

Minnesota State University Moorhead

UNIV 143: Emotional Intelligence

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 1

Lab Hours/Week: *.*

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

In this course students will learn why Emotional Intelligence (EI) may be more important to their academic and career success than traditional IQ. Students will be introduced to several theories of EI and its component skills. Opportunities to self-assess personal levels of EI will be provided and students will identify strategies to enhance their own EI skill sets.

B. COURSE EFFECTIVE DATES: 02/17/2013 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

D. LEARNING OUTCOMES (General)

1. Apply specific methods to improve selected aspects of their emotional intelligence.
2. Discuss the main theoretical bases and research supporting the concept of Emotional Intelligence.
3. Examine personal levels of Emotional Intelligence, including factors of Intrapersonal, Interpersonal, Adaptability, Stress Management and General Mood.
4. Identify the significance of Emotional Intelligence in academic success, work and relationships.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted