# CSE 170 Emotional Intelligence Self-Assessment

	Emotional Intelligence Domains and Competencies							
	Self- awareness	Social awareness	Relationship management					
		Emotional self-control		Influence				
	Emotional self-awareness	Adaptability	Empathy	Coach and mentor				
		f-awareness Achievement orientation Organizational		Conflict management				
			Teamwork					
		Positive outlook	awareness	Inspirational leadership				
Source: More Than Sound, LLC, 2017								

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.							
○ Disagree	○Unsure	○ Agree	Strongly Agree				
2. I am guided by my own beliefs and values rather than what others think, say or do.							
○ Disagree	○Unsure	○ Agree	Strongly Agree				
3. I am open to new ideas and am unafraid of being wrong about something							
○ Disagree	○Unsure	Agree	○Strongly Agree				
4. I can take a tough, principled stand even if it is unpopular or comes at a personal cost.							
○ Disagree	OUnsure	Agree	○Strongly Agree				
5. I will challenge unethical actions of others when needed.							
○ Disagree	OUnsure	○ Agree	Strongly Agree				
6. I respect the time and interests of others.							
○ Disagree	OUnsure	○ Agree	○Strongly Agree				
7. I try to be empathetic with other's feelings during meetings.							
○ Disagree	OUnsure	○ Agree	Strongly Agree				
	O Disagree  O Disagree  Ieas and am  O Disagree  Principled sta  O Disagree  O Disagree  O Disagree  O Disagree  Ind interests  O Disagree  Ind interests  O Disagree	O Disagree O Unsure  O Disagree O Unsure  I leas and am unafraid of O Disagree O Unsure  Principled stand even if O Disagree O Unsure  O Disagree O Unsure	Obisagree Ounsure Agree  own beliefs and values rather than Obisagree Ounsure Agree  deas and am unafraid of being wro Obisagree Ounsure Agree  principled stand even if it is unpop Obisagree Ounsure Agree  othical actions of others when need Obisagree Ounsure Agree  othical actions of others.  Obisagree Ounsure Agree  and interests of others.  Obisagree Ounsure Agree  tic with other's feelings during me				

### **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.

OStrongly Disagree	○ Disagree	OUnsure	Agree	OStrongly Agree					
9. I can articulate feelings and emotions appropriately during meetings.									
○Strongly Disagree	○ Disagree	OUnsure	Agree	○Strongly Agree					
LO. I strive to show compassion to others.									
○Strongly Disagree	○ Disagree	OUnsure	Agree	○Strongly Agree					
11. I can reflect on my	11. I can reflect on my actions, learning from my mistakes.								
○Strongly Disagree	O Disagree	OUnsure	Agree	○Strongly Agree					
12. I think clearly and tough decisions.	12. I think clearly and stay focused under pressure when I have to make tough decisions.								
○Strongly Disagree	○ Disagree	OUnsure	○ Agree	Strongly Agree					
13. I constantly strive to improve myself.									
○Strongly Disagree	O Disagree	OUnsure	○ Agree	Strongly Agree					
14. I am willing to change the way of doing things when current methods are not working.									
OStrongly 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	OUnsure	○ Agree	Strongly Agree

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

OStrongly Disagree	○ Disagree	OUnsure	○Agree	Strongly Agree				
17. I respect the viewpoints, backgrounds and opinions of others around me.								
OStrongly 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	19. I like to see others around me succeed.							
Strongly Disagree	○ Disagree	OUnsure	○ Agree	○Strongly Agree				
20. I try to help others	around me	develop the	eir strengt	hs.				
○Strongly Disagree	○ Disagree	○Unsure	○ Agree	Strongly Agree				
21. I am respectful and courteous toward others around me.								
OStrongly Disagree	○ Disagree	OUnsure	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.								
OStrongly Disagree	○ Disagree	OUnsure	<ul><li>Agree</li></ul>	OStrongly Agree				
23. I am loyal to organ	nizations I be	elong to and	d encourag	ge others to be as				

well.

○ Strongly Disagree	○ Disagree	OUnsure	○Agree	Strongly Agree				
24. I fully understand the expected outcomes of decisions made by organizations I belong to.								
○Strongly Disagree	○ Disagree	OUnsure	○ Agree	Strongly Agree				
25. I strive to place the best interests of organizations I belong to over my own self-interests.								
OStrongly Disagree	Disagree	OUnsure	○ Agree	○ Strongly Agree				
26. I come to meetings informed.	26. I come to meetings of organizations I belong to prepared and well nformed.							
OStrongly Disagree	Disagree	OUnsure	○Agree	○ Strongly Agree				
27. I disclose any potential conflicts of interest in decisions made by organizations I belong to.								
OStrongly Disagree	○ Disagree	OUnsure	Agree	○ Strongly Agree				
28. I strive to understand the needs of people in organizations I belong to whose situation is different from mine.								
OStrongly Disagree	○ Disagree	OUnsure	Agree	○ Strongly Agree				

### Relationship Management: Influence, Coach and Mentor

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

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

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

31. I communicate honestly during group discussions.								
OStrongly Disagree	Disagree	○ Unsure	○ Agree	○Strongly Agree				
32. I actively participate in group discussions.								
OStrongly Disagree	○ Disagree	○Unsure	○Agree	Strongly Agree				
33. I try to be an example to others around me.								
OStrongly Disagree	○ Disagree	OUnsure	○Agree	Strongly Agree				
<del>-</del>	riously and e	ncourage o	thers arou	nd me to do the				
OStrongly Disagree	○ Disagree	OUnsure	Agree	○Strongly Agree				
<del>-</del>	everyone gel	ts the oppo	rtunity to	speak during group				
○Strongly Disagree	○ Disagree	OUnsure	○ Agree	Strongly Agree				
ate how well you	are able to munity, su	manage a ch as a ch	and affec nurch gro	oup, work team or				
	Strongly Disagree  Strongly Disagree	Strongly Disagree Obisagree  S. I try to be an example to others Ostrongly Disagree Obisagree  S. I take my work seriously and eme. Ostrongly Disagree Obisagree  S. I help ensure that everyone general endings.	2. I actively participate in group discussions.  Strongly Disagree Disagree Unsure  3. I try to be an example to others around me  Strongly Disagree Disagree Unsure  4. I take my work seriously and encourage of me.  Strongly Disagree Disagree Unsure  5. I help ensure that everyone gets the oppose eetings.	2. I actively participate in group discussions.  Strongly Disagree Disagree Unsure Agree  3. I try to be an example to others around me.  Strongly Disagree Disagree Unsure Agree  3. I take my work seriously and encourage others around me.  Strongly Disagree Disagree Unsure Agree  3. I take my work seriously and encourage others around me.  Strongly Disagree Disagree Unsure Agree  3. I help ensure that everyone gets the opportunity to seetings.				

37. I discourage negat within organizations I		ons about o	ther peopl	e's responsibilities				
Strongly Disagree	○ Disagree	OUnsure	○ Agree	○ Strongly Agree				
8. I openly and publicly express the value of my organization membership o other members.								
○Strongly Disagree	○ Disagree	OUnsure	○ Agree	Strongly Agree				
39. I consider my organizations' missions and/or goals when making lecisions.								
○Strongly Disagree	○ Disagree	OUnsure	○ Agree	Strongly Agree				
40. I discuss sensitive when it's appropriate.	10. I discuss sensitive and confidential information in my organizations only when it's appropriate.							
○Strongly Disagree	○ Disagree	○Unsure	○ Agree	Strongly Agree				
1. I consider the implied risks to the organizations when making decisions								
○Strongly Disagree	<ul><li>Disagree</li></ul>	Ollacura	○ Agroo	O Chuan ali . A auga				
	© Disagree	OUnsure	○ Agree	Strongly Agree				
42. I actively strive to meetings.				<i>3,</i> 3				

#### **Your Results**

Self-Awareness 22
Self-Management 24
Social Awareness: Empathy 22
Social Awareness: Organizational Awareness 19
Relationship Management: Influence, Coach and Mentor 21
Relationship Management: Teamwork + Leadership 17

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

These aspects all kind of blend together as far as I'm concerned. I need to think more about the role I want to play in an organization I am a part of. It's hard for me to see what might benefit my organization since most of these questions seem like the perfect person would be a slave or a zealot.

Print/Export My Results