

The Emotional Intelligence badge focuses on enhancing college students' capabilities in key areas. The cohort program aims to instruct students on how to effectively identify and manage their emotions, understand others' feelings, and adapt communication styles. Overall, the program is designed to equip student with an understanding and demonstration of how high emotional intelligence facilitates academic persistence, degree completion, and career success. Students must score at least 15 points with all areas measuring competent or better to be eligible to earn this badge.

<p>Self-Awareness Competency: The ability to recognize and understand your own emotions and their impact on your behavior and thoughts and accurately assess their strengths and limitations, and they have a strong sense of self-confidence.</p>		
Accomplished - 5	Competent - 3	Developing- 1
<p>Recognition of Emotions: The ability to identify and name one's own emotions accurately.</p>		
<p>Consistently identifies and articulates own emotions with a high degree of accuracy, even in complex situations.</p>	<p>Usually identifies own emotions correctly and can describe them accurately.</p>	<p>Occasionally identifies own emotions but may confuse them with others or misinterpret them.</p>
<p>Understanding the Impact of Emotions: Insight into how emotions influence behavior and thoughts.</p>		
<p>Clearly understands and articulates the influence of emotions on behavior and thoughts. Uses this understanding to guide balanced and appropriate responses.</p>	<p>Generally understands how emotions affect decision-making and behavior. Demonstrates control over emotional responses in familiar situations.</p>	<p>Has limited insight into how emotions affect behavior and thoughts. May react impulsively or inappropriately without understanding why.</p>
<p>Self-Assessment: The ability to evaluate one's own strengths, limitations, and self-confidence accurately.</p>		
<p>Demonstrates a comprehensive and accurate understanding of personal strengths, weaknesses, and areas for growth. Maintains a strong sense of self-confidence that is well-grounded and consistent.</p>	<p>Accurately identifies several personal strengths and limitations. Shows a balanced level of self-confidence that aligns with capabilities.</p>	<p>Has a basic awareness of some personal strengths and weaknesses, but often misjudges them. Self-confidence may fluctuate significantly without clear understanding.</p>

<p>Self-Management Competency: The ability to recognize and understand your own emotions and their impact on your behavior and thoughts and accurately assess their strengths and limitations, and they have a strong sense of self-confidence.</p>		
Accomplished - 5	Competent - 3	Developing - 1
<p>Control of Emotions and Impulses: The ability to manage disruptive emotions and impulses effectively.</p>		
<p>Consistently exhibits excellent control over emotions and impulses, even in highly challenging situations. Reactions are well-considered and appropriate.</p>	<p>Generally manages emotions and impulses well; occasional lapses in control may occur but are corrected quickly.</p>	<p>Struggles to control disruptive emotions and impulses; may react hastily or inappropriately in challenging situations.</p>
<p>Adaptability: The capacity to adjust to new circumstances, handle change, and deal with ambiguous or complex situations.</p>		
<p>Demonstrates high adaptability, embracing change and effectively handling complex, ambiguous, or unpredictable situations.</p>	<p>Usually adapts to new situations and handles changes with a positive attitude; is comfortable with some level of ambiguity.</p>	<p>Shows resistance to change and has difficulty coping with new circumstances or ambiguity; prefers routine and known situations.</p>
<p>Calmness under Pressure: The capability to maintain composure and clear thinking during stressful or challenging situations.</p>		
<p>Consistently stays calm and clear-headed under pressure; demonstrates exceptional ability to think critically, maintain focus, and make sound decisions in stressful or challenging circumstances.</p>	<p>Maintains composure in most stressful situations; occasionally may show signs of stress but recovers quickly and maintains focus.</p>	<p>Often becomes stressed or agitated under pressure; may exhibit difficulty in maintaining focus or making decisions in stressful situations.</p>

<p>Motivation Competency: People with a high degree of emotional intelligence are motivated by things beyond external rewards like fame, money, or recognition. They are passionate about their work, they are resilient in the face of failure, and they are driven to achieve for the sake of achievement.</p>		
Accomplished - 5	Competent - 3	Developing - 1
<p>Intrinsic Motivation: The degree to which an individual is driven by internal rewards rather than external rewards like fame, money, or recognition.</p>		
Highly driven by internal rewards; exhibits passion and enthusiasm for work and activities regardless of external incentives.	Shows a balance of internal and external motivations; engages in tasks for personal satisfaction but also values external rewards.	Primarily motivated by external rewards; shows limited enthusiasm for tasks that do not offer immediate or obvious external rewards.
<p>Resilience: The ability to persist in the face of setbacks and failures, maintaining motivation.</p>		
Exhibits a high level of perseverance; remains motivated and focused despite setbacks, viewing failures as opportunities for growth and learning.	Generally maintains motivation in the face of challenges; occasionally may waiver but usually overcomes setbacks with some effort.	Tends to become easily discouraged by setbacks or failures; may give up on tasks when faced with challenges.
<p>Commitment to Goals: The level of dedication to achieving personal and professional objectives, regardless of difficulties.</p>		
Displays a strong and unwavering commitment to personal and professional goals; consistently works toward objectives despite obstacles and challenges.	Demonstrates a good level of commitment to achieving goals; persists through some difficulties but may struggle with prolonged or repeated setbacks.	Sets goals but often lacks the dedication to follow through, especially when tasks become challenging or do not yield immediate rewards.

<p>Social Awareness Competency: Social awareness is the ability to understand and interpret the emotions, reactions, and behaviors of others. It also involves understanding how actions affect others and being able to adapt communication styles accordingly.</p>		
Accomplished - 5	Competent - 3	Developing - 1
<p>Empathy and Understanding: The ability to accurately perceive and empathize with the emotions of others.</p>		
<p>Consistently and accurately identifies and empathizes with others' emotions, even in complex or nuanced situations. Exhibits a strong capacity for perspective-taking.</p>	<p>Generally understands and empathizes with others' emotions. May occasionally miss subtler cues but often responds appropriately to the feelings of others.</p>	<p>Occasionally recognizes the emotions of others but may misinterpret them or overlook subtler emotional cues. Limited in perspective-taking.</p>
<p>Perception of Social Dynamics: The ability to understand social relationships, group dynamics, and the unspoken elements of social interaction.</p>		
<p>Shows a deep and nuanced understanding of social interactions, group dynamics, and unspoken elements. Accurately reads the room and understands the impact of their actions on others.</p>	<p>Demonstrates a good understanding of social interactions and group dynamics. Recognizes but may not fully interpret complex social cues and power dynamics.</p>	<p>Has a basic awareness of social interactions but struggles to grasp underlying dynamics or unspoken rules. May miss social cues or be unaware of the impact of their actions on others.</p>
<p>Adaptability in Communication: The ability to adjust communication styles to suit different social contexts and individuals' needs.</p>		
<p>Excellentlly adapts communication style to various social contexts, intuitively understanding and meeting the needs of different audiences and individuals.</p>	<p>Usually adapts communication style effectively to different contexts. Occasionally may misjudge the appropriate style or level of formality needed.</p>	<p>Shows limited flexibility in communication style; may struggle to adjust language, tone, or behavior to suit different social situations or diverse audiences.</p>

<p>Relationship Management Competency: Managing relationships and building networks. People with strong social skills are good at finding common ground with others, and they are skilled at managing conflict and building rapport.</p>		
Accomplished - 5	Competent - 3	Developing - 1
<p>Building Rapport and Finding Common Ground: The ability to connect with others, establish trust, and find mutual understanding.</p>		
<p>Excellent connects with a wide range of individuals, consistently establishing deep and lasting rapport. Skilled at understanding and relating to diverse perspectives.</p>	<p>Generally able to connect with others and establish rapport. Usually identifies common ground but may not always maintain lasting relationships.</p>	<p>Occasionally connects with others but often struggles to establish deep or lasting rapport. May have difficulty identifying or relating to others' perspectives.</p>
<p>Conflict Management: The skill in identifying, addressing, and resolving conflicts in a constructive manner.</p>		
<p>Excellent connects with a wide range of individuals, consistently establishing deep and lasting rapport. Skilled at understanding and relating to diverse perspectives.</p>	<p>Effectively identifies and addresses conflicts most of the time, using basic conflict resolution strategies. Occasionally may struggle with more complex conflicts.</p>	<p>Tends to avoid conflict or handles it in a way that may not resolve the underlying issue. Struggles to navigate disagreements or confrontations effectively.</p>
<p>Network Building: The capacity to develop and maintain a broad network of personal and professional relationships.</p>		
<p>Has a broad and diverse network, effectively nurtured over time. Excellent leverages and sustains relationships for mutual benefit and maintains strong connections across various groups.</p>	<p>Maintains a functional personal and professional network. Actively develops new relationships but may not fully leverage or sustain them over time.</p>	<p>Has a limited personal or professional network. May struggle with initiating new relationships or maintaining existing ones.</p>