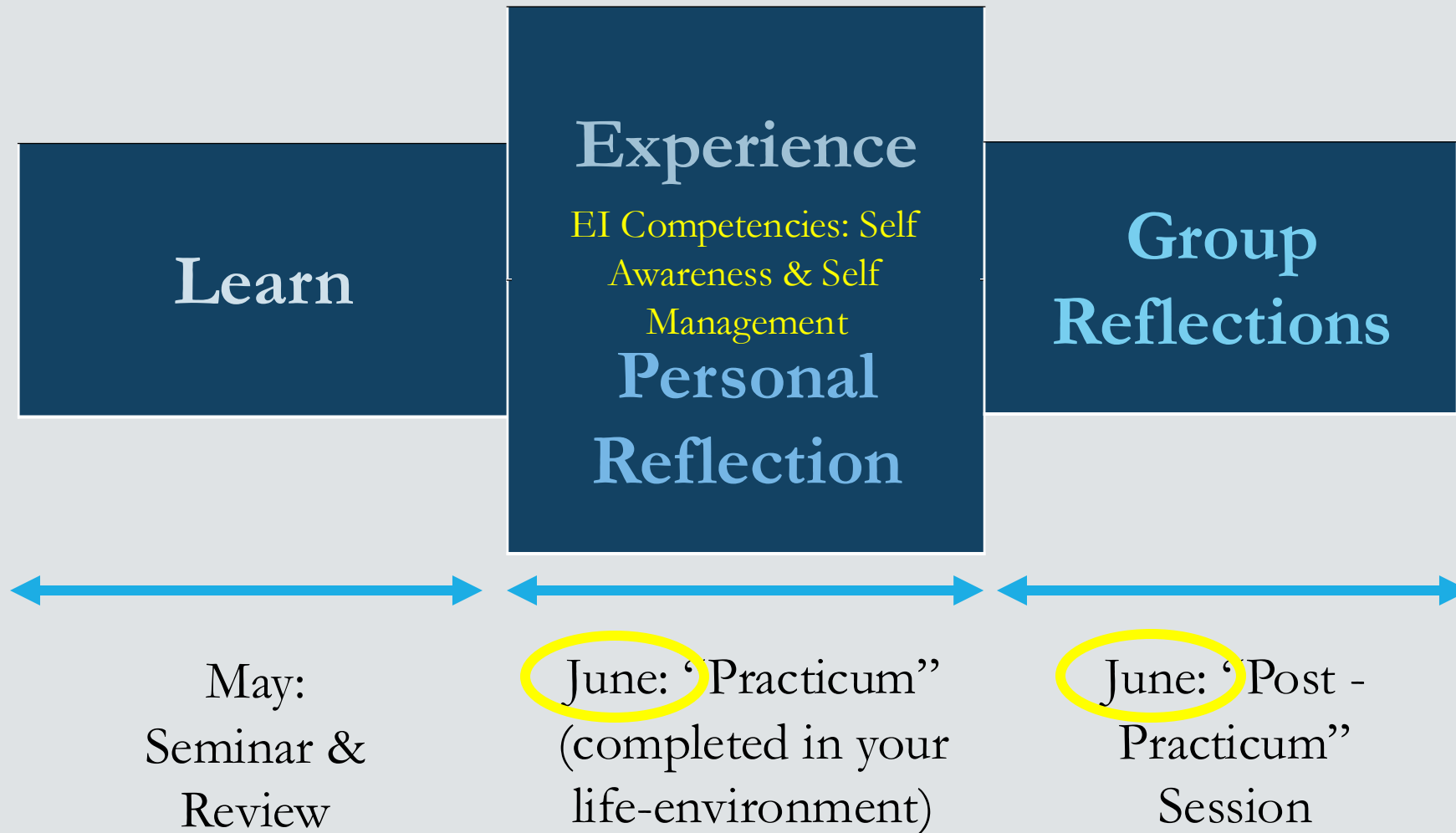


AGLP Leadership Development Curriculum

EI Competencies: Self Awareness & Self
Management: Experiential Learning &
Reflections Preview

5/12/2025

AGLP Leadership Development Sequence

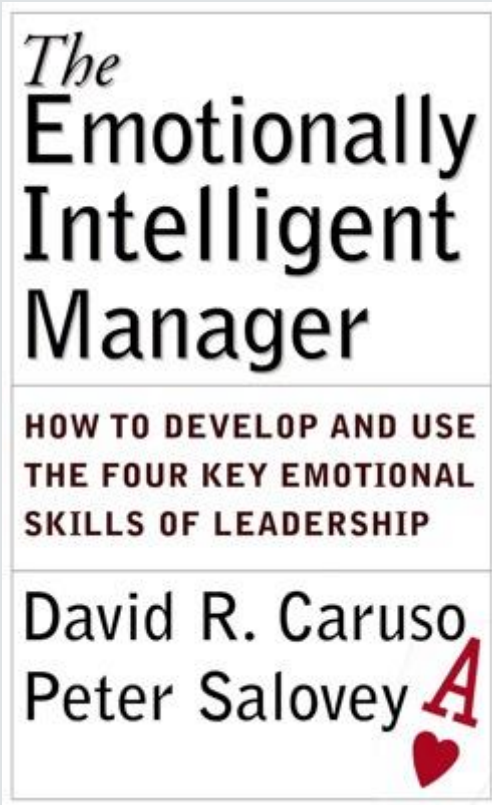


AGLP Leadership Development Curriculum

EI Competencies: Self Awareness & Self Management: *Review*

5/12/2025

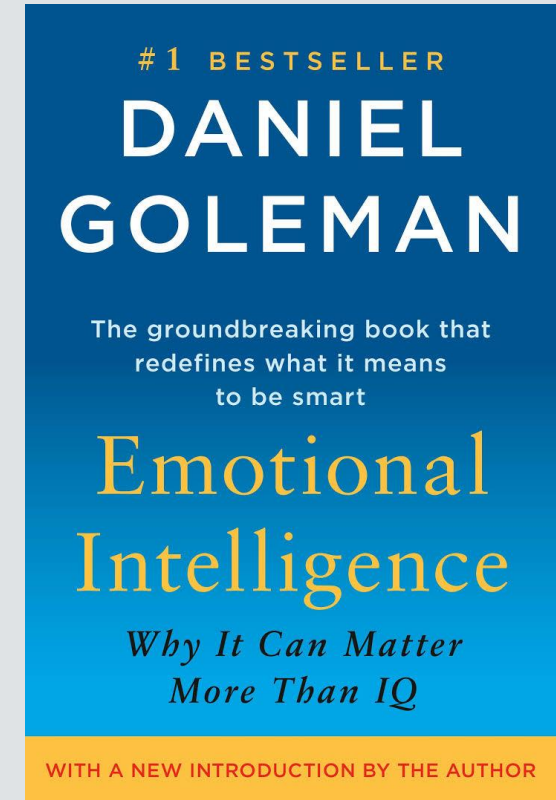
Differences Between Leadership Skills & Leadership Competencies



Part One –
The Emotional Brain (references
P. Salovey's work & details the
role of the brain in EI)

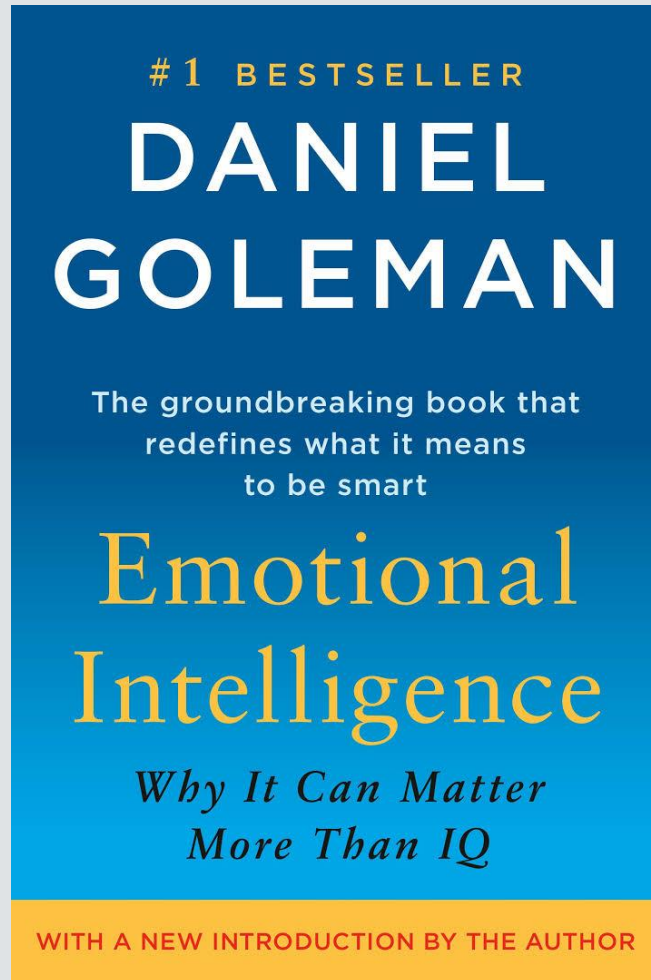
Part Two -

- | | |
|----------------------|------------------------|
| • Self-Awareness | • Know Thyself |
| • Managing Emotions | • Passion's Slave |
| • Motivating Oneself | • The Master Aptitude |
| • Empathy | • The Roots of Empathy |
| • Relationships | • The Social Arts |



Similar content on the basics, using different words and points of emphasis

EI Competencies: Background Information



*“Daniel Goleman tells us in his book *Emotional Intelligence* that the human being has **two distinctively different brains: "one that feels and one that thinks"**. The emotional/rational dichotomy approximates the folk distinction between "heart" and "head". These two minds operate in tight harmony intertwining their two different ways of knowing to guide us through the world. The emotional brain is made up of the **amygdala** and the **limbic system**, whereas the thinking brain consists of the **cortex and the neocortex**. The workings of the **amygdala and its interplay with the neocortex are at the heart of emotional intelligence.**”*

[Michaela Davies et al. - Emotional Intelligence: In search of an elusive construct](#)

Dan Goleman's Model of EI: 12 Competencies



Dan Goleman: Four Domains of Emotional Intelligence

Dan Goleman's Model of EI: 12 Competencies

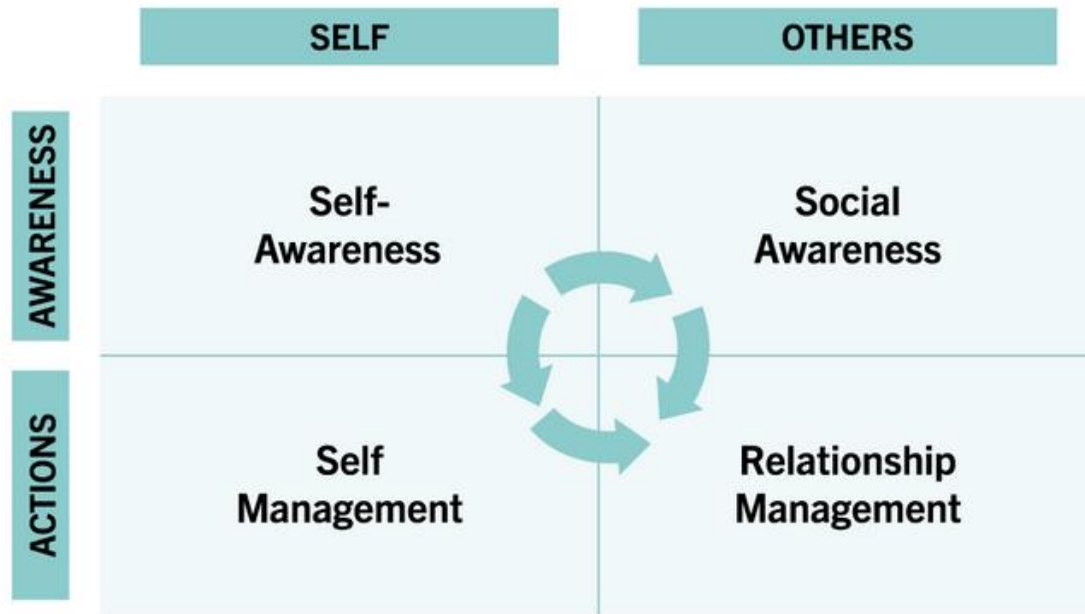


- **Self-Awareness** – the ability to recognize and understand one's own emotions, thoughts, and feelings
- **Self-Management** – the ability to regulate and manage one's emotions and impulses

[Dan Goleman: Four Domains of Emotional Intelligence](#)

Dan Goleman's Model of EI: 12 Competencies

4 Core Competencies of Emotional Intelligence



[Why Emotional Intelligence is Important in Leadership](#)

EI Competencies: Self-Management

- **Emotional Balance** - Learning to handle upsetting emotions so they don't disrupt your focus
- **Adaptability** – embrace a "growth mindset" (the belief that anyone can always improve)
- **Achievement Orientation** – staying focused on your goals despite distractions
- **Positive Outlook** - trying to see the bright side of things no matter what happens



[Dan Goleman: Four Domains of Emotional Intelligence](#)

[Niagra Institute: Self-Management Workbook](#)



Opportunity to Assess Your Emotional intelligence

What. MSCEIT 2 is an ability-based measure of emotional intelligence (EI). MSCEIT 2 consists of 94 questions measuring the four skills of the ability model of EI.

How. You will get an email invite from "mhs.com". Plan on 30-45 minutes to complete the assessment. After you complete the assessment you schedule a half-hour, individual feedback session with MSCEIT 2 co-author David Caruso. Your report will be shared with you only after this session has been completed.

Confidentiality. Only you and Dr Caruso will see your MSCEIT 2 results. Professor Wilczynski will be told how many students participated in the assessment process. You are encouraged not to share your results.

MSCEIT Model and Question Types



Sample Questions and Report



Rank the energy of these emotions in order from least to most energy.

Most Energy

Content

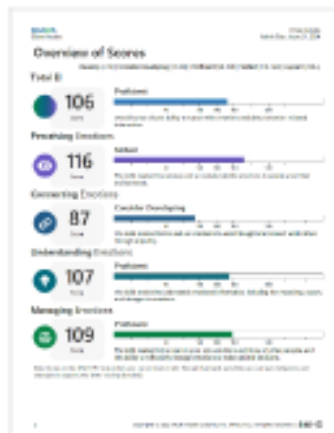
Gratitude

Amused

Jealous

Disgusted

Least Energy



Assessing your Emotional Intelligence

- *Confidential “test administrator” to “AGLP Fellow” administration of test & communication of results*
- *Respond directly to David Caruso’s email invite to participate.*

MSCEIT²
Mayer-Salovey-Caruso Emotional Intelligence Test[™]
Second Edition

CHANGE HOW THEY READ THE ROOM

With the Mayer-Salovey-Caruso Emotional Intelligence Test[™] Second Edition (MSCEIT²)
Empowering success through emotional insight

How does the MSCEIT 2 work?

The MSCEIT 2 offers a distinct way of understanding and evaluating EI. Built on the principle that emotions are a source of information, the MSCEIT 2 defines EI as the ability to harness this information to enhance the way we think through and solve problems.

To understand and evaluate EI, the MSCEIT 2 measures:



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5/12/2025

Self-Management: Experiential Learning Scenarios



- **Lab Work Environment**
– Emotional Balance: Each week, can you record a time when you curbed upsetting emotions from disrupting your focus?
- **Research Publication Process** – Adaptability: Apply the “growth mindset” to your publication process.

Self-Management: Experiential Learning Scenarios

- “Learning” Environment –
Achievement Orientations: set some summer learning goals to take on a new non-work skill/challenge
- Home Environment – Positive Outlook: Would people know if you are overly happy? Try to find out.

Y/Innovation

2024 Roberts Innovation Fund
Awardee: John Fortner, Chemical & Environmental Engineering



Yale ENGINEERING
YALE VENTURES

Self-Management: VW Experiential Learning

- “Learning” Environment – Achievement Orientation: Personal goal to use AI tools to update a family watercolor for the summer season



Next Steps

- Reflections & General AGLP Discussion – Apply your EI Skills – **FRI MAY 16** (in-person w/lunch - all AGLP Fellows invited)
- Seminar – *EI Competencies: Social Awareness & Relationship Management* – **JUN 16** (in-person w/lunch)
- Seminar Review & EL Preview – *EI: Self-Awareness & Self-Management* – **JUN 23** (1/2 hour on Zoom)



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