

## Learning Guide Unit 2

## Assignment Activity

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**This assignment will assess your skills and knowledge about:**

1. Developing the ability to accurately recognize and label your own emotions, as well as the emotions of others.
  2. Utilizing self-reflection methods and assessment to identify personal strengths and weaknesses.
  3. Identifying various techniques, exercises, and creating a personalized plan for enhancing self-awareness for personal growth.
  4. Evaluating the role of self-awareness in personal development and emotional intelligence.
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**Assignment Information**

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Understanding and acknowledging emotions, along with those of others, are crucial for both personal and professional advancement. In this assignment, you will investigate the significance of cultivating emotional intelligence through introspection and self-assessment. Your exploration will encompass a range of methods and activities tailored to augment self-awareness and recognize individual strengths and areas for improvement. Through assessing the impact of self-awareness on personal growth and emotional intelligence, our goal is to empower ourselves with the tools essential for navigating social interactions and attaining success in academic and professional spheres.

**Based on the readings of this unit and your own understanding, answer the questions below:**

1. Reflect on past experiences and interactions where you have exhibited emotional responses. Consider and describe how you handled these emotions and whether you accurately recognized and labeled them.
  2. Engage in a self-reflection exercise of your day (such as journaling, meditation, or introspective questioning) for at least 3 days. Share your experience from this self-reflection.
  3. Based on your self-reflection, identify specific techniques and exercises that can help enhance your self-awareness. (Consider techniques such as mindfulness meditation, deep breathing exercises, or cognitive behavioral therapy exercises).
  4. Reflect on the role of self-awareness in personal development and emotional intelligence. How can accurately recognizing and labeling emotions impact your interactions with others and your overall well-being?
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**Submission Instructions**

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- Read the **rubric** on how you are going to be graded before you start to work on this assignment.
- Your assignment should be:
  - At least **750** words and not more than **1500** words (not including the reference list or the title).
  - **Double-spaced** in **Times New Roman** font, which is no greater than **12** points.
- Support your arguments with **sources** and **evidence**.
- Use high-quality, credible, relevant sources to develop ideas appropriate for the discipline and genre of writing. Explore additional details on the **INFORMATION LITERACY** page (located on the right-hand side of this page). Please consider using references and text citations from textbooks and any other sources used in this assignment from our [library](#).

**This assignment will be assessed by your instructor using the rubric available on the assignment page in the course homepage.**