**Psychology Homework**

**Assessing yourself**

Due: 10/27/14

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Intra-personal intelligence means having the skills to understand the self. This week, you will be practicing your intra-personal skills and taking a self-assessment on your emotional intelligence. Emotional intelligence defines the way you react to situations now and foreshadow how you might act in certain situations in the future.

Please complete the following tasks in the order below:

1. Complete “The Quick Emotional Intelligence Self-Assessment”.
2. Grade yourself using the key below the assessment.
3. Complete the last part on the bottom assessing your strengths.
4. Answer the following questions:
5. Were you surprised by your results?
6. If you were surprised by your results, what were you expecting instead? If you were not surprised by your results, do you think you know yourself pretty well?
7. How do you think taking self-assessments can help people to better understand themselves?