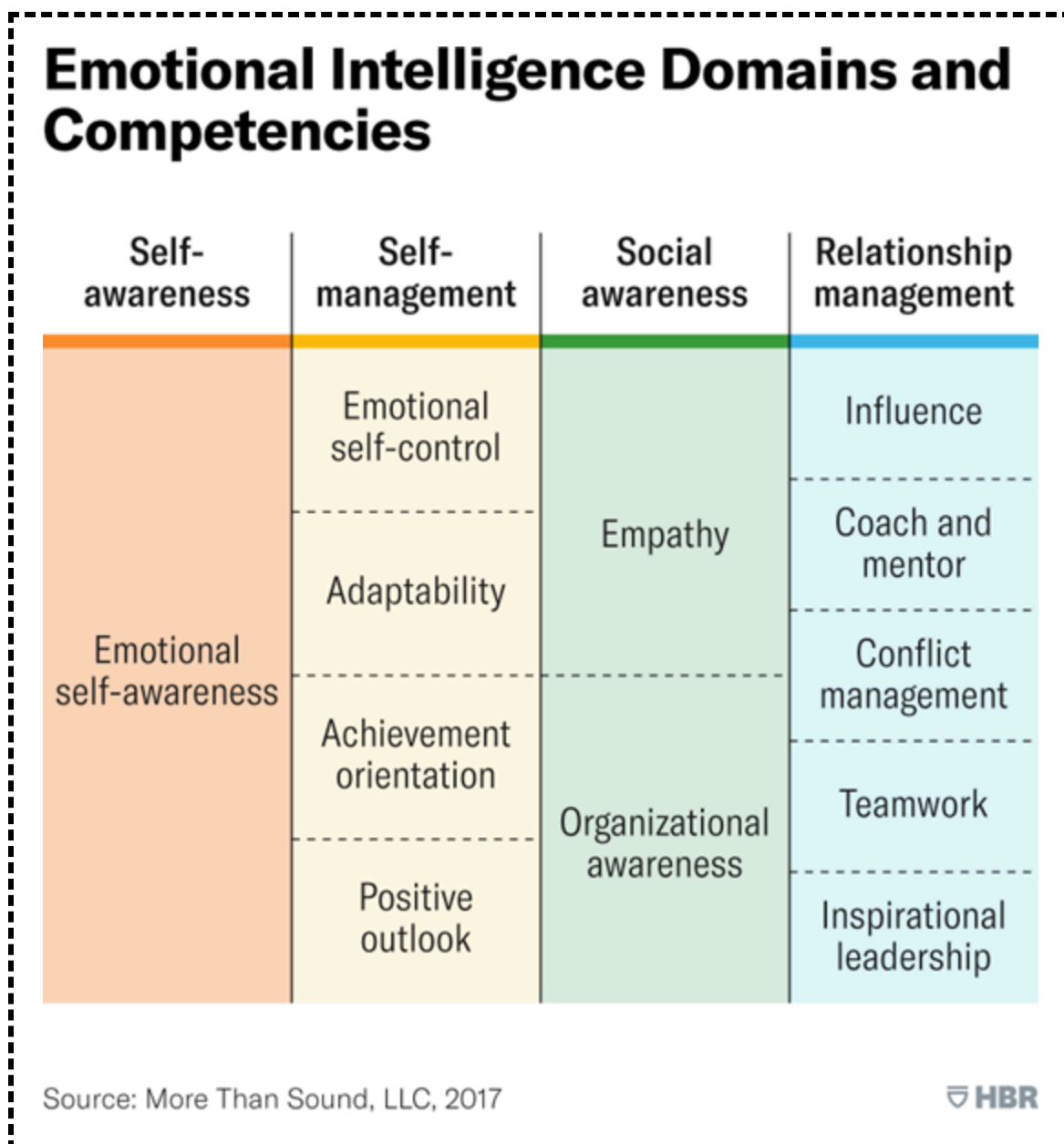


CSE 170

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.

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

4. I can take a tough, principled stand even if it is unpopular.

☐ 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-Discipline

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

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

15. I freely share my thoughts and feelings with others in my group.

☐ 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 in my group.

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

18. I strive to build rapport with others in my group.

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

19. I like to see others in my group succeed.

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

20. I try to help others in my group develop their strengths.

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

21. I am respectful and courteous toward other group members.

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

Relationship Management

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

22. I actively seek ways to resolve conflicts with others in my group.

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

23. I try to maintain a positive attitude toward other group members.

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

24. I communicate honestly during group discussions.

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

25. I actively participate in group discussions.

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

26. I try to be an example.

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

27. I take my role seriously and encourage others in the group to do the same.

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

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

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

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.

29. I strive to meet the expectations of the community members I represent.

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

30. I am loyal to the community and encourage others to be as well.

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

31. I fully understand the implications of community decisions.

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

32. I strive to place the best interests of the community over my self-interests.

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

33. I come to community meetings prepared and well informed.

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

34. I disclose any potential conflicts of interest in community decisions.

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

35. I strive to understand the needs of community members whose situation is different from mine.

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

Organizational Management

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 community.

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

37. I discourage negative discussions about other people's responsibilities.

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

38. I openly and publicly express the value the community provides to members.

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

39. I consider the community's mission and/or goals when making decisions.

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

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

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

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

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

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

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

Your Results

Self-Awareness	25
Self-Discipline	23
Social Awareness	20
Relationship Management	15
Organizational Awareness	16
Organizational Management	20

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

I did better in almost every area, except for relationship management, organizational management, and barely in Self-Discipline. I would like to work on widespread care for others.



Print/Export My Results