

## Topic 5 DQ

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**Review the intelligence theories from sections 8.9 - 8.10 in the textbook (general intelligence (IQ), crystalized and fluid intelligence, Gardner's Multiple Intelligences, Sternberg's Triarchic Theory, and/or Emotional Intelligence (EQ), etc.), and describe which one best describes your intelligence. Provide examples that support your answer.**

After considering all the available possibilities, the most applicable type of intelligence to depict has been determined to be emotional intelligence. Understanding one's own emotions and those of others is a critical component of emotional intelligence. Emotional intelligence can be defined as the ability to do such. Other aspects include:

- The capacity to maintain composure even in trying circumstances.
- Versatility.
- An upbeat outlook on life in general.

It is possible to notice it professionally and personally in people's everyday lives. For instance, in business contexts, professionals who can keep their cool when deadlines are drawing close and can empathize with their subordinates for their performance that falls short of expectations are considered to have high emotional intelligence (more specifically, interpersonal intelligence). A person is deemed to have a high level of emotional intelligence (more specifically, intrapersonal intelligence) if they are aware of the social relationships in their own life that bring them the most joy and those that bring them the most pain and can differentiate between the two. The ability to communicate with other people in a way that makes them happy while at the same time reducing the likelihood of conflict is another significant indicator of a high level of emotional intelligence (Grison & Gazzaniga, 2021).

### Reference

Grison, S. & Gazzaniga, M. (2019). *Psychology in your life* (3rd ed.). New York, NY: Norton & Company, Inc.