

Background Information

Description

Section I: EI Plan

Reflecting on abilities and competencies identified through the assessment process (Course Projects Parts I and II) and material discussed throughout the semester, students develop and substantiate a plan for: developing/strengthening needed EI skills/competencies; leveraging high quality skills/competencies that already exist.

Section II: Plan for Change

Students provide written responses to 3 of the 9 questions posed within the appropriate section of the chapter titled "How and Why Individuals are able to Develop Emotional Intelligence." (Challenges and Paths to Your Readiness to Change); discuss understanding of key concepts presented in document.

Instructions

Section I: EI Plan

- Review the recommendations made within your assessment feedback report (MSCEIT or MSCIT and ESCI 360); the answers within your self-rated assessments; the contents of writing assignment #1 Assessment Reflections.
- Consider course content in Unit II and Unit III as well as material you've found as a result of research on abilities/competencies of interest.
- Create an action plan to address at least three EI/ESI abilities/competencies. Complete the chart on the template using information provided below:

Column #1: Abilities/Competencies to Leverage or Improve

Identify (name) the ability/competency to improve or leverage.

Improve = make changes to become more capable regarding an ability or competency

Leverage = make changes to better utilize a strength in an ability or competency.

Column #2: Goals and Action Steps

Identify **end goals**

Ask Yourself:

What are the “goals” – *specifically*, what do I want to accomplish?

Identify **action steps**

Clearly state each action step to reach your goals.

Number your action steps.

Ask Yourself:

How am I going to reach these goals?

BE SPECIFIC: Are you going to practice certain exercises recommended in either of our course texts? If so, which ones?

Offer **specific reference** to course content

Reference = video name, chapter, content area and/or page in course text.

Provide a link to information you’ve found outside of the course when presenting action steps.

Column #3: Indicators of Improvement or Successful Leveraging

Identify how you will know that you are being successful in improving or leveraging the ability or competency.

BE SPECIFIC: Indicate how you will be monitored – and - who will be monitoring your progress.

This is what the chart will look like on the template:

Abilities/Competencies to Improve or Leverage	Goals and Action Steps	Indicators of Improvement or Successful Leveraging
1.		
2.		
3.		
Optional		

Section II: Plan for Change

- Read **Unleashing the Power of Self-Directed Learning** authored by Richard E. Boyatzis, Department of Organizational Behavior, Casewestern University.
- Dr. Boyatzis presents 9 question areas (pages 24 and 25 of Unleashing the Power of Self-Directed Learning) that indicate whether or not an individual is moving toward self-directed learning and change.

Choose 4 of the 9 signposts on which to expand.

- State the signpost number, and restate the question posed (one of the 9 questions) in the 1st and 2nd columns of the chart.

Columns 1 & 2: Signpost Chosen and Question Posed

<p>To be able to engage in this activity you must first access and read:</p> <ul style="list-style-type: none">• Pages 10 – 24 of Unleashing the Power of Self Directed Learning• Signpost handout (restating of signposts in above article.	<ol style="list-style-type: none">1. Read and comprehend the material listed to the left.2. Consider which 3 signposts you'd like to discuss in the chart.3. Type the signpost number into the first column of the chart.4. Type the signpost language into the second column of the chart.
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- Take time to understand what is needed to be ready to change regarding your chosen signposts. Reflect on what is involved in being ready to change in relation to your current situation.
- Indicate your answers to the signpost questions posed in the 3rd column of the chart.

Column 3: Answers to Questions

<p>To be able to engage in this activity you must first comprehend:</p> <ul style="list-style-type: none">• Text: The information on pages 10 – 25 of Unleashing the Power of Self Directed Learning and Change• Supportive Material: Quotes of Significance from material named above. Restatement of learning objectives for change and signposts for change. <p><i>All of the material is available through links on the Course Project Part III page.</i></p>	<ol style="list-style-type: none">1. Reflect on the material in the paper.2. Reflect on 1 or more changes that will be involved in developing or leveraging the abilities/competencies you've identified in Section I of our course project.3. Provide answers that take points 1 & 2 above into consideration as well as your knowledge of yourself and your life. You will be graded on how well you understand the content of the required material (content) as well as your ability to communicate your reflections on points 1, 2, and who you and your present situation.
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This is what the chart will look like on the template:

Signpost # Chosen	Questions Posed	Answers to Questions
Optional)		