

BOWEN UNIVERSITY, IWO
COLLEGE OF LIBERAL STUDIES
ENGLISH PROGRAMME

2020/2021 FIRST SEMESTER EXAMINATION

COURSE TITLE: SOCIAL AND EMOTIONAL INTELLIGENCE

COURSE CODE: ENG 119

DATE: APRIL, 2021.

TIME ALLOWED: 2 HOURS

INSTRUCTION: ANSWER QUESTION 1 AND ANY TWO OTHER QUESTIONS.

- 1a. What is Emotional Intelligence? (5 marks)
- b. Discuss at least four (4) perspectives of Emotional Intelligence. (20 marks)
- c. Mention five benefits of friendship. (5 marks)
- 2a. Mr Tunde seems to be going through mental and emotional pressure due to some big changes in his life. Explain the term 'stress' to him. (5 marks). Discuss five causes of stress. (10 marks)
- b. Mention five healthy ways of dealing with stress. (5 marks)
- 3a. Failure can be devastating and may have negative effects and outcomes. Explain five ways of dealing with failure and depression. (10 marks) .
- b. Fears in life don't just surface, they can be traced. Discuss five sources of fears. (10 marks)
- 4a. Explain how Social and Emotional Intelligence can be used to improve academic performance. (10 marks)
- b. Relating with any person no matter how difficult is one of the advantages of social intelligence. Explain five ways you will successfully handle difficult classmates or roommates. (10 marks)
- 5a. Social and emotional stability is very important in maintaining relationships. Explain five ways you will demonstrate social and emotional stability. (10 marks)
- b. Discuss five ways to develop social intelligence. (10 marks)