



# Water Leadership Program

## Career Self-Assessment Assignment

### Activity #2 | Week of March 27<sup>th</sup>: Emotional Intelligence

#### *Career Self-Assessment*

*Asynchronous; March 20 - April 17, 2024*

*In this activity, each participant will meet one-on-one with EFCN staff and complete a set of self-assessment instruments and activities, with the intended goal of understanding both short and long-term career and life plans.*

**NOTE: You must download this form to your computer to have access to the fillable portions of the form.**

For this activity you will explore emotional intelligence by taking a quiz to better understand your level of emotional intelligence.

Emotional intelligence is defined as the ability to understand and manage your own emotions, as well as recognize and influence the emotions of those around you. The term was first coined in 1990 by researchers John Mayer and Peter Salovey, but was later popularized by psychologist Daniel Goleman.

More than a decade ago, Goleman highlighted the importance of emotional intelligence in leadership, telling the *Harvard Business Review*, “The most effective leaders are all alike in one crucial way: They all have a high degree of what has come to be known as emotional intelligence. It’s not that IQ and technical skills are irrelevant. They do matter, but...they are the entry-level requirements for executive positions.”

Excerpted from WHY EMOTIONAL INTELLIGENCE IS IMPORTANT IN LEADERSHIP

\*See link below

**Step 1:** Read [this article](#) from the Harvard Business School.

**Step 2:** Complete the [emotional intelligence quiz](#).

Recommended: take a screen shot of each question/page with your answer. You will use these to write your reflection. This will also be a good resource for you to refer to when you repeat this activity in 9-12 months.

**Step 3:** Once you’ve completed the quiz you will be directed to a ‘Your Results’ page. Watch the video provided. Click on the [Click here to print your results](#) below the paragraph about your results so you can save as pdf.

**Step 4:** Complete the fillable-journal form (on the next page): reflect on what you've learned from the quiz and how this aligns with the *9 Categories of Leadership Skills* activity.

**Step 5:** Create one PDF with your quiz results and your fillable-journal form.

**Step 6:** Email the PDF to your regional advisor by Wednesday the 3<sup>rd</sup> of April at 5:30 pm. Your advisor will read and provide comments.

**Step 7:** Set up a meeting with your advisor. This meeting is the required 1:1 advisor meeting.

\*This assignment is based on [Purdue University's Mechanical Engineering Leadership Development Program](#) materials and activity worksheets.

**What have you learned from this Emotional Intelligence quiz?**

**How does this align with your results and reflections from Activity #1-  
9 *Categories of Leadership*?**