Name: Joseph Camacho-Terrazas

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Assignment: Interpersonal Development Check-In Part 1: Interpersonal Skills Questionnaire

Class: CEP 300 V Human Relations Training

Instructor: Kerstin L. Miller

**Interpersonal Skills Questionnaire Part 1**

You will complete this questionnaire once at the beginning of the semester and once at the end of the semester. The purpose of this assignment is to help you begin to reflect on where your interpersonal skills are at currently. Which interpersonal skills are your strengths? Which would you like to improve? What goals do you have regarding your interpersonal skills? How has your culture and family system impacted your interpersonal skills? These are all things I want you to honestly and critically examine this semester. Complete the three parts to this assignment below to receive full credit.

1. Use the following link to access and take the Interpersonal Skills Test: <https://www.psychometrictest.org.uk/interpersonal-skills-test/>
2. Please share your scores from the Interpersonal Skills Test.

**Emotional Intelligence: 30**

**Team Working: 28**

**Empathy: 26**

**Integrity: 38**

**Social Boldness: 19**

1. Answer the following questions (minimum 100 words): Does anything surprise you regarding your Interpersonal Skills Test results? If so, what surprises you? If nothing surprises you, which part(s) of your results appears accurate to you? Why? What goals do you have that are related to your interpersonal skills? (i.e. Is there a specific skill you would like to improve? Is there a goal you are hoping to achieve or a relationship you are hoping to strengthen by using good interpersonal skills?)

After reviewing the results of my Interpersonal Skills Test, I don’t find any of the results surprising. I also find them all to be accurate. For emotional intelligence, the score is accurate because I must evaluate emotions in a lot of my personal relationships. I have people close to me that are dealing with sick parents, or immediate deaths in the family, so it’s a requirement that I evaluate their emotions well. On the other hand, for empathy, I’m not able to easily detect emotion in people. I myself don’t really notice my emotions, and just live in the moment and don’t dwell on anything. Team working doesn’t surprise me as I do feel I perform the same whether in a team or not. Integrity is accurate because I do focus on ethics and principles when I make decisions and tend to stray away from not being truthful. And finally, social boldness absolutely does not surprise me. I’m very shy and awkward in social situations, and I most certainly will not be assertive in these situations either. A goal I have is to improve social boldness. The job I was offered has a paired programming environment, which means 2 people work together to write code on one computer. Therefore, I feel I need to improve my shyness as I will be working very closely with new people.