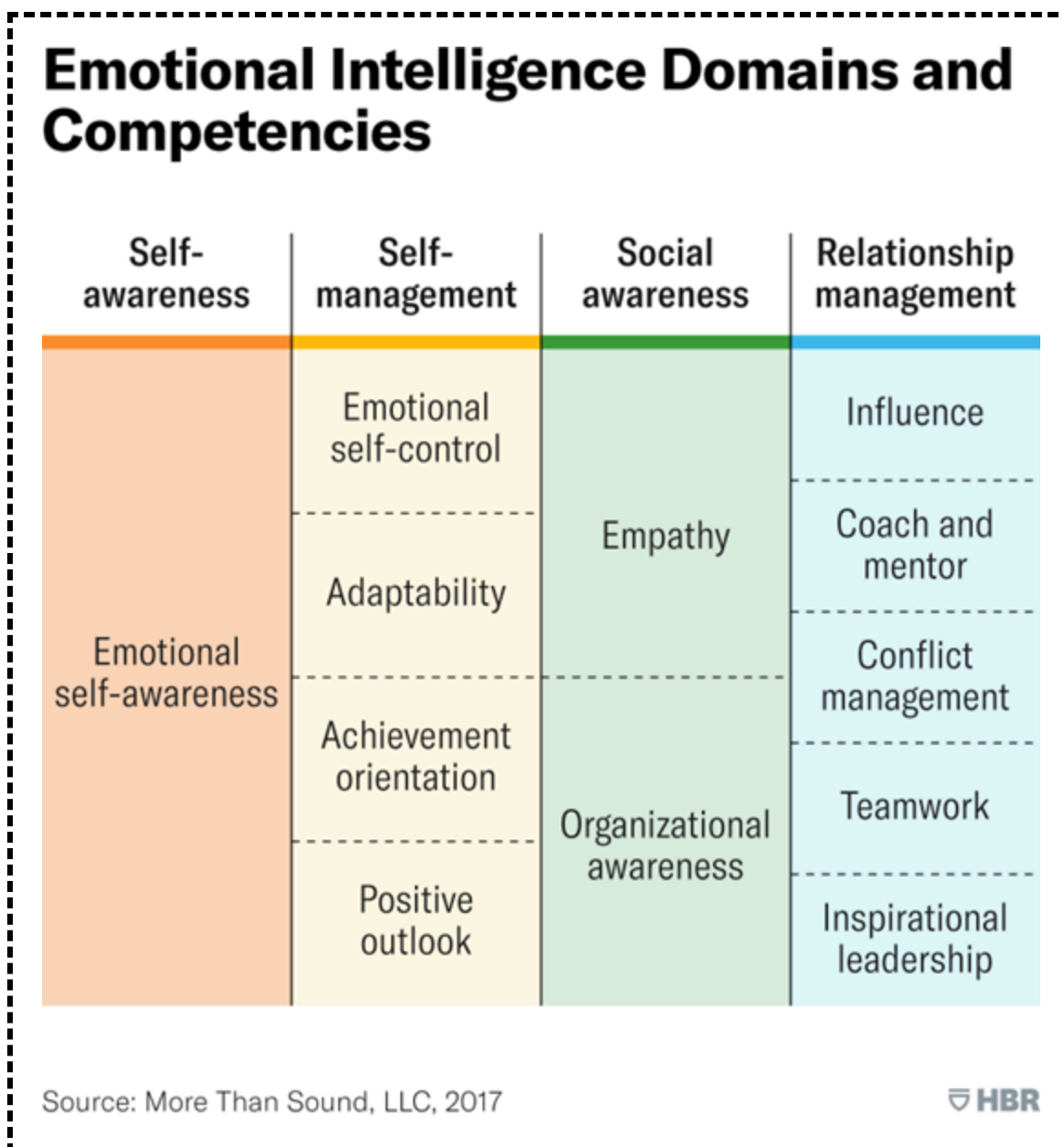


CSE 170

Emotional Intelligence Self-Assessment



This assessment is to help you understand how you rate yourself in each of the emotional intelligence categories.

Self-Awareness

Rate how well you understand yourself and your tendencies.

1. I quickly realize when my thoughts turn negative or make me angry.

☐ Strongly Disagree ☐ Disagree ☐ Unsure ☒ Agree ☐ Strongly Agree

2. I am guided by my own beliefs and values rather than what others think, say or do.

☐ Strongly Disagree ☐ Disagree ☐ Unsure ☐ Agree ☒ Strongly Agree

3. I am open to new ideas and am unafraid of being wrong about something.

☐ Strongly Disagree ☐ Disagree ☐ Unsure ☒ Agree ☐ Strongly Agree

4. I can take a tough, principled stand even if it is unpopular or comes at a personal cost.

☐ Strongly Disagree ☐ Disagree ☐ Unsure ☒ Agree ☐ Strongly Agree

5. I will challenge unethical actions of others when needed.

☐ Strongly Disagree ☐ Disagree ☐ Unsure ☐ Agree ☒ Strongly Agree

6. I respect the time and interests of others.

☐ Strongly Disagree ☐ Disagree ☐ Unsure ☐ Agree ☒ Strongly Agree

7. I try to be empathetic with other's feelings during meetings.

☐ Strongly Disagree ☐ Disagree ☐ Unsure ☐ Agree ☒ Strongly Agree

Self-Management

Rate how well you are able to manage different aspects of your self.

8. I am open to feedback during discussions with others.

☐ Strongly Disagree ☐ Disagree ☐ Unsure ☒ Agree ☐ Strongly Agree

9. I can articulate feelings and emotions appropriately during meetings.

☐ Strongly Disagree ☐ Disagree ☐ Unsure ☒ Agree ☐ Strongly Agree

10. I strive to show compassion to others.

☐ Strongly Disagree ☐ Disagree ☐ Unsure ☐ Agree ☒ Strongly Agree

11. I can reflect on my actions, learning from my mistakes.

☐ Strongly Disagree ☐ Disagree ☐ Unsure ☒ Agree ☐ Strongly Agree

12. I think clearly and stay focused under pressure when I have to make tough decisions.

☐ Strongly Disagree ☐ Disagree ☐ Unsure ☒ Agree ☐ Strongly Agree

13. I constantly strive to improve myself.

☐ Strongly Disagree ☐ Disagree ☐ Unsure ☒ Agree ☐ Strongly Agree

14. I am willing to change the way of doing things when current methods are not working.

☐ Strongly Disagree ☐ Disagree ☒ Unsure ☐ Agree ☐ Strongly Agree

Social Awareness: Empathy

Rate how well you are able to understand your relationships with others.

15. I freely share my thoughts and feelings with others around me.

☐ Strongly Disagree ☐ Disagree ☐ Unsure ☒ Agree ☐ Strongly Agree

16. I will challenge bias and intolerance by speaking up when needed.

☐ Strongly Disagree ☐ Disagree ☒ Unsure ☐ Agree ☐ Strongly Agree

17. I respect the viewpoints, backgrounds and opinions of others around me.

☐ Strongly Disagree ☐ Disagree ☐ Unsure ☐ Agree ☒ Strongly Agree

18. I strive to build a common understanding with others around me.

☐ Strongly Disagree ☐ Disagree ☐ Unsure ☒ Agree ☐ Strongly Agree

19. I like to see others around me succeed.

☐ Strongly Disagree ☐ Disagree ☐ Unsure ☐ Agree ☒ Strongly Agree

20. I try to help others around me develop their strengths.

☐ Strongly Disagree ☐ Disagree ☐ Unsure ☐ Agree ☒ Strongly Agree

21. I am respectful and courteous toward others around me.

☐ Strongly Disagree ☐ Disagree ☐ Unsure ☐ Agree ☒ Strongly Agree

Social Awareness: Organizational Awareness

Rate how well you are able to understand relationships within a larger community, such as a church group, work team or extended family.

22. I strive to meet the expectations of the organizations I belong to.

☐ Strongly Disagree ☐ Disagree ☐ Unsure ☐ Agree ☒ Strongly Agree

23. I am loyal to organizations I belong to and encourage others to be as well.

☐ Strongly Disagree ☐ Disagree ☐ Unsure ☒ Agree ☐ Strongly Agree

24. I fully understand the expected outcomes of decisions made by organizations I belong to.

☐ Strongly Disagree ☐ Disagree ☐ Unsure ☒ Agree ☐ Strongly Agree

25. I strive to place the best interests of organizations I belong to over my own self-interests.

☐ Strongly Disagree ☐ Disagree ☐ Unsure ☒ Agree ☐ Strongly Agree

26. I come to meetings of organizations I belong to prepared and well informed.

☐ Strongly Disagree ☐ Disagree ☐ Unsure ☒ Agree ☐ Strongly Agree

27. I disclose any potential conflicts of interest in decisions made by organizations I belong to.

☐ Strongly Disagree ☐ Disagree ☐ Unsure ☒ Agree ☐ Strongly Agree

28. I strive to understand the needs of people in organizations I belong to whose situation is different from mine.

☐ Strongly Disagree ☐ Disagree ☒ Unsure ☐ Agree ☐ Strongly Agree

Relationship Management: Influence, Coach and Mentor

Rate how well you are able to manage and affect your relationships with others.

29. I actively seek ways to resolve conflicts with others around me.

☐ Strongly Disagree ☐ Disagree ☐ Unsure ☒ Agree ☐ Strongly Agree

30. I try to maintain a positive attitude toward others around me.

☐ Strongly Disagree ☐ Disagree ☐ Unsure ☒ Agree ☐ Strongly Agree

31. I communicate honestly during group discussions.

☐ Strongly Disagree ☐ Disagree ☐ Unsure ☒ Agree ☐ Strongly Agree

32. I actively participate in group discussions.

☐ Strongly Disagree ☐ Disagree ☐ Unsure ☒ Agree ☐ Strongly Agree

33. I try to be an example to others around me.

☐ Strongly Disagree ☐ Disagree ☐ Unsure ☒ Agree ☐ Strongly Agree

34. I take my work seriously and encourage others around me to do the same.

☐ Strongly Disagree ☐ Disagree ☐ Unsure ☐ Agree ☒ Strongly Agree

35. I help ensure that everyone gets the opportunity to speak during group meetings.

☐ Strongly Disagree ☐ Disagree ☐ Unsure ☒ Agree ☐ Strongly Agree

Relationship Management: Teamwork / Leadership

Rate how well you are able to manage and affect relationships within a larger community, such as a church group, work team or extended family.

36. I strive to adhere to the rules and policies of the organizations I belong to.

☐ Strongly Disagree ☐ Disagree ☐ Unsure ☐ Agree ☒ Strongly Agree

37. I discourage negative discussions about other people's responsibilities within organizations I belong to.

☐ Strongly Disagree ☐ Disagree ☐ Unsure ☒ Agree ☐ Strongly Agree

38. I openly and publicly express the value of my organization membership to other members.

☐ Strongly Disagree ☐ Disagree ☐ Unsure ☒ Agree ☐ Strongly Agree

39. I consider my organizations' missions and/or goals when making decisions.

☐ Strongly Disagree ☐ Disagree ☐ Unsure ☒ Agree ☐ Strongly Agree

40. I discuss sensitive and confidential information in my organizations only when it's appropriate.

☐ Strongly Disagree ☐ Disagree ☐ Unsure ☒ Agree ☐ Strongly Agree

41. I consider the implied risks to the organizations when making decisions.

☐ Strongly Disagree ☐ Disagree ☐ Unsure ☒ Agree ☐ Strongly Agree

42. I actively strive to fulfill my organizations' assignments outside of meetings.

☐ Strongly Disagree ☐ Disagree ☐ Unsure ☒ Agree ☐ Strongly Agree

Your Results

Self-Awareness	25
Self-Management	21
Social Awareness: Empathy	24
Social Awareness: Organizational Awareness	21
Relationship Management: Influence, Coach and Mentor	22
Relationship Management: Teamwork + Leadership	22

Review your results and write a paragraph about what area you might like to improve.

Print/Export My Results