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Worksheet 3.5: Positive and Negative Affect; Reflection Questions;  
Worksheet 3.6: Self-Development Plan for Emotional Self-Awareness;  
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Reflection Questions; Worksheet 6.6: Self-Development Plan for  
Emotional Expression; Part 1. Developing a Plan  
Part 2. Outcomes of Your Plan

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### Sommario/riassunto

Written specifically for students, The Student EQ Edge: Student Workbook is designed to be used alongside the main volume, The Student EQ Edge, and helps students move from understanding to action through use of case studies, self-assessment questions, reflection and discussion questions, and activities and assignments. This will help students begin to build their emotional intelligence skills in a concrete and tangible fashion.

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