

EI Development

Final Report Requirements & Grading

Content

The purpose of this assignment is to provide you with exercises that help you consolidate what you learned about your inner emotional world and relationships with others through the class exercises. Your task is to summarize your experiences by addressing the following:

1. Weekly journaling experience and breathing exercise. 30%
 - a. What difficulties and success did you experience when doing the breathing exercise?
 - b. What did you experience and learn about yourself when you did the breathing exercise?
 - c. What difficulties, successes did you experience journaling?
 - d. Review your journal from beginning to end and comment on the changes you observe in yourself.
2. Skill 30%
 - a. Which skill did you choose and what new behaviour did you practice.
 - b. What did you learn about yourself and difficulties, successes did you experience?
3. Coach 10%
 - a. How often did you meet your coach and how did your coach help you develop your skill?
4. Teamwork, relationships and ethics 30%
 - a. Describe how your awareness of emotions in others and your facilitation of performance in others changed over the period.
 - b. What did you learn about relationships?
 - c. Personal relationships are the foundation of ethics. What did you learn about interacting with people that might help you make ethical decisions?

The percentages indicate the weight given to each of the topics.

5. Append your journal entries. One entry for each week of class (11 or 12 entries). Content can address breathing exercises and or work on informing, listening or conflict management competencies.

Format

Since this is a self inquiry I am looking for evidence that you have engaged in this process and gained meaningful personal insight. I am not looking for perfect or precise prose. This can be more of a freeform style as long as I understand the content. This report should be prepared in a word document, typed, double-spaced minimum 3pages maximum 5 pages not including journal entries. You should use 12-point font and 1” margins all around.

Final EI Report Grading Rubric

Criteria	10	6	1
Reflective analysis of development 25%	In-depth discussion and explanation of change	Adequate discussion and explanation of change	Minimal or no discussion with an explanation of change
Quality and depth of description of feelings and thoughts 30%	Feelings and thoughts are revealed in all or almost of the entries.	Feelings and thoughts are revealed in most entries.	Feelings and thoughts are revealed in few of the entries.
Challenges and success outlined 25%	Both challenges and success are clearly described and related to thoughts and feelings.	Challenges and success are partially described and minimally related to thoughts and feelings.	Minimal or no description of challenges and/or successes with no connection to thoughts or feelings.
Completion 20%	All entries are present, in order, and together.	All entries are present, but are either not together or in order.	All entries are not present, but they are together or in order.

Requirements details provided in a separate document.

Almost all- 90%

Most- 75% or more

Few- less than 75%