

EQ ASSESSMENT*

RESPONSIBILITY FOR IMPACT

Emotional intelligence (referred to as EQ) is the ability to be aware of, understand and manage your emotions. Why is EQ important? While intelligence (referred to as IQ) is important, success in life depends more on EQ. Take the assessment below to learn your EQ strengths!

POLAR BEARS AND PENGUINS

Rank each statement as follows: 0 - Never 1 - Rarely 2 - Sometimes 3 - Often 4 - Always

Emotional Awareness

My feelings are clear to me at any given moment	
Emotions play an important part in my life	
My moods impact the people around me	
I find it easy to put words to my feelings	
My moods are easily affected by external events	
I can easily sense when I'm going to be angry	
I readily tell others my true feelings	
I find it easy to describe my feelings	
Even when I'm upset, I'm aware of what's happening to me	
I am able to stand apart from my thoughts and feelings and examine them	

Emotional Management

I accept responsibility for my reactions	
I find it easy to make goals and stick with them	
I am an emotionally balanced person	
I am a very patient person	
I can accept critical comments from others without becoming angry	
I maintain my composure, even during stressful times	
If an issue does not affect me directly, I don't let it bother me	
I can restrain myself when I feel anger towards someone	
I control urges to overindulge in things that could damage my well being	
I direct my energy into creative work or hobbies	

Social Emotional Awareness

I consider the impact of my decisions on other people	
I can tell easily if the people around me are becoming annoyed	
I sense it when a person's mood changes	
I am able to be supportive when giving bad news to others	
I am generally able to understand the way other people feel	
My friends can tell me intimate things about themselves	
It genuinely bothers me to see other people suffer	
I usually know when to speak and when to be silent	
I care what happens to other people	
I understand when people's plans change	

Relationship Management

I am able to show affection	
My relationships are a safe place for me	
I find it easy to share my deep feelings with others	
I am good at motivating others	
I am a fairly cheerful person	
It is easy for me to make friends	
People tell me I am sociable and fun	
I like helping people	
Others can depend on me	
I am able to talk someone down if they are very upset	

My EQ strengths! Mark your EQ total scores to assess your strengths and areas for improvement.

Measure your effectiveness in each domain using this key:

0—24 Area for enrichment: Requires attention and development

25—34 Effective Functioning: consider strengthening

35—40 Enhanced Skills: Use as leverage to develop weaker areas

Emotional Awareness	0 2 4 6 8 10 12 14 16 18 20 22 24 26 28 30 32 34 36 38 40
Emotional Management	0 2 4 6 8 10 12 14 16 18 20 22 24 26 28 30 32 34 36 38 40
Social Emotional Awareness	0 2 4 6 8 10 12 14 16 18 20 22 24 26 28 30 32 34 36 38 40
Relationship Management	0 2 4 6 8 10 12 14 16 18 20 22 24 26 28 30 32 34 36 38 40

*Adapted from the San Diego City College MESA Program from a model by Paul Mohapel (paul.mohapel@shaw.ca)"

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Using your EQ strength—for your strongest EQ domain, give an example of how you demonstrate your strength in your daily life or work:

Increase your EQ strength—for your weakest EQ domain, give an example of how this affects you AND others in your daily life or work:

Improving your EQ strength—for your strongest EQ domain, what steps can you take to strengthen yourself in this area? How will this benefit you in your daily life or work?
