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Assignment: Interpersonal Development Check-In Part 2: Interpersonal Skills Questionnaire

Class: CEP 300 V Human Relations Training

Instructor: Kerstin L. Miller

**Interpersonal Skills Questionnaire Part 2**

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 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: 33**

**Empathy: 31**

**Integrity: 43**

**Social Boldness: 28**

1. Answer the following questions (minimum 150 words): Do you notice any differences between your results at the beginning of the semester and your results now? Have you yourself noticed any changes regarding your interpersonal skills throughout this semester? What changed or didn’t change? What goals do you have related to your interpersonal skills? Have these goals changed at all since the beginning of the semester? If yes, how have they changed?

I have noticed a couple of changes on my scores now compared to at the beginning of the semester. The biggest one was my Social Boldness score going up by 9 points, while my Team Working, Empathy, and Integrity scores went up by about 5 points each. I believe that I have improved a lot on Empathy and Social Boldness during the semester. I attribute this to the various exercises that we performed throughout the semester. They’ve helped me mainly to recognize why people feel the way they do, and the exercise where we focused on non-verbal cues helped a lot too. I know that I answered more confidently on those questions this time. I believe the small-talk exercises helped me increase my Social Boldness score as well, because I feel that I can perform better in Social Situations. My goal is still to improve Social Boldness. As I mentioned in my previous report, my field is nearly entirely based on teamwork. Therefore continually improving on Social Boldness will help me excel in the work environment.