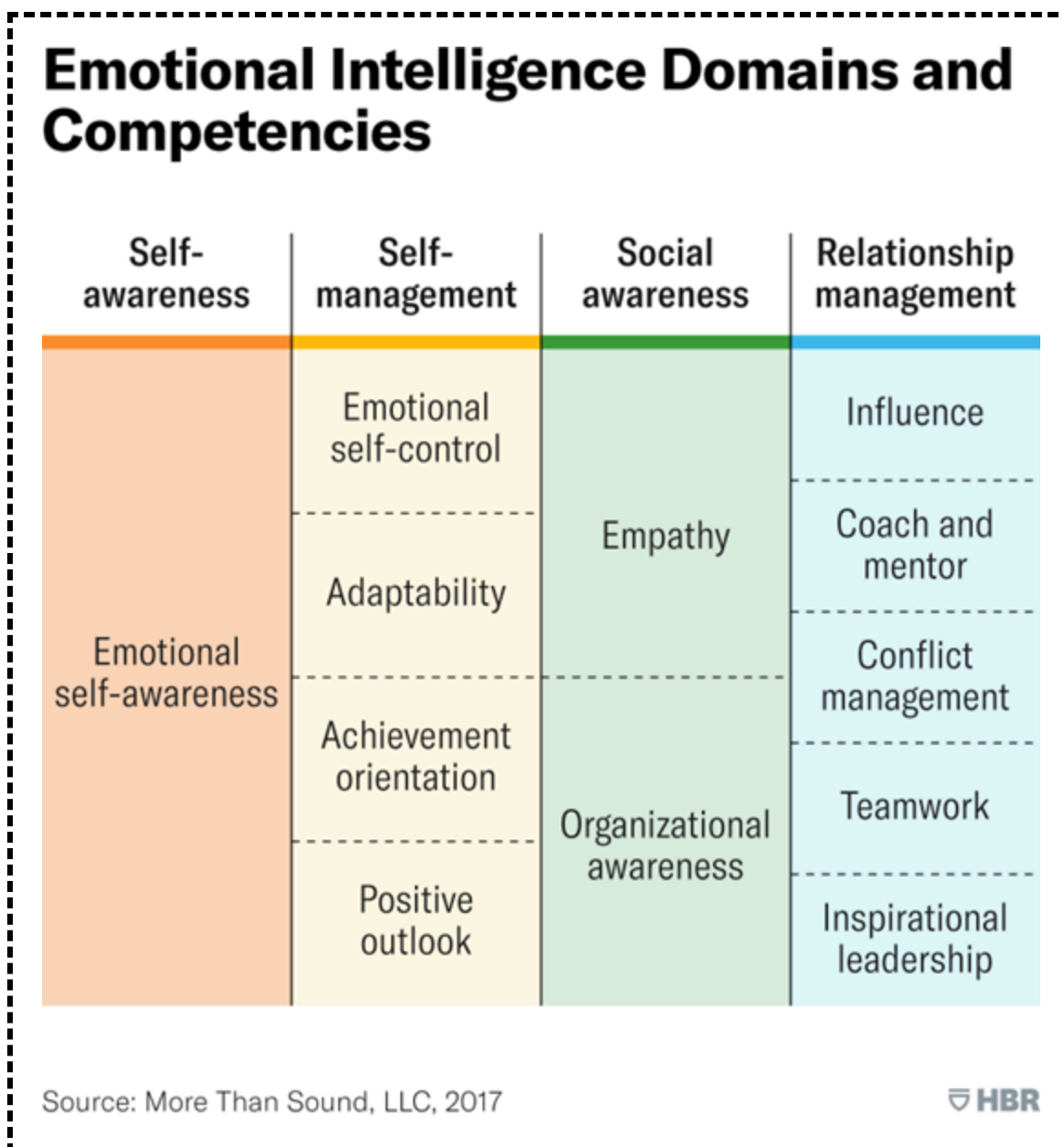


# CSE 170

## 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	24
Self-Management	27
Social Awareness: Empathy	23
Social Awareness: Organizational Awareness	25
Relationship Management: Influence, Coach and Mentor	23
Relationship Management: Teamwork + Leadership	22

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

I would like to improve on the value I give about membership to an organization to my fellow man. I would like to work on my participation in group discussions. I want to speak more openly, as to help the other members of the group. As well as considering risks that could happen, at least more thoroughly, when making discussions. This applies especially when it is a big decision to make.

Print/Export My Results