

Goals, Growth & Grit: Skills for Success 120

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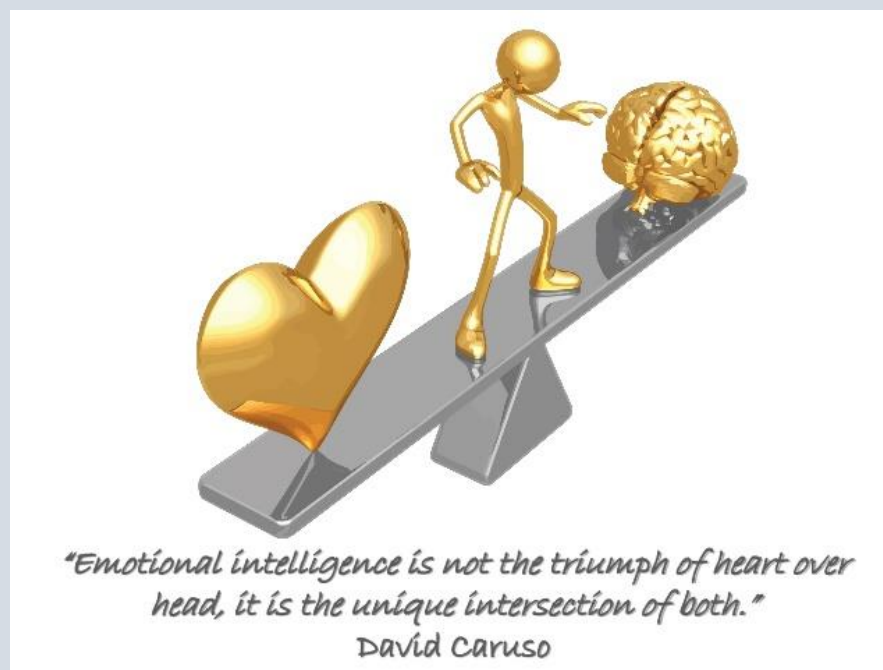
Hello Ali, Ariel, Brooke, Chase, Ethan D, Ethan L, Hanna, Jayden, Monica, Pierce, Sofia and Tanya! I hope you are getting outside to enjoy the sun while fitting some home learning into your day.

NOTE: If you are working towards a **Credit** in this course, instead of Enrolled on your transcript, please let me know so I can monitor your progress.

Last week we looked at **stress** and how we can manage the causes of it and ease our responses to it. Although **EMOTIONAL INTELLIGENCE** was not mentioned, it is a skill that can help us cope with stress and help in many other areas of our work and personal lives. Emotional intelligence (**EI or EQ**) is the ability to identify and manage one's own emotions, as well as the emotions of others. Many people believe EI/EQ is at least as important as regular intelligence (IQ) for success. <https://www.youtube.com/watch?v=iVUT4ydXYJg>

- Please see the PowerPoint called EI to learn more about this topic and how you can build your skills in this area. Enjoy!

After viewing the slides and exploring your EI, can you see how it is related to stress? I hope that setting goals to improve your EI will also lead to a reduction in your stress index.



Have a great week, you've got this! 😊