



The Student EQ Edge: Emotional Intelligence and Your Academic and Personal Success: Student Workbook

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DESCRIPTION

THE STUDENT EQEDGE STUDENT WORKBOOK

The *Student Workbook* is a companion to the book *The Student EQ Edge: Emotional Intelligence and Your Academic and Personal Success*. The Workbook offers you a hands-on resource for gaining a clearer understanding of emotional intelligence and is filled with practical exercises for developing your emotional intelligence. Filled with case studies, self-assessments, activities around movie and television clips, and reflection and discussion questions, the Student Workbook will give you the skills and confidence you need in order to succeed in college and beyond.

"Success in college is *not* just a matter of luck nor is it all about being the smartest person in class. The way you approach college matters. The great news in this book is that you can learn how to be successful in college and in your life beyond college."#Randy L. Swing, executive director, Association for Institutional Research

"We have been long aware that academic ability does not necessarily predict college success. This book provides a comprehensive look at emotional intelligence and the role it plays in student persistence. It takes these noncognitive aspects that we know really matter and puts them into a practical, user-friendly guide. This book is long overdue in higher education."#Catherine Andersen, master trainer in emotional intelligence; professor and special assistant to the provost for student success, Gallaudet University

ABOUT THE AUTHOR

KORREL KANOY is professor emeritus of psychology at William Peace University and an educational consultant. HOWARD E. BOOK is an organizational consultant and psychiatrist. He is an associate professor in the department of psychiatry at the University of Toronto. STEVEN J. STEIN is a clinical psychologist and founder and CEO of Multi-Health Systems Inc. He is coauthor, with Howard Book, of *The EQ Edge*.

The book is sponsored by Multi-Health Systems (MHS), which has been publishing psychological assessments for 30 years.

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