**Day 1 Learning Activity**

**Self-Awareness Journaling with ChatGPT**

For this activity, you are going to **communicate with ChatGPT** to enhance your self-awareness about **emotional intelligence (EI)**. This reflective journaling exercise will help you understand your emotional responses, patterns, and the role AI can play in personal growth. The aim is for you to **increase your self-awareness** and gain insights into how you handle emotions in both your academic and personal life.

You will find **prompts below** that are designed to help guide your conversation with ChatGPT. These prompts are interrelated, so you can start by asking one question, reflecting on your personal situation, and then build on the next prompt. This allows for a **deeper exploration** of your emotional intelligence and how you can use it to improve your responses to challenges.

**Feel free to:**

* **Use any or all of the prompts** provided.
* **Modify, delete, or combine prompts** to better fit your personal experiences or preferences.
* **Personalize the questions** to focus on specific challenges or emotions that are relevant to you.

Once you’ve completed the journaling activity, we invite you to **share your experiences** in the **Day 1 Forum Discussion**. Reflect on how ChatGPT helped you understand your emotional intelligence, what insights you gained, and any strategies you found useful. This will allow for **collaborative learning** as you engage with other students and their experiences.

**Suggested Prompts for Self-Awareness Journaling**

(COPY/PASTE them into ChatGPT or a similar AI model)

1. ChatGPT, can you help me identify my emotional strengths and weaknesses by asking me questions about how I handle stress, motivation, and social interactions?
2. What patterns do you notice in my responses when I describe situations where I felt overwhelmed or frustrated? How can I use this information to improve my emotional intelligence?
3. How can AI like you assist me in better understanding my emotional triggers and responses in challenging academic situations?
4. Based on what I tell you about my daily interactions, can you help me identify areas where I could improve my empathy and communication with others?
5. Can you generate some questions to help me reflect on my emotional responses to feedback or criticism, and suggest ways to manage those emotions more effectively?
6. How can I use emotional intelligence to improve my decision-making, and what advice can you provide to help me recognize when my emotions are influencing my choices?
7. Can you guide me through a self-reflection process to better understand how my emotions impact my relationships with classmates or colleagues?
8. What questions should I ask myself daily to become more aware of my emotions and how they affect my actions and decisions?
9. How can I use the insights you provide to create a plan for improving my emotional regulation in stressful situations, and what strategies would you recommend based on my emotional profile?
10. Can AI like you help me identify patterns in my emotional behavior, and what techniques can I use to develop greater self-awareness in my academic and personal life?

**Extra Prompts:**

1. *Based on my descriptions of recent emotional experiences, what suggestions can you give me to enhance my emotional self-awareness and manage my emotions more effectively?*
2. *How can I improve my emotional resilience with the help of AI tools like you? What exercises or practices would you recommend?*
3. *Can you help me reflect on how my emotional state impacts my ability to focus on academic tasks and suggest ways to improve my emotional regulation?*
4. *What strategies can I use to identify and manage emotional biases in my decision-making process, and how can AI assist me in recognizing these biases?*
5. *How can I use your feedback to develop a stronger sense of empathy in my personal and academic relationships, and what role can emotional intelligence play in this?*