



CULTIVATE YOUR INTERPERSONAL SKILLS

I **ACTIVE LISTENING - WHEN LISTENING TO NEW INFORMATION, ASK YOURSELF:**

Do I take notes when listening to new information?

Do I make eye contact when talking to others?

Do I revisit my notes to highlight important points relevant to my future goals?

Do I ask questions when I am unsure?

II **BUILDING SELF-AWARENESS:**

What are some of the key values that drive my actions?

How do I react to setbacks?

How do I seek help when I face challenges?

What is something I do very well?

What are some things I can do better?

What steps do I need to take in order to determine my career goals?	
What are some of the short-term and long goals I can set to develop myself and be better prepared for college?	
How can I use my valuable personal assets in any individual or group work I may take on?	
Can I initiate any new projects using my strengths?	

II BUILDING SOCIAL-AWARENESS:

Compared to my peers, where do I stand academically?	
Who am I in my community? (Observe yourself in the larger context) <ul style="list-style-type: none"> • A leader? • A collaborator? • An initiator? • A motivator? 	
What kinds of resources and help are available to me in my community?	
How do I connect with others from diverse backgrounds and different perspectives?	
How do I show support for my community, concern for the feelings of others, and recognize others' strengths?	

ACKNOWLEDGEMENT



MICHELLE DUSCHANG
Director of International
College Counseling



BESTE ÖZSOY
Senior Associate Director of
International College Counseling



Thank you to the team at Hisar School for providing us the inputs for this worksheet.
Log in to your Cialfo account to join our speakers for a guided emotional intelligence workshop session.