

Quick Test of Ability EI Challenge Activity: Solution

Please don't think that you must have the same numbers circled when scales are concerned, just that you were in the right direction! Great job!

Question 1: (Perception of Emotion)

Identify the emotion expressed by this individual and intensity of emotion... (1 lowest intensity, 5 high intensity)



Happiness	1	2	3	4	5
Fear	1	2	3	4	5
Sadness	1	2	3	4	5

Question 2: (Use of emotion to facilitate thinking)

What mood (s) might be helpful to feel when meeting in-laws for the very first time?

	<i>Not Useful</i>		<i>Useful</i>		
Tension	1	2	3	4	5
Surprise	1	2	3	4	5

Joy 1 2 3 4 5

Question 3: (Understanding emotions)

Tom felt anxious and became a bit stressed when he thought about all the work he needed to do. When his supervisor brought him an additional project, he felt _____. (Select the best choice.)

- a) Overwhelmed
- b) Depressed
- c) Ashamed
- d) Self Conscious
- e) Jittery

Question 4: (Managing Emotions)

Sarah just came back from vacation. She was feeling peaceful and content. How well would each action preserve her mood?

Action 1: She started to make a list of things at home that she needed to do.

Very Ineffective..1.....2.....3.....4.....5..Very Effective

Action 2: She began thinking about where and when she would go on her next vacation.

Very Ineffective..1.....2.....3.....4.....5..Very Effective

Action 3: She decided it was best to ignore the feeling since it wouldn't last anyway.

Very Ineffective..1.....2.....3.....4.....5..Very Effective