



**PacMOSSI**  
Pacific Mosquito Surveillance  
Strengthening for Impact

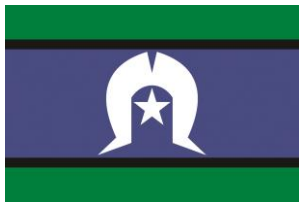
JCU Outreach

# Social and Emotional Intelligence



# Acknowledgement to Country

We acknowledge Australian Aboriginal and Torres Strait Islander people as the first inhabitants of this country and pay our respects to the traditional owners of the land on which we stand today. In the spirit of reconciliation, we also acknowledge the valuable contribution that Australian Aboriginal and Torres Strait Islander people continue to make to James Cook University and the broader community.



# JCU Outreach Framework

*Co Design ▶ Community ▶ Confidence ▶ Clarity ▶ Capacity*



## Social and Emotional Intelligence Warm up activity

# JCU Outreach Framework

*Co Design ▶ Community ▶ Confidence ▶ Clarity ▶ Capacity*



**PacMOSSI**  
Pacific Mosquito Surveillance  
Strengthening for Impact

## Social & Emotional Intelligence

### What is it?

These include:

1. Self-awareness
2. Self-management
3. Social awareness
4. Social skills / relationship management

# JCU Outreach Framework

*Co Design ▶ Community ▶ Confidence ▶ Clarity ▶ Capacity*

**Emotional intelligence, determine how we manage ourselves and consist of:**

1. Self-awareness – involves knowing your own feelings. This includes having an accurate assessment of what you're capable of, when you need help, and what your emotional triggers are.
2. Self-management – this involves being able to keep your emotions in check when they become disruptive. Self-management involves being able to control outbursts, calmly discussing disagreements, and avoiding activities that undermine you or cause you to panic.

# JCU Outreach Framework

*Co Design ▶ Community ▶ Confidence ▶ Clarity ▶ Capacity*



**PacMOSSI**  
Pacific Mosquito Surveillance  
Strengthening for Impact

**Social intelligence, determine how we handle relationships and consist of:**

3. Social awareness – awareness of others' feelings, needs and concerns
4. Social skills / relationship management – ability to create desirable responses in others

# JCU Outreach Framework

*Co Design ▶ Community ▶ Confidence ▶ Clarity ▶ Capacity*



**PacMOSSI**  
Pacific Mosquito Surveillance  
Strengthening for Impact

Being aware of our social & emotional needs is important because it will:


- shape the way we interact with others
- influence the way that we deal with situations
- self-awareness as to how people may perceive us
- understanding different personalities & how to best get along , so you get a good or better outcome




# JCU Outreach Framework

Co Design ▶ Community ▶ Confidence ▶ Clarity ▶ Capacity





**PacMOSSI**  
Pacific Mosquito Surveillance  
Strengthening for Impact



## Personality Portrait Quiz

Choose **one** statement from each line that describes you **best**.  
Place a tick in the box next to the statement you choose.  
Once you have chosen one statement from each line, add the number of ticks and circle the letter at the bottom of the list which has the most ticks.

I like to plan my day	I like to let the day happen	
I like to make lists	I don't make many lists	
I like schedules	I don't like schedules	
I am organised	I just do things as they come	
I get my work done ahead of time	I usually do things at the last minute	
My room is organised	My room is a mess	
Changes to plans can upset me	Changes to plans don't bother me	
I get my work done before I play	I am comfortable playing if I still have work to do	
I don't work well under pressure	I work well under pressure	
I don't like surprises	I like surprises	
I like to plan large tasks	I start large tasks	
<b>S</b>	<b>C</b>	

Collect **one** card for each letter you have circled (a total of four cards).



# JCU Outreach Framework

*Co Design ▶ Community ▶ Confidence ▶ Clarity ▶ Capacity*



**PacMOSSI**  
Pacific Mosquito Surveillance  
Strengthening for Impact




# JCU Outreach Framework

Co Design ► Community ► Confidence ► Clarity ► Capacity



**PacMOSSI**  
Pacific Mosquito Surveillance  
Strengthening for Impact

 **Personality Portrait Quiz**

Choose **one** statement from each line that describes you **best**.  
Place a tick in the box next to the statement you choose.  
Once you have chosen one statement from each line, add the number of ticks and circle the letter at the bottom of the list which has the most ticks.

I usually listen in groups	I talk a lot in groups	
I have a few good friends	I have lots of friends	
I like being alone	I like to be around lots of people	
I like quiet times with friends	I like big parties	
I keep my feelings inside	I let my feelings out	
I am a private person	I share a lot about myself	
I tend to think then talk	I tend to talk then think	
I like to work alone	I like to work in groups	
I don't go out a lot	I socialise a lot	
I prefer quiet and calm	I like noisy, busy places full of people and activity	
I like to learn by reading	I learn better by doing and hearing	
<b>I</b>	<b>E</b>	

Choose **one** statement from each line that describes you **best**.

## I Internaliser

- You reflect, then act
- You can be reserved and quiet
- You can take time to get to know
- You keep your thoughts and feelings private
- You need privacy and quiet time
- You may seem withdrawn to others



**JAMES COOK  
UNIVERSITY  
AUSTRALIA**

[jcu.edu.au](http://jcu.edu.au)

If you are an internaliser, you are energised by spending time alone. You can be drained by being around lots of people, so time to yourself to focus on the world within is important to you.




**JAMES COOK  
UNIVERSITY  
AUSTRALIA**

# JCU Outreach Framework

Co Design ► Community ► Confidence ► Clarity ► Capacity




**PacMOSSI**  
Pacific Mosquito Surveillance  
Strengthening for Impact

 **Personality Portrait Quiz**

Choose **one** statement from each line that describes you **best**.  
Place a tick in the box next to the statement you choose.  
Once you have chosen one statement from each line, add the number of ticks and circle the letter at the bottom of the list which has the most ticks.

I usually listen in groups	I talk a lot in groups	
I have a few good friends	I have lots of friends	
I like being alone	I like to be around lots of people	
I like quiet times with friends	I like big parties	
I keep my feelings inside	I let my feelings out	
I am a private person	I share a lot about myself	
I tend to think then talk	I tend to talk then think	
I like to work alone	I like to work in groups	
I don't go out a lot	I socialise a lot	
I prefer quiet and calm	I like noisy, busy places full of people and activity	
I like to learn by reading	I learn better by doing and hearing	
<b>I</b>	<b>E</b>	


Choose **one** statement from each line that describes you **best**.



## Externaliser


- You act, then reflect
- You are friendly and talkative
- You are easy to get to know
- You express thoughts and feelings freely
- You need to interact with people
- You may seem flighty

If you are an externaliser, you are energised by being around people and interacting with them. You can spend time alone, but need the stimulation and interaction with the world around you.



**JAMES COOK UNIVERSITY AUSTRALIA**

jcu.edu.au




**JAMES COOK UNIVERSITY AUSTRALIA**

# JCU Outreach Framework

*Co Design ▶ Community ▶ Confidence ▶ Clarity ▶ Capacity*



**PacMOSSI**  
Pacific Mosquito Surveillance  
Strengthening for Impact

 **Personality Portrait Quiz**

Place a tick in the box next to the statement you choose.  
Once you have chosen one statement from each line, add the number of ticks and circle the letter at the bottom of the list which has the most ticks.

I like learning real stuff	I like learning concepts	
I like being with realistic people	I like being with imaginative people	
I am practical	I am creative	
I like reading about real things	I like reading fantasy	
I prefer to be in the real world	I prefer to be in a future world	
I am realistic	I always have new ideas	
I look at the details	I look at the big picture	
I prefer to go step by step	I tend to do things randomly	
I like factual subjects like maths and science	I like concept subjects like English and art	
I am comfortable with facts	I am comfortable with hunches	
I like working with my hands	I like working with ideas and possibilities	
<b>D</b>	<b>B</b>	


Choose **one** statement from each line that describes you **best**.

**D Detail**

- You see detail, specific parts and pieces
- You live in the present
- You prefer to live with practicalities
- You like things that are measurable
- You like to take it one step at a time
- You like to work hands on

 **JAMES COOK UNIVERSITY AUSTRALIA** [jcu.edu.au](http://jcu.edu.au)

If you tend to prefer the details, you like to take in information that is real and tangible. You like information that uses your five senses. You pay close attention to what is going on around you and are especially good at practical realities.

 **JAMES COOK UNIVERSITY AUSTRALIA**




# JCU Outreach Framework

*Co Design ▶ Community ▶ Confidence ▶ Clarity ▶ Capacity*



**PacMOSSI**  
Pacific Mosquito Surveillance  
Strengthening for Impact

 **Personality Portrait Quiz**

Place a tick in the box next to the statement you choose.  
Once you have chosen one statement from each line, add the number of ticks and circle the letter at the bottom of the list which has the most ticks.

I like learning real stuff	I like learning concepts	
I like being with realistic people	I like being with imaginative people	
I am practical	I am creative	
I like reading about real things	I like reading fantasy	
I prefer to be in the real world	I prefer to be in a future world	
I am realistic	I always have new ideas	
I look at the details	I look at the big picture	
I prefer to go step by step	I tend to do things randomly	
I like factual subjects like maths and science	I like concept subjects like English and art	
I am comfortable with facts	I am comfortable with hunches	
I like working with my hands	I like working with ideas and possibilities	
<b>D</b>	<b>B</b>	

Choose **one** statement from each line that describes you best.

## **B** Big Picture

- You see patterns and relationships
- You live toward the future
- You prefer to imagine possibilities
- You like being inventive
- You jump in and leap over steps
- You look at the big picture to see where parts fit

 **JAMES COOK UNIVERSITY AUSTRALIA** [jcu.edu.au](http://jcu.edu.au)

If you tend to prefer looking at the big picture, you like to take in information by seeing the whole. You like to focus on the relationship and connections between facts. You look for patterns and are very good at seeing new possibilities.


 **JAMES COOK UNIVERSITY AUSTRALIA**

# JCU Outreach Framework

Co Design ▶ Community ▶ Confidence ▶ Clarity ▶ Capacity



**PacMOSSI**  
Pacific Mosquito Surveillance  
Strengthening for Impact

 **Personality Portrait Quiz**

Place a tick in the box next to the statement you choose.  
Once you have chosen one statement from each line, add the number of ticks and circle the letter at the bottom of the list which has the most ticks.


I prefer to be treated fairly	I prefer to be appreciated	
I make decisions based on facts	I make decisions based on how it affects others	
I enjoy debating topics	I like to keep the peace	
My head rules	My heart rules	
I am logical	I am sensitive	
I am competent	I am compassionate	
I can stay objective	I tend to get involved in emotional situations	
I tend to be critical	I tend to be tolerant	
Facts in general are important to me	People in general are important to me	
I am good at analysing plans	I am good at understanding people	
Truth and justice are important to me	Relationships and harmony are important to me	
<b>L</b>	<b>H</b>	

**L Logical**

- You decide with the head
- You go by logic
- You are concerned with principles like justice
- You see things from outside a situation
- You are good at analysing plans
- You are critical

 **JAMES COOK UNIVERSITY AUSTRALIA** [jcu.edu.au](http://jcu.edu.au)

If you tend to prefer logic, you like to make decisions by looking at the logical consequences of your choice or action. You examine the pros and the cons and enjoy analysing what's wrong so you can solve the problem. You try to find a standard to suit all similar situations.


 **JAMES COOK UNIVERSITY AUSTRALIA**

# JCU Outreach Framework

Co Design ► Community ► Confidence ► Clarity ► Capacity



**PacMOSSI**  
Pacific Mosquito Surveillance  
Strengthening for Impact

 **Personality Portrait Quiz**

Place a tick in the box next to the statement you choose.  
Once you have chosen one statement from each line, add the number of ticks and circle the letter at the bottom of the list which has the most ticks.

I prefer to be treated fairly	I prefer to be appreciated	
I make decisions based on facts	I make decisions based on how it affects others	
I enjoy debating topics	I like to keep the peace	
My head rules	My heart rules	
I am logical	I am sensitive	
I am competent	I am compassionate	
I can stay objective	I tend to get involved in emotional situations	
I tend to be critical	I tend to be tolerant	
Facts in general are important to me	People in general are important to me	
I am good at analysing plans	I am good at understanding people	
Truth and justice are important to me	Relationships and harmony are important to me	
<b>L</b>	<b>H</b>	

## **H** Harmony

- You decide with the heart
- You go by personal convictions
- You are concerned with values like relationships
- You see things as a participant in a situation
- You appreciate
- You are good at understanding people



**JAMES COOK  
UNIVERSITY**  
AUSTRALIA

[jcu.edu.au](http://jcu.edu.au)

If you tend to prefer harmony, you will make decisions based on taking into consideration what is important to you and to other people. You appreciate and support others, and try to create harmony and treat people as individuals.



**JAMES COOK  
UNIVERSITY**  
AUSTRALIA




# JCU Outreach Framework

Co Design ► Community ► Confidence ► Clarity ► Capacity



**PacMOSSI**  
Pacific Mosquito Surveillance  
Strengthening for Impact

**JCU** 

Personality Portrait Quiz

Choose **one** statement from each line that describes you **best**.  
Place a tick in the box next to the statement you choose.  
Once you have chosen one statement from each line, add the number of ticks and circle the letter at the bottom of the list which has the most ticks.

I like to plan my day	I like to let the day happen	
I like to make lists	I don't make many lists	
I like schedules	I don't like schedules	
I am organised	I just do things as they come	
I get my work done ahead of time	I usually do things at the last minute	
My room is organised	My room is a mess	
Changes to plans can upset me	Changes to plans don't bother me	
I get my work done before I play	I am comfortable playing if I still have work to do	
I don't work well under pressure	I work well under pressure	
I don't like surprises	I like surprises	
I like to plan large tasks	I start large tasks	
<b>S</b>	<b>C</b>	

Collect **one** tick for each letter you have circled (a total of four cards).

## **S** Structure

- You prefer an organised life
- You like structure and order
- You like to have life under control
- You enjoy being decisive
- You like closure
- You plan in advance



JAMES COOK  
UNIVERSITY  
AUSTRALIA

jcu.edu.au

If you tend to prefer being structured, you like to live in a planned, orderly way. You prefer to make decisions, get it done and move on. You tend to be structured and organised, and sticking to plans and schedules is important to you.



JAMES COOK  
UNIVERSITY  
AUSTRALIA




# JCU Outreach Framework

Co Design ► Community ► Confidence ► Clarity ► Capacity



**PacMOSSI**  
Pacific Mosquito Surveillance  
Strengthening for Impact

**JCU** 

Personality Portrait Quiz

Choose **one** statement from each line that describes you **best**.  
Place a tick in the box next to the statement you choose.  
Once you have chosen one statement from each line, add the number of ticks and circle the letter at the bottom of the list which has the most ticks.

I like to plan my day	I like to let the day happen	
I like to make lists	I don't make many lists	
I like schedules	I don't like schedules	
I am organised	I just do things as they come	
I get my work done ahead of time	I usually do things at the last minute	
My room is organised	My room is a mess	
Changes to plans can upset me	Changes to plans don't bother me	
I get my work done before I play	I am comfortable playing if I still have work to do	
I don't work well under pressure	I work well under pressure	
I don't like surprises	I like surprises	
I like to plan large tasks	I start large tasks	
<b>S</b>	<b>C</b>	

Collect **one** card for each letter you have circled (a total of four cards).

**C** Casual

- You prefer a flexible lifestyle
- You prefer to go with the flow
- You prefer to experience life as it happens
- You enjoy being curious, and being surprised
- You like openness
- You do things at the last minute

 **JAMES COOK UNIVERSITY AUSTRALIA** [jcu.edu.au](http://jcu.edu.au)

If you tend to prefer being casual, you like to live in a flexible, spontaneous way. You are happy to experience life rather than control it. Detailed plans can be confining as you prefer to stay open to new information and last minute options. You adapt well to the moment and work well under pressure.

 **JAMES COOK UNIVERSITY AUSTRALIA**

# JCU Outreach Framework

Co Design ▶ Community ▶ Confidence ▶ Clarity ▶ Capacity



There are a total of 16 possible personality types

I/E      B/D      H/L      C/S

Personality indicators	People with the same traits
1. EDLS (The Executive)	Ella Baker, Judge Judy
2. IDLS (The Logistician)	George Washington
3. EDLC (The Entrepreneur)	Madonna, Rocket (Avengers)
4. IDLC (The Virtuoso)	Michael Jordan
5. EDHS (The Counsel)	Taylor Swift
6. IDHS (The Defender)	Queen Elizabeth II
7. EDHC (The Entertainer)	Steve Irwin
8. IDHC (The Adventurer)	Frida Kahlo
9. EBLS (The Commander)	Steve Jobs, Gordon Ramsay
10. IBLS (The Architect)	Michelle Obama
11. EBLC (The Debater)	Mark Twain
12. IBLC (The Logician)	Albert Einstein
13. EBHS (The Protagonist)	Barack Obama
14. IBHS (The Advocate)	Nelson Mandela
15. EBHC (The Campaigner)	Robert Downey Jr
16. IBHC (The Mediator)	William Shakespeare



# JCU Outreach Framework

*The table below gives you more information about your personality type and possible careers that you may be best suited for. This is not an exhaustive list or account for other factors that may influence individual life motivations.*

<b>EDLS (The Executive)</b> <i>Quick to make practical decisions and perform well in social roles that require them to lead.</i> <ul style="list-style-type: none"> <li>General Manager</li> <li>Insurance Agent</li> <li>Chef</li> <li>School Administrator</li> </ul>	<b>IDLS (The Logistician)</b> <i>Hard workers who value their responsibilities and excels in behind-the-scenes roles.</i> <ul style="list-style-type: none"> <li>Accountant</li> <li>Office Manager</li> <li>Probation officer</li> <li>Government employee</li> </ul>	<b>EDLC (The Entrepreneur)</b> <i>Love excitement and excel in a crisis, high-stakes roles that require them to be resourceful.</i> <ul style="list-style-type: none"> <li>Investor</li> <li>Police Detective</li> <li>Sports Coach</li> <li>Military Officer</li> </ul>	<b>IDLC (The Virtuoso)</b> <i>Honest people who prefer action to conversation, and perform well in hands on roles.</i> <ul style="list-style-type: none"> <li>Civil Engineer</li> <li>Pilot</li> <li>Carpenter</li> <li>Police Officer</li> </ul>
<b>EDHS (The Counsel)</b> <i>Motivated to help others and gravitate toward social roles that require them to care for others.</i> <ul style="list-style-type: none"> <li>Sales representative</li> <li>Social Worker</li> <li>Nurse/healthcare worker</li> <li>Teacher</li> </ul>	<b>IDHS (The Defender)</b> <i>Like helping others in non-authority-roles that require them to provide services to others.</i> <ul style="list-style-type: none"> <li>Dentist</li> <li>Teacher</li> <li>Librarian</li> <li>Franchise owner</li> </ul>	<b>EDHC (The Entertainer)</b> <i>Lively and playful people who gravitate toward roles that require them to interact with others.</i> <ul style="list-style-type: none"> <li>Actor</li> <li>Environmental scientist</li> <li>Receptionist</li> <li>Bartender</li> </ul>	<b>IDHC (The Adventurer)</b> <i>Like to help people and do well in roles that require them to be sympathetic and attentive.</i> <ul style="list-style-type: none"> <li>Veterinarian</li> <li>Hairdresser</li> <li>Fashion designer</li> <li>Massage therapist</li> </ul>
<b>EBLS (The Commander)</b> <i>Leaders who are logical and good strategic planners and gravitate toward authoritarian roles.</i> <ul style="list-style-type: none"> <li>Advertising executive</li> <li>Architect</li> <li>Attorney</li> <li>Physician</li> </ul>	<b>IBLS (The Architect)</b> <i>Perfectionists who prefer to do things their own way in non-social theoretical thinking roles.</i> <ul style="list-style-type: none"> <li>Investment banker</li> <li>Physicist</li> <li>Software developer</li> <li>Judge</li> </ul>	<b>EBLC (The Debater)</b> <i>Creative people who enjoy new challenges and excel in risky roles that require them to be persistent.</i> <ul style="list-style-type: none"> <li>Politician</li> <li>Marketing director</li> <li>Reporter</li> <li>Real estate agent</li> </ul>	<b>IBLC (The Logician)</b> <i>Independent problem-solvers who gravitate toward roles that require them to be theoretical.</i> <ul style="list-style-type: none"> <li>College Professor</li> <li>Psychiatrist</li> <li>Computer Programmer</li> <li>Mathematician</li> </ul>
<b>EBHS (The Protagonist)</b> <i>Energetic and diplomatic people-lovers who excel in roles that require them to be expressive and logical.</i> <ul style="list-style-type: none"> <li>Sales Manager</li> <li>Health Educator</li> <li>Minister</li> <li>Public relations role</li> </ul>	<b>IBHS (The Advocate)</b> <i>Do well in behind the scenes roles that require them to communicate on a personal level.</i> <ul style="list-style-type: none"> <li>Therapist</li> <li>Social Worker</li> <li>Paediatrician</li> <li>Veterinarian</li> </ul>	<b>EBHC (The Campaigner)</b> <i>Curious and confident people who see possibilities everywhere who perform well in communicative roles.</i> <ul style="list-style-type: none"> <li>Journalist</li> <li>Consultant</li> <li>Event Planner</li> <li>Travel Writer</li> </ul>	<b>IBHC (The Mediator)</b> <i>Motivated by personal values and excel in roles requiring them to be considerate &amp; adaptable.</i> <ul style="list-style-type: none"> <li>Graphic designer</li> <li>Therapist</li> <li>Writer</li> <li>Visual Artist</li> </ul>

# JCU Outreach Framework

*More career information*



[www.myfuture.edu.au/](http://www.myfuture.edu.au/)



[www.yourcareer.gov.au/](http://www.yourcareer.gov.au/)



[www.studyworkgrow.com/](http://www.studyworkgrow.com/)



[www.jcu.edu.au/careers-and-employability](http://www.jcu.edu.au/careers-and-employability)



# Questions

