

Emotional intelligence



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is the capability of individuals to recognize their own emotions and those of others, discern between different feelings and label them appropriately, use emotional information to guide thinking and behavior, and manage and/or adjust emotions to adapt to environments or achieve one's goal

** Definition
of the phrase*

* *In 1983, Howard Gardner's *Frames of Mind: The Theory of Multiple Intelligences* introduced the idea that traditional types of intelligence, such as IQ, fail to fully explain cognitive ability. He introduced the idea of multiple intelligences which included both interpersonal intelligence (the capacity to understand the intentions, motivations and desires of other people) and intrapersonal intelligence (the capacity to understand oneself, to appreciate one's feelings, fears and motivations)*



* *History*

Many of us are aware of IQ (Intelligence Quotient). Designed to measure intellectual intelligence, it gives a score from a series of tests. Higher IQs indicate better cognitive abilities, or the ability to learn and understand. People with higher IQs are more likely to do well academically without exerting the same amount of mental effort as those with lower IQ scores.

BUT

Emotional Intelligence is a more modern concept and was only fully developed in the mid-1990s

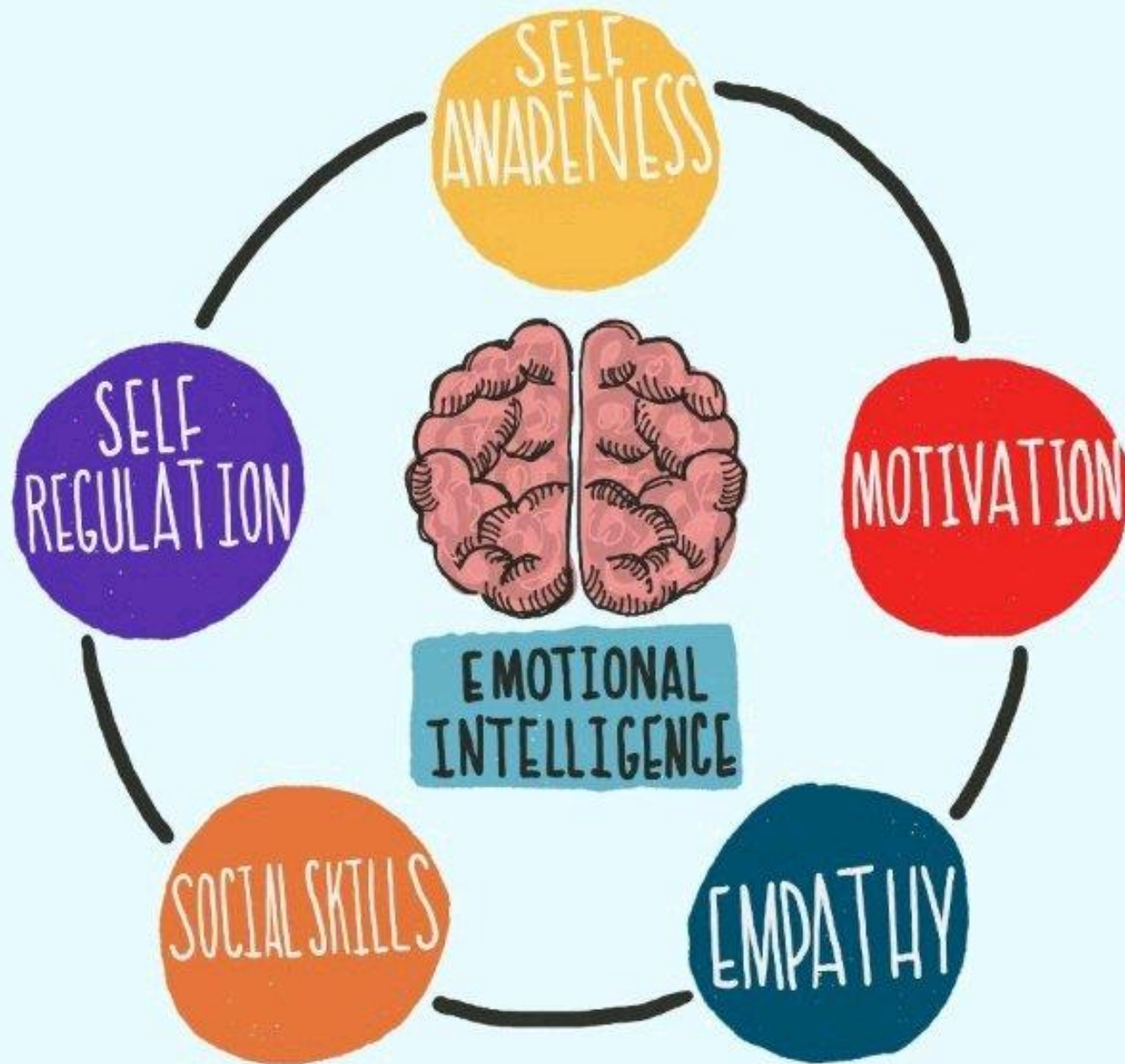
*** IQ ≠ EI**

Academic aptitude (IQ) has no connection with how people understand and deal with their emotions and the emotions of others (EI). This makes perfect sense: we've all met very clever people who nonetheless had no idea about how to deal with people, and the reverse.

IQ and emotional intelligence attempt to measure different forms of human intelligence; along with personality, these measures make up an individual's psyche.



** IQ ≠ EI*



EMOTIONAL CAPITAL MODEL OF EMOTIONAL INTELLIGENCE



Thanks for your attention