

People Smarts
Chapter 1
Quiz

Multiple Choice

1. Having emotional intelligence is defined as having:
 - a. self-awareness
 - b. self-confidence
 - c. physic ability
 - d. limited feelings

2. In what situation would it be helpful to have emotional intelligence?
 - a. Before a big test at school
 - b. Volunteering for Red Cross
 - c. Fighting with your younger sibling
 - d. Convincing your friend to hang out with you

True or False

3. Animals cannot possess emotional intelligence.
True False

4. Having emotional intelligence is learning how to manage anxiety, happiness, and fear.
True False

Fill in the Blank

5. Emotional intelligence is a vital sense organ that helps us understand the _____ side of life.

Essay Questions

6. What elements make up emotional intelligence (name at least three)

7. Write one paragraph explaining the difference between EQ and IQ.

8. Emotional Intelligence is sometimes described as a sixth sense. Do you think that is true? Why or why not?

9. How can emotional intelligence help you through the time you spend in high school?

People Smarts
Chapter 2
Quiz

Multiple Choice

1. We are self-aware when:
 - a. we can speak our mind
 - b. we are honest
 - c. we recognize a feeling or emotion
 - d. we recognize a physical action

2. When people are not able to put their feelings into words, they have a condition called:
 - a. amnesia
 - b. alexithymia
 - c. sociopathia

True or False

3. People can experience the same exact situation and react to it very differently.
True False

Fill in the Blank

4. _____ can help you become more self-aware.

Essay Questions

5. What is your personal definition of being self-aware? How are you self-aware?

6. When you are happy, what is your thought about that mood of happiness? Can you pinpoint exactly what it is that makes you happy? Give some examples.

7. Name three activities you can do to promote self awareness.

8. Explain how being self-aware can make you a stronger person.

9. What is your most intense emotion? Do you experience it often? How do you manage this emotion when it gets more intense than you like?

People Smarts
Chapter 3
Quiz

Multiple Choice

1. Which of these methods is not a good way to process anger?
 - a. Taking a walk
 - b. Writing in a journal
 - c. Talking with a friend
 - d. Reacting violently

True or False

2. Body language is an accurate example of how people are feeling at all times.
True False
3. Anger can be a destructive emotion.
True False
4. Disappointments and setbacks you experience are a good reason to have a negative perspective on things in your life.
True False

Fill in the Blank

5. It is important to find a balance between our _____ brain and our _____ brain.

Essay Questions

6. What are some of your self-soothing techniques?
7. If you don't have time to do self-sooth techniques during an emotional situation, what are some methods that can help you deal with the situation?
8. Relate an experience in which you used self-control in a difficult situation. Be specific.
9. Why is it important to manage your emotions?

People Smarts
Chapter 4
Quiz

Multiple Choice

1. The dictionary defines what feeling/emotion as “a disturbance of mind regarding some uncertain event”?
 - a. Depression
 - b. Happiness
 - c. Anxiety
 - d. Sadness

2. An example of “delayed gratification” is:
 - a. saving your allowance to buy an iPod
 - b. telling your friends you can’t hang out because you need to study
 - c. holding yourself back from activities that are not important
 - d. working to your full potential

Fill in the Blank

3. “When we lack the ability to motivate ourselves, we essentially lack the ability to _____ to a change.

4. _____ is a mental zone of concentration, a sense of effortless experiences.

Essay Questions

5. What is your definition of self-motivation?

6. Name ways in which you can implement impulse control in your everyday life and the payoff it can have for you.

7. How can you keep yourself motivated?

8. Would being self-motivated keep you from having fun? Explain why or why not.

People Smarts
Chapter 5
Quiz

Multiple Choice

1. You can be a better listener by:
 - a. listening first and asking questions second
 - b. showing people you understand by nodding your head
 - c. being honest
 - d. all of the above

2. You can promote social awareness by doing all of the following, **except**:
 - a. observing and describing other's feelings in a journal
 - b. noticing those around you
 - c. doing your chores
 - d. working as a volunteer

3. You can avoid conflicts with bullies by:
 - a. ignoring the bully and walking away
 - b. getting physical
 - c. yelling at them
 - d. making-fun of the bully

4. Empathy is important because:
 - a. it makes you feel better
 - b. it helps you understand other people's emotions and feelings
 - c. it makes people like you
 - d. it will help you get better grades

5. The "Ranch of Rescued Dreams" is:
 - a. a ranch for champion horses
 - b. a place where abused hoses are paired with disadvantaged children
 - c. a sleep disorder research center
 - d. an orphanage

True or False

6. Empathy is the ability to understand what others are feeling.
True False

7. You should not look people in the eye when you are talking to them.
True False

8. When you see and understand the feelings and emotions of others you are socially unaware.
True False

9. When you listen to someone you should strive to hear what they're saying and what they're feeling.
True False
10. Bullies tend to target people who are shy or people who don't seem to fit in.
True False

Fill in the Blank

11. Humans are _____ beings; they live together, work together and have fun together.
12. We live in a _____ society and it's important for us to appreciate other cultures.
13. When we _____ to others it shows that we value their thoughts and ideas.
14. _____ are thought of as the ability to cooperate and get along with others.
15. _____ is when you listen to what someone has to say and think of questions you can ask when they are done.

Essay

16. Describe what empathy means to you and how it plays a part in your life.
17. Describe all the ways that listening benefits you. How does your listening ability benefit others?
18. What global connections do you have? What do you learn from them? If you don't have any, how could you create some?
19. How do you communicate empathy? Why is it important to communicate empathy?

People Smarts
Chapter 6
Quiz

Multiple Choice

1. What are stressors?
 - a. Methods of how to deal with stress
 - b. Signals in your brain
 - c. Events that bring about stress
 - d. A test to measure stress
2. A negative stress coping technique is:
 - a. talking with a professional
 - b. writing
 - c. eating
 - d. exercise
3. What is resilience?
 - a. Adapting and dealing with stressful circumstances
 - b. Freaking out in stressful situations
 - c. A self soothing technique
 - d. Method of academic achievement

True or False

4. Sometimes the cause of your stress can be in your own mind, a self critic.
True False

Essay Questions

5. Is all stress bad? Why or why not?
6. What are some signs of being overstressed? How do you deal with stress?
7. What are some examples of the emotional boundaries you expect your friends to respect?
8. Name two healthy and two negative ways to deal with stress.

People Smarts
Chapter 7
Quiz

Essay Questions

1. How do you take initiative in your life?
2. If someone said you were their role model, what attributes about yourself would you hope they are referring to?
3. Why is it important to share your feelings?
4. Who do you share your feelings with the most? Why? How do they help you?
5. Name three qualities you look for in a leader. Do you possess any of these qualities?
6. What or who is a positive influence to you? Why?
7. How can you use emotional intelligence outside this class? Give two examples how you can use emotional intelligence in everyday life.
8. Do you think your feelings about school and how you perform academically are connected? Explain why or why not.
9. What is your definition of a “team player”?
10. What are the five characteristics of emotional intelligence?