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EQi Reflection

The overview of the results from my EQi assessment from last week as shown on page 4 of the EI Report were lower than I had expected from before taking the assessment. Going into the assessment, I made it a point to answer every question honestly, but immediately, to the greatest extent possible, as to record my “first reaction” to it. Although nearly all of the questions were phrased in an unbiased manner, there is still an underlying implication for, if not the “correct” answer, the answer that would result in a higher overall EQi score; I tried my best to avoid this inherent bias. Because all of the questions were multiple-choice, I understood the overall scores for the assessment to be calculated numerically through some equation, which may have resulted in scores that are lower than I had expected. Additionally, I felt that some questions were more important or more personally applicable than others, and that some were ambiguous or phrased in an unconventional manner enough to make it a greater effort to interpret.

One skill that I want to focus on is assertiveness. I believe that the questions in the assessment for this trait were somewhat ambiguous and could have applied to many situations in which my own assertiveness level may differ. For example, I would be more assertive when it is more important or more convenient to do so. I feel that it would be helpful to weigh the benefits and consequences of being assertive in any given situation before doing so. I often observe and listen to a group far more than I speak to develop a better understanding of the personalities and characteristics those in the group and only speak if my idea or viewpoint is unique or not similar

to one previously mentioned. I can develop my assertiveness skills by speaking out more in class or in groups of other people.

Another skill that I hope to focus on is independence. I believe that assessing this trait may be too general, as I feel that I am fully independent in some ways but dependent in others. For example, I often work on and do things alone, but I still rely on my mom to pay for my tuition. I feel this trait is one of the more important ones that were assessed because it is and will be required in my essential daily life. I can develop my independence by taking further note of my differences with others and taking responsibility for my actions.

A third skill that I want to focus on is social responsibility. Before visiting Loyola, I had never heard of the term “social justice” in my life; however, I embrace it today. I am very aware of the news and things happening around the world and its impact on my community and me. I always try to be as vocal as possible about social injustices that I see and perceive around me, even—especially—within my own groups and at my own university. I can increase my social responsibility by continuing to be aware of different issues that are raised and persist every day.

Another skill that I want to focus on is reality testing. The score that I received from the assessment is lower than I had expected and I feel that I am better at interpreting reality than the score indicates. I generally try to view situations in an objective manner and take as many variables as possible into account. I can develop my reality testing skills by seeking different perspectives and opinions on issues.

A final skill that I can improve is stress tolerance. I feel the score given by the assessment is lower than my true stress tolerance because I have used a wide range of strategies to deal with stress, like taking a break, talking with others, and keeping myself occupied by working on

different things. Stress tolerance is important to me because there will always be stress in life. I feel that I can develop my stress tolerance by continuing to utilize these strategies more often when needed.