

# SEI EMOTIONAL INTELLIGENCE ASSESSMENT

## SEI-YV YOUTH VERSION

Please Answer these demographic questions

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Age: \_\_\_\_\_

Gender: \_\_\_\_\_

Please answer these questions to the best of your ability

**The purpose of this assessment is ...** \_\_\_\_\_

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**Emotional intelligence is ...** \_\_\_\_\_

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**Emotional intelligence is important because ...** \_\_\_\_\_

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Read each sentence and choose the answer that best describes you. Choose only ONE answer for each sentence and CIRCLE the number that matches your answer. This is not a test; there are no good or bad answers. Be as honest as you can - your first thought is the best.

		Almost Never	Seldom	Sometimes	Often	Almost Always
1	I solve my fights with friends.	1	2	3	4	5
2	I am good.	1	2	3	4	5
3	I understand what makes me happy	1	2	3	4	5
4	I can help with world problems.	1	2	3	4	5
5	I am bad.	1	2	3	4	5
6	I solve my problems.	1	2	3	4	5
7	I share my feelings with others.	1	2	3	4	5
8	I change my behavior when I need to.	1	2	3	4	5
9	I do as I am told.	1	2	3	4	5
10	I can cheer myself up.	1	2	3	4	5
11	Before I do something, I think of how my family will feel.	1	2	3	4	5
12	I work well with others.	1	2	3	4	5
13	I listen carefully to my friends.	1	2	3	4	5
14	I offer to help.	1	2	3	4	5
15	I do what is right.	1	2	3	4	5
16	I know when I need help.	1	2	3	4	5
17	My friends look up to me.	1	2	3	4	5
18	I ask for what I need.	1	2	3	4	5
19	I can change a bad habit.	1	2	3	4	5
20	I share my things to help people feel better.	1	2	3	4	5
21	I have lots of words to describe how I feel.	1	2	3	4	5
22	I focus on what I want to do.	1	2	3	4	5
23	I make people feel safe.	1	2	3	4	5
24	I have more than one feeling at a time.	1	2	3	4	5
25	I can tell by people's faces how they are feeling.	1	2	3	4	5
26	I can calm down an angry friend.	1	2	3	4	5
27	I do things without thinking.	1	2	3	4	5
28	I learn new things from problems.	1	2	3	4	5
29	I care about people's feelings.	1	2	3	4	5
30	I can guess how I might feel in a new place.	1	2	3	4	5
31	I can think of many ways to solve my problems.	1	2	3	4	5
32	I choose what I will do next.	1	2	3	4	5
33	I know what happiness feels like.	1	2	3	4	5
34	I calm myself down when I am upset.	1	2	3	4	5
35	I try until I get it right.	1	2	3	4	5
36	The way I do things works.	1	2	3	4	5
37	I build good habits.	1	2	3	4	5
38	Before I decide, I think about what would be good or bad.	1	2	3	4	5
39	I get good grades.	1	2	3	4	5
40	I like the choices I make.	1	2	3	4	5
41	I try to avoid junk food.	1	2	3	4	5

		Almost Never	Seldom	Sometimes	Often	Almost Always
42	My teachers praise me.	1	2	3	4	5
43	I can count on my family.	1	2	3	4	5
44	I live for positive excitement.	1	2	3	4	5
45	I do the same things as someone good I know.	1	2	3	4	5
46	I eat healthier than my friends.	1	2	3	4	5
47	I get along with my friends.	1	2	3	4	5
48	My family praises me.	1	2	3	4	5
49	I am good at sports.	1	2	3	4	5
50	I like to exercise.	1	2	3	4	5
51	Adults like me.	1	2	3	4	5
52	Life is a lot of fun.	1	2	3	4	5
53	I avoid things that are a little hard for me.	1	2	3	4	5
54	I finish my work before relaxing.	1	2	3	4	5
55	I make school fun for myself.	1	2	3	4	5
56	I do well at school.	1	2	3	4	5
57	I save money.	1	2	3	4	5
58	I solve my struggles with people.	1	2	3	4	5

If you have any other thoughts or feelings, please write them here: \_\_\_\_\_

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