Assignment for First Day of Class

Welcome back!

For the first day of class, please read:

- TWEN: The Plight of Lawyers Packet
- Daniel Goleman, Emotional Intelligence, Cost of Emotional Illiteracy (15)
- TWEN: Fontana, Mindfulness (skim)

Also, please write a 2-3 page reflection paper assessing your emotional intelligence at this point in your life. Be sure to consider your strengths and weaknesses, and what areas you would like to improve. As always, be sure to provide concrete examples to support your points. Please note that I do not expect a lot of EI lingo, citations to the readings, etc. Rather, my goal is to get you thinking about where you are at with respect to this very important question before we start in on the course, and to give me an opportunity to get to know you a little bit, too.