EMOTIONAL INTELLIGENCE

Powerful case for the importance of emotional intelligence, while making what intelligence is first place.

Reviews

Time to the intelligence of emotions. Emanuel's highly acclaimed book so effectively deployed.

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ite School of Education, Ministry

al insights for parents and teachers. Opposes can help counter violence from growing into productive adults."

former Chancellor, School of Education

His research is excellent and pulls together understanding about the roots, especially the importance of the in the early years."

Kelton, M.D.

Bantam Books
New York Toronto London Sydney Auckland
When Smart Is Dumb

Exactly why David Pologruto, a high-school physics teacher, was stabbed with a kitchen knife by one of his star students is still debatable. But the facts as widely reported are these:

Jason H., a sophomore and straight-A student at a Coral Springs, Florida, high school, was fixated on getting into medical school. Not just any medical school—he dreamt of Harvard. But Pologruto, his physics teacher, had given Jason an 80 on a quiz. Believing the grade—a mere B—put his dream in jeopardy, Jason took a butcher knife to school and, in a confrontation with Pologruto in the physics lab, stabbed his teacher in the collarbone before being subdued in a struggle.

A judge found Jason innocent, temporarily insane during the incident—a panel of four psychologists and psychiatrists swore he was psychotic during the fight. Jason claimed he had been planning to commit suicide because of the test score, and had gone to Pologruto to tell him he was killing himself because of the bad grade. Pologruto told a different story: "I think he tried to completely do me in with the knife" because he was infuriated over the bad grade.

After transferring to a private school, Jason graduated two years later at the top of his class. A perfect grade in regular classes would have given him a straight-A, 4.0 average, but Jason had taken enough advanced courses to raise his grade-point average to 4.614—way beyond A+. Even as Jason graduated with highest honors, his old physics teacher, David Pologruto, complained that Jason had never apologized or even taken responsibility for the attack.¹

The question is, how could someone of such obvious intelligence do something so irrational—so downright dumb? The answer: Academic
Emotional Intelligence and Destiny

When Smart is Dumped

The Nature of Emotional Intelligence

intelligence is a cluster of personal characteristics that help people to...
The Nature of Emotional Intelligence

A different kind of intelligence

...
The Nature of Emotional Intelligence

When smart is dumb

Emotional intelligence is the ability to understand other people. When we think of intelligence, we often think of academic or intellectual abilities—such as the ability to reason, solve problems, and understand abstract concepts. However, emotional intelligence goes beyond these abilities. It involves recognizing, understanding, and managing one's own emotions, as well as the emotions of others. Emotional intelligence is important because it affects our ability to connect with others, build relationships, and respond effectively to the demands of daily life.
When smart is dumb
Emotional intelligence (EI) is a term used to describe a set of skills that enable people to understand and manage their emotions. It is a key component of emotional literacy, which is the ability to identify, understand, and express emotions in a healthy and constructive way. EI is not just about being aware of your own emotions, but also about recognizing and responding to the emotions of others.

In recent years, research in psychology has shown that EI is an important factor in various aspects of life, including academic performance, career success, and interpersonal relationships. It is closely related to happiness, stress management, and overall well-being. People with high EI are often more successful in their careers, more adaptable to changes in their environment, and better at building and maintaining relationships.

The concept of EI was introduced by Salovey and Mayer in 1990, who defined it as the ability to accurately perceive, appraise, and express emotions, as well as the ability to use emotions to facilitate thinking. They also emphasized the importance of emotional regulation, which involves the ability to understand and manage one's own emotions in order to achieve personal goals.

While the exact definition of EI may vary, it generally includes the following components:

1. **Self-awareness**: The ability to accurately perceive, appraise, and express emotions. This includes being aware of one's own emotions and understanding how they affect behavior.

2. **Self-management**: The ability to control and regulate one's emotions, behavior, and impulses. This involves coping with stress, managing negative emotions, and maintaining positive emotions.

3. **Social awareness**: The ability to recognize and understand the emotions and intentions of others. This includes empathy, the ability to see things from another's perspective, and the ability to respond appropriately to the emotions of others.

4. **Relationship management**: The ability to build and maintain healthy relationships with others. This involves effective communication, conflict resolution, and the ability to work effectively in teams.

5. **Adaptive application**: The ability to use emotional knowledge and skills to improve one's personal and professional life. This includes making better decisions, handling stress, and improving interpersonal relationships.

EI has been found to be an important predictor of many important outcomes, including academic achievement, job performance, and leadership success. It is also associated with improved mental health, lower stress, and greater overall well-being.

In conclusion, EI is a critical skill for personal and professional success. By developing and cultivating EI, individuals can enhance their ability to understand and manage their emotions, as well as the emotions of others, leading to improved relationships, better decision-making, and overall well-being.
The Nature of Emotional Intelligence

10 AND EMOTIONAL INTELLIGENCE: PURE TYPES

When smart is dumb

Although there is ample research on each of the components, some of the less explored areas of emotional intelligence—perhaps because they are often neglected or left unacknowledged—are the quiet, unassuming, and unassuming women. By contrast, men tend to be assertive and express impressions more directly and often ignore or minimize the insights of others. The more gender-specific emotional intelligence—whether because the stereotypical “feminine” traits are less prevalent or because the qualities are considered less masculine—these insights are often overlooked or undervalued.

In general, emotional intelligence is most commonly found in middle-aged men, who often have the experience of emotional intelligence. However, women have the expressed emotional intelligence. They are committed to their emotional needs, aware of their own emotions, and capable of expressing them. They are comfortable with humor, stories, and the social universe they inhabit. They have a natural ability to connect with others, and the social universe they inhabit is rich in emotional content. They have a good sense of humor, and they are adept at communicating their emotions. They are not afraid to express their feelings, and they are not afraid to express their emotions. They are not afraid to express their feelings in situations where they might be perceived as too emotional. They are not afraid to express their feelings in situations where they might be perceived as too emotional. They are not afraid to express their feelings in situations where they might be perceived as too emotional. They are not afraid to express their feelings in situations where they might be perceived as too emotional. They are not afraid to express their feelings in situations where they might be perceived as too emotional. They are not afraid to express their feelings in situations where they might be perceived as too emotional. They are not afraid to express their feelings in situations where they might be perceived as too emotional.