

Bethel's R.E.A.L. Experience Skills & Sample Artifacts

Skill: Emotional Intelligence

Definition

An individual developing the skills of emotional intelligence promotes the ability to perceive emotions, to access and generate emotions so as to assist thought, to understand emotions and emotional knowledge, and to reflectively regulate emotions so as to promote emotional and intellectual growth.

Mayer, John D. (1997). *Emotional development and emotional intelligence : Educational implications* / (1st ed.). New York: Basic Books.

Indicators

1. Self awareness
2. Self regulation
3. Motivation
4. Empathy
5. Social skills
6. Cognitive flexibility
7. Perseverance
8. Ability to receive constructive feedback
9. Growth mindset

Examples

- I was embarrassed when my co-curricular advisor informed me that my performance was less than desirable; however, I reflected on her comments, asked a trusted friend if he saw any merit in her feedback and began to develop an improvement plan.
- I practice my instrument every day even when I don't feel like it.
- I developed empathy for others while engaging with the community in Frogtown through a service learning partnership.
- For a class, I had to take a few self assessments that highlighted levels of self awareness, including identifying socialization messages from my own life. I reflected on messages I had received growing up and compared them to those of my grandma's generation.

Sample Artifact

Want to see an example of how a real Bethel student developed emotional intelligence? Check out the [emotional intelligence sample artifact](#), by Natalie Simons reflecting on how her biases and perspectives have shifted due to a volunteer experience she had in connection with her class Federal Income Taxes (BUS 312). Essay published by Prepare + Prosper in an online magazine, Spark.