UNIV 1820.004
EMOTIONAL INTELLIGENCE: UNLEASHING YOUR POTENTIAL FOR SUCCESS IN COLLEGE AND BEYOND

INSTRUCTOR: KEITH BELLIZZI | THURSDAYS 2:00 PM - 2:50 PM

Mastering Emotional Intelligence will help you engage successfully in the UCONN community and beyond. This seminar introduces students to Emotional Intelligence (EI) - the ability to understand and manage one’s emotions and improve your interactions with others.

Students will explore the:
- Anatomy of emotions
- EI skills and competencies
- Contemporary research on EI and positive outcomes