

GOVERNMENT DEGREE COLLEGE, GANDERBAL

Department of Psychology

SEMESTER 4TH

SKILL ENHANCEMENT COURSE

Course Title: DEVELOPING EMOTIONAL COMPETENCE

NOTE: Attempt any 3 questions. Each question carries equal marks.

Q1. What is emotional intelligence? Discuss importance of emotional intelligence.

Q2. Write in detail measurement of emotional intelligence.

Q3. Define emotional competency. Describe self regulation.

Q4. Write short notes on any two mentioned below:

1. Self awareness
2. Motivation
3. Empathy
4. Interpersonal skills

Instructions:

1. The assignment is to be submitted through email on gdcgbl4@gmail.com
2. Last date of assignment submission of Assignment is 26/06/2020.
3. The Assignment must be handwritten.
4. Use A4 size ruled paper for writing the Assignment (write on one side of page only).
5. Assignment should not be more than 10 pages and should be converted into a single PDF file using camscanner.
6. Students are advised to preserve hard copy of Assignment and they should be able to produce as and when demanded by the College/University.
7. Do not copy answers from other students. Rejection or acceptance of an Assignment will be the sole discretion of the HOD/Course coordinator with valid reasons.

8. Title page of Assignment must contain the following information (COMPULSORY):

Name of the candidate	
Semester Category (Fresh/Backlog)	
Batch	
Roll no.	
Registration no.	
Subject	
Course Title	
Course Code	
Mobile no	
Email id	
Signature of candidate	
Date of submission	

9. Students must write Page number, Roll number, Registration number on the top right corner of each page