



The student EQ edge [emotional intelligence and your academic and personal success /

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Jossey-Bass, 2013

Emotional intelligence

Academic achievement-

Success-

Monografía

<https://rebiunoda.pro.baratznet.cloud:38443/OpacDiscovery/public/catalog/detail/b2FpOmNlbGVicmF0aW9uOmVzLmJhcmF0ei5yZW4vMTgwNDk3Nzg>

Título: The student EQ edge [Recurso electrónico] emotional intelligence and your academic and personal success
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Variantes del título: Student emotional intelligence edge

Mención de serie: E-Libro

Bibliografía: Includes bibliographical references and index

Contenido: Emotional intelligence: here to stay -- Class closed and the ABCDE model -- Emotional self-awareness -- Self-regard -- Self-actualization -- Emotional expression -- Independence -- Assertiveness -- Interpersonal relationships -- Empathy -- Social responsibility -- Reality testing -- Problem solving -- Impulse control -- Flexibility -- Stress tolerance -- Optimism -- Happiness -- EQ and student success -- EQ and work success -- The role of EQ in leadership -- EQ, lifestyle, healthy living, and relationships -- What's next?

Detalles del sistema: Modo de acceso: World Wide Web

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