

Surprisingly, the emotional intelligence quiz was very short. I was expecting a much lengthier questionnaire. According to the results, I have good EQ or high emotional intelligence and my “level of EQ likely has been and will be a driver of [my] high performance under pressure for years to come.”

While reviewing the results, I learned something new. As the Institute for Health and Human Potential (IHHP) states, “EQ counts for twice as much as IQ and technical skills combined in determining who will be a star performer.” I am not sure if that is exactly true, or if they mentioned this to flatter the reader.

I appreciated the section of the explanation where tips were given on areas to work on. As much as the result says that I have good EQ now, we know that things and people change over time. One of the suggestions that was given to me was to “to take time out of your busy day-to-day activities to stop and reflect on what brings you the greatest meaning in your life.” I have proven this to be very true. Especially after having to write a reflection on self-care for my Generalist Practice class. Sometimes, I become very focused on deadlines and planning that I get uncomfortable when there are detours in my plans. This is something that I definitely have to work on so (as the IHHP says) I do not “lose sight of the reason [I am] doing ‘all of this’ in the first place!”.

One question that did arise after taking this test is why the initials for emotional intelligence is EQ and not EI. Overall, the results for this quiz were not surprising.