

Emotional Intelligence Self Assessment

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Reference Code: 284439

Domain Scores

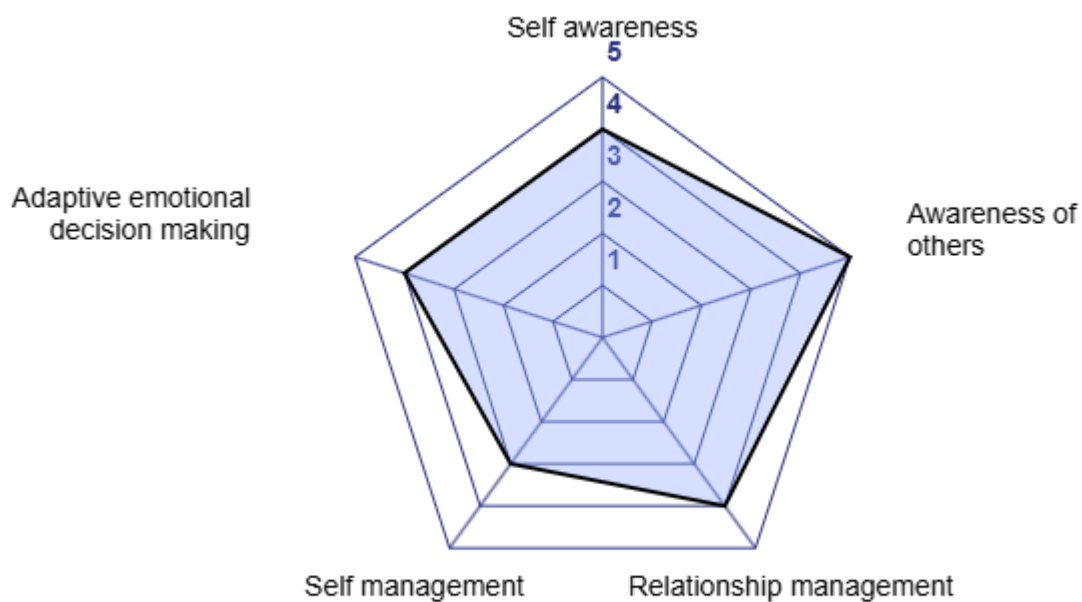
Self Awareness: 4

Self Management: 3

Awareness of Others: 5

Relationship Management: 4

Adaptive Emotional Decision Making: 4



This section presents the results of all items included in the Emotional Intelligence test under each domain. It also provides an explanation of both the trait-related and behaviour-related questions:

T-items (Trait items): These items measure how students perceive their own emotional abilities. They reflect internal, self-focused emotional awareness, regulation, adaptability and outlook.

B-items (Behaviour items): These items measure observable emotional behaviours in study and workplace settings. They reflect how students act, respond, communicate, and manage emotions in real situations.

After critically reviewing your emotional skills self-assessment results, you are required to prepare a 1,000-word written reflection that demonstrates advanced self-reflection, theoretical integration, and professional judgement.

1. Self-Awareness (approx. 400 words)

- Analyse your Self-Awareness results from the Emotional Skills Self-Assessment.
- Connect findings to Goleman's Model and recent EI models.
- Include a screenshot of your Self-Awareness result.
- Do not use GenAI tools for analysis.

2. Self-Management (approx. 400 words)

- Analyse your Self-Management results from the test.
- Align findings with Goleman's Model and recent EI models.
- Include a screenshot of your Self-Management result.
- Do not use GenAI tools for analysis.

3. Personalised Action Plan (approx. 500 words)

- Select at least two competencies from each domain that are highlighted as areas for improvement (yellow or red) in your test results.
- Propose actionable behaviours for each competency to improve workplace effectiveness.
- Explain how your chosen EI tool has supported your development.
- GenAI tools may be used to assist in this section.

This section presents the results of all items included in the Emotional Intelligence test under each domain. It also provides an explanation of both the trait-related and behaviour-related questions.

Item Level Results

Self Awareness Item Result

Item Code	Statement	Score
T1	I can usually name the emotion I am feeling during study or work.	4
T2	I notice when my emotions change while working on tasks or interacting with others.	5
T3	I understand how my feelings influence the way I communicate with classmates or colleagues.	5
T11*	Stress affects my concentration more than it affects other people's concentration.	4
T19	I reflect on my feelings to better understand myself.	5

Self Management Item Result

Item Code	Statement	Score
T4	When I feel upset during study or work, I can calm myself within a reasonable amount of time.	4
T5	Even when I feel annoyed, I can stay respectful and communicate clearly during discussions.	3
T6	When I experience negative emotions, I have strategies that help me cope.	4
T10	When I have several deadlines or responsibilities, I can still work effectively.	5
T12	During busy periods, I can keep my emotions stable enough to complete my tasks.	1
B1	When I feel overwhelmed by study or work, I take small, clear steps to move forward.	5
B2*	Under pressure, I sometimes react quickly and say things I later regret.	1
B3	Even when I am stressed, I try to listen carefully to others.	4
B4	I adjust my emotional reactions to suit the situation and achieve better outcomes.	3
B5	I manage my emotions when receiving challenging feedback so I can respond constructively and learn from it.	3

Awareness of Others Item Result

Item Code	Statement	Score
T7	I can usually tell when someone in my class or workplace feels uncomfortable.	4
T8	I pay attention to other people's emotions during meetings, group work, or shifts.	4
T9	Before responding, I think about how the other person might feel.	3
B7	When someone in my group is upset, I acknowledge their feelings rather than ignore them.	4
B10	In disagreements, I try to understand everyone's feelings before suggesting solutions.	4

Relationship Management Item Result

Item Code	Statement	Score
B8	I encourage others in my team or group when we face a difficult task.	4
B9	When conflict occurs in a group or team, I help people discuss the issue calmly.	4
B11*	During disagreements, I sometimes avoid the issue because I do not want to feel uncomfortable.	4
B6	Classmates or colleagues often come to me when they feel stressed.	4

Adaptive Emotional Decision-Making Item Result

Item Code	Statement	Score
T13	When plans or instructions change suddenly, I can adjust and continue working.	4
T14	I can work effectively with people who have different styles or communication habits.	3
T15	When my first idea does not work, I can try another solution without giving up.	4
T16	I can encourage myself to keep going when study or work tasks become difficult.	4
T17	I believe I can develop stronger emotional skills over time.	5
T18	When something goes wrong, I can usually identify at least one positive aspect.	5
B12	I can explain how I feel without blaming others.	4
B13	When I feel frustrated in a group, I express it respectfully instead of withdrawing.	4
B14	Before sending messages or emails, I consider the emotional tone.	3
B15	I notice my emotional reactions and think about what they might be telling me.	4
B16	Before making an important study or work decision, I check in with both my feelings and the facts.	4
B17	I can separate my first emotional reaction from my final decision.	5