

## Learning Guide Unit 7

**Reading Assignment**

Harfield, E., Cacioppo, J., & Rapson, R. (1993). Emotional Contagion. *Current Directions in Psychological Science*, 2(1), 96-99. Download the [pdf](#).

Barsade, S. G. (2002). The Ripple Effect: Emotional contagion and its influence on group behavior. *Administrative Science Quarterly*, 47(4), 644-675. Download the [pdf](#).

*List of feeling words.* (n.d.). PsychPage. <http://www.psychpage.com/learning/library/assess/feelings.html>

- We do need others to help us develop. You will experience it this week. Please know that on top of studying the text, you will have to choose one emotion from this list. This—choosing one emotion and learning more about it—will help you in planning and decision-making. Moreover, reflection linked with improving the chosen emotion will help you in considering all four [SWOT analysis](#) elements that you will explore when doing your personal SWOT.

Mind Tools Content Team. (n.d.). *Personal SWOT analysis: Making the most of your talents and opportunities*. MindTools. [https://www.mindtools.com/pages/article/newTMC\\_05\\_1.htm](https://www.mindtools.com/pages/article/newTMC_05_1.htm)

- This link will help you learn about SWOT analysis as a personal development plan. The example used in the above reading is based on career choices. You can choose something similar when creating your personal SWOT but you do not need to limit yourself to career only. You can choose whatever you like to work on and improve at this time.

Performance Review and Planning. (n.d.).

*How to write SMART goals.* [http://www.brocku.ca/webfm\\_send/1394](http://www.brocku.ca/webfm_send/1394)

- This reading is about SMART goals. You will need to understand the SMART concept thoroughly because you will be posting your (one) SMART goal in the discussion forum. The SMART methodology will help you provide constructive feedback to others.

**Video Resources**

WOBI - World of Business Ideas. (2012, March 9). *The art of managing emotions | Daniel Goleman | WOBI* [Video]. YouTube.

[The art of managing emotions | Daniel ...](#)



- This video discusses work engagement, goals, and emotional contagion and how all of those are tied together with research-based examples from psychology.

SmartDraw. (2018, August 17). *SWOT Analysis – What is SWOT?*

*Definition, examples and how to do a SWOT analysis*

[Video].

YouTube.

**SWOT Analysis - What is SWOT? Defini...**

- This video can help students understand what a SWOT analysis is for their written assignment.

