

Module 1 – ***Self-Awareness***

Self-awareness is the ability to define what you are feeling, why you are feeling it, and how you can effectively choose your response to the feelings that occur in everyday life. Increasing your self-awareness will help you better understand your typical reactions to life events and the underlying emotions that drive those reactions.

Module 2 – ***Self-Management***

In **self-management**, we learn to use awareness of our emotions to choose our responses to everyday life situations, helping us to actively choose what we say and do. Through effective self-management, we can become aware of emotions as soon as they start to arise, which puts us in a better position to manage them.

Module 3 – ***Social Awareness***

Social-awareness is the ability to recognize and connect to emotions in others. A focus of this module is empathy, the ability to see a situation from someone else's perspective and recognize what they are feeling. Empathy is one of the most important ingredients for forging meaningful relationships.

Module 4 – ***Relationship Management***

In **Relationship Management**, we apply the skills in self-awareness, self-management, and social-awareness to improve our relationships and increase our ability to work collaboratively, resolve disputes, and influence others. Focuses of this module include win-win problem solving, effective teamwork and collaboration, persuading, and managing change.

Module 5 – ***Developing a Self-Improvement Plan***

In the final module, we reflect on what we've learned, assess our growing emotional intelligence in the four areas (self-awareness, self-management, social awareness, and relationship management), and make plans for further development. As a key benefit of this final assignment, students practice persuading potential employers that their developing skills in emotional intelligence might make them a valuable employee.