

EMOTIONAL INTELLIGENCE

WHAT IS IT?

The ability to understand, manage, and use your emotions in positive ways to reduce stress, empathize with others, defuse conflict and communicate well with those around you.



WHY IS IT IMPORTANT?

Employers in all industries place high importance on hiring candidates with this skill. Having strong or high Emotional Intelligence helps to foster positive mental health and build strong relationships which will benefit any organization.



HOW CAN I GET BETTER AT IT?

- Take time to recognize your own emotions and how they affect your thoughts and behavior
- Practice managing impulsive feelings by focusing on healthy behaviors
- Focus on understanding the needs and concerns of others so you can empathize with them



WHAT ARE SOME EXAMPLES OF IT?

TIP: Think of examples you might have from your own experience and keep them in mind for when you prepare for interviews!

- Sharing your feelings and being open with others
- Ability to move on after making a mistake
- Being able to say "no" when you need to
- Solving problems in ways that considers others' feelings
- Listening to others and respecting their opinions
- Responding, instead of reacting, to conflict

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TIME TO APPLY

EMOTIONAL INTELLIGENCE

PRACTICE INTERVIEW QUESTIONS FOCUSED ON EMOTIONAL INTELLIGENCE

- Do you notice when colleagues are stressed or having a bad day and how do you respond?
- Tell me about a time when something didn't go as planned or expected? How did you respond and handle the situation?

REFLECTION

- What are some examples where you had to use emotional intelligence in your classes?
- How could emotional intelligence be used in your current job or in the career you want to have?
- Why do employers want people who have high emotional intelligence?

WHAT DOES CAREER SERVICES DO?

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