

To do: Make a submission

Opened: Thursday, 29 May 2025, 1:05 PM

Due: Friday, 6 June 2025, 12:55 PM

This assignment will assess your knowledge and skills about:

1. Integrating principles of emotional intelligence into daily lives.
2. Developing SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals for personal and professional development.
3. Examining personal progress in integrating emotional intelligence, focusing on strengths and areas of improvement.
4. Creating an actionable plan for future development, to include a method to monitor progress.

Assignment Information

For this activity, reflect on the principles of emotional intelligence and what utilization of these principles can help you achieve. Then, create a visually engaging infographic addressing personal and professional aspirations, with clear and concise information presented in a creative format. Specifically, in your infographic be sure to:

1. Create one SMART goal for your personal life and one for your professional life. Ensure all SMART goals are clearly defined, with measurable criteria and realistic timelines.
2. Include at least three visual representations of emotional intelligence principles that you are integrating into both your personal and professional life.
3. Reflective analysis should include at least two strengths and two areas for improvement; one for personal development and one for professional development.
4. The actionable plan should be comprehensive, outlining specific steps and resources for development.

Note:

To make an infographic, you can use any infographic maker out there. If you are not sure what to choose, we recommend Canva, which is a free tool. Here is a link to Canva as well as a guide to create an infographic: <https://www.canva.com/>

Canva. (n.d.) How to make an infographic. <https://www.canva.com/learn/how-to-make-an-infographic/>

Submission Instructions

- Read the **rubric** on how you are going to be graded before you start to work on this assignment.
- Provide a brief explanation of **250 - 500** words for your infographic (not including the reference list or the title page); double-spaced in Times New Roman font, which is no greater than 12 points in size.
- 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 in-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 below.

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Submission status

Attempt number	This is attempt 1.
Submission status	No submissions have been made yet
Grading status	Not graded
Time remaining	3 days 15 hours remaining

Grading criteria

1. SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals	<p>Provided adequately developed SMART goals that were clearly defined, with measurable criteria and realistic timelines. Includes both a personal and professional goal.</p> <p>15 points</p>	<p>Provided moderately developed SMART goals that were defined with timelines. Includes both a personal and professional goal. However, there was a lack of full development of the concepts.</p> <p>12 points</p>	<p>Provided a brief description of the SMART goals. However, they were not clearly defined, and the timelines were not realistic and clearly identified. Includes either a personal or professional goal.</p> <p>9 points</p>	<p>Did not provide any information on the SMART goals/the information provided was incorrect.</p> <p>0 points</p>
2. Emotional Intelligence Principles	<p>Provided adequately developed visuals of emotional intelligence principles. Included at least three visual representations that were integrated into both personal and professional life.</p> <p>15 points</p>	<p>Provided moderately developed visuals of emotional intelligence principles. Included one-two visual representations that were integrated into both personal and professional life. However, there was a lack of full development of the concepts.</p> <p>12 points</p>	<p>Provided visuals of emotional intelligence principles. Includes either a personal or professional representation. However, they were not clearly developed and clearly identified.</p> <p>9 points</p>	<p>Did not provide any visual representation or the representation was inappropriate.</p> <p>0 points</p>

3. Reflective Analysis	<p>Provided adequately developed reflective analysis. Includes both personal and professional representation .</p> <p>15 points</p>	<p>Provided moderately developed reflective analysis. Includes both personal and professional representation . However, there was a lack of full development of the concepts.</p> <p>12 points</p>	<p>Provided a brief reflective analysis. However, this plan is not clearly defined or realistic.</p> <p>9 points</p>	<p>Did not include a reflective analysis.</p> <p>0 points</p>
4. Actionable Plan	<p>Provided adequately developed plan to execute SMART goals. Includes both personal and professional representation .</p> <p>15 points</p>	<p>Provided moderately developed actionable plan. Includes both personal and professional representation . However, there was a lack of full development of a plan.</p> <p>12 points</p>	<p>Provided a brief actionable plan. However, it is not clearly defined or realistic. Includes either a personal or professional goal.</p> <p>9 points</p>	<p>Did not include an actionable plan.</p> <p>0 points</p>
Description of infographic	<p>Infographic is engaging with excellent use of color and engaging content.</p> <p>10 points</p>	<p>Infographic is included with appropriate content.</p> <p>8 points</p>	<p>Infographic was created with very little concern for aesthetics or relation to the assignment.</p> <p>6 points</p>	<p>Infographic was not included.</p> <p>0 points</p>

Use information effectively	Chooses from a variety of information sources appropriate to the scope of the question. Selects sources after considering the importance to the question/topic of the multiple criteria used (such as relevance to the question, currency, authority, audience, and bias or point of view). 10 points	Chooses from a variety of information sources appropriate to the scope of the question. Selects sources using multiple criteria (such as relevance to the question, currency, and authority). 8 points	Chooses from a variety of information sources. Selects sources using basic criteria (such as relevance to the question and currency). 6 points	Chooses from a few information sources. Selects sources using limited criteria (such as relevance to the question). 3 points	Does not choose relevant information sources or relies on sources that lack connection to the question or topic. Selection lacks consideration of key criteria such as relevance, currency, or authority. 0 points
Sources and Evidence	Demonstrates skillful use of high-quality, credible, relevant sources to develop ideas that are appropriate for the discipline of sociology and genre of the writing. 10 points	Demonstrates consistent use of credible, relevant sources to support ideas that are situated within the discipline of sociology and genre of the writing. 8 points	Demonstrates an attempt to use credible and/or relevant sources to support ideas that are appropriate for the discipline of sociology and genre of the writing. 6 points	Demonstrates an attempt to use sources to support ideas in writing. 3 points	Uses no sources to support ideas in writing. 0 points

Proper delivery to convey a clear message	Uses graceful language that skillfully communicates meaning to readers with clarity and fluency and is error-free. 10 points	Uses straightforward language that generally conveys meaning to readers with clarity. The language has a few errors. 8 points	Uses language that generally conveys meaning to readers. The writing includes some errors. 6 points	Uses language that sometimes impedes meaning because of errors in usage. 3 points	Uses language that consistently impedes meaning due to frequent errors, making the content unclear and distracting to the reader. 0 points
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