

Emotional Intelligence

Instructor: Elizabeth J. Cracco



Thursdays, 4-4:50
CHEM T-309
PS #: 15641

INTD 1820.011: What is success and how can you achieve it? Research based on the work of Daniel Goelman has shown that the largest determinants of individual success have little to do with traditional notions of intelligence and academic ability. Rather, the star performers in the workplace, and in life are those with those personal qualities such as initiative, empathy, adaptability and persuasiveness. This course will guide you in assessing your own Emotional Intelligence. We will explore your emotional self-awareness, relationships, adaptability, stress tolerance and optimism. We will also identify ways to improve your Emotional IQ.

First Year Programs Spring 2010

<http://fyp.uconn.edu>