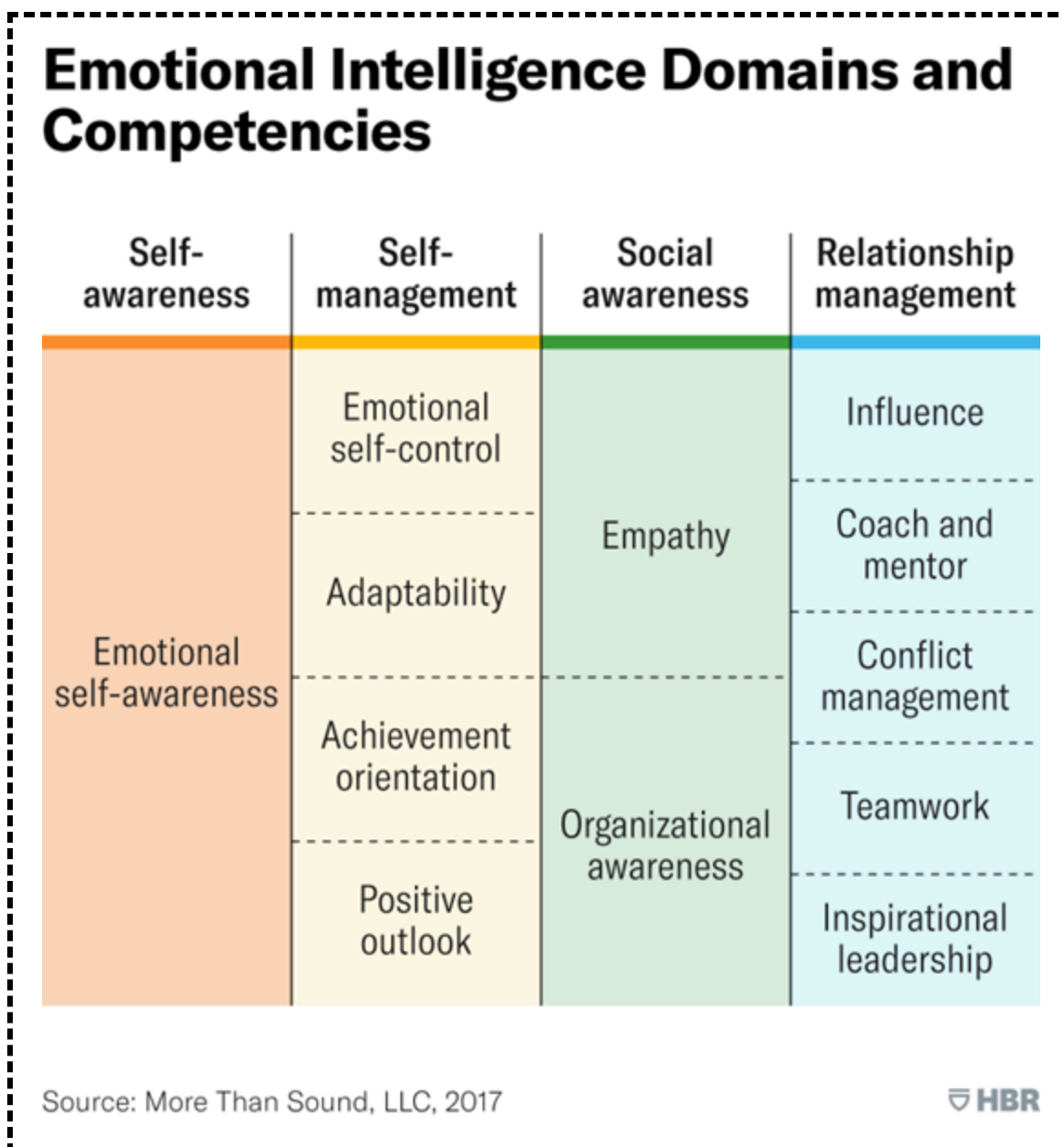


# CSE 170

## 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 and am unafraid of being wrong about something.**

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

**4. I can take a tough, principled stand even if it is unpopular or comes at a personal cost.**

☐ 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-Management

**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: 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 ☐ 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 around me.**

☐ Strongly 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 around me succeed.**

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

**20. I try to help others around me develop their strengths.**

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

**21. I am respectful and courteous toward others around me.**

☐ Strongly Disagree ☐ Disagree ☐ Unsure ☒ 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.**

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

**23. I am loyal to organizations I belong to and encourage others to be as well.**

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

**24. I fully understand the expected outcomes of decisions made by organizations I belong to.**

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

**25. I strive to place the best interests of organizations I belong to over my own self-interests.**

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

**26. I come to meetings of organizations I belong to prepared and well informed.**

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

**27. I disclose any potential conflicts of interest in decisions made by organizations I belong to.**

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

**28. I strive to understand the needs of people in organizations I belong to whose situation is different from mine.**

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

## **Relationship Management: Influence, Coach and Mentor**

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

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

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

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

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

**31. I communicate honestly during group discussions.**

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

**32. I actively participate in group discussions.**

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

**33. I try to be an example to others around me.**

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

**34. I take my work seriously and encourage others around me to do the same.**

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

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

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

## **Relationship Management: Teamwork / Leadership**

**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 organizations I belong to.**

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

**37. I discourage negative discussions about other people's responsibilities within organizations I belong to.**

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

**38. I openly and publicly express the value of my organization membership to other members.**

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

**39. I consider my organizations' missions and/or goals when making decisions.**

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

**40. I discuss sensitive and confidential information in my organizations only when it's appropriate.**

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

**41. I consider the implied risks to the organizations when making decisions.**

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

**42. I actively strive to fulfill my organizations' assignments outside of meetings.**

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

## Your Results

Self-Awareness	23
Self-Management	23
Social Awareness: Empathy	23
Social Awareness: Organizational Awareness	21
Relationship Management: Influence, Coach and Mentor	20
Relationship Management: Teamwork + Leadership	20

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

I would like to improve on my area of empathy. I base my thinking on logic, which makes it hard for me to relate to people who pick choices based off of feelings. I acknowledge that feelings are indeed important though. It's part of what differentiates animals from humans, so I should take it more into account.



Print/Export My Results