

Chapter 3(b)

Cognitive, psychomotor and affective

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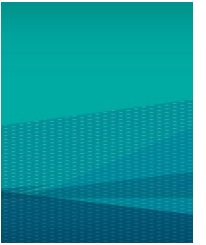
Intrapersonal Emotional Quotient

- **Self-Awareness** – The ability to recognize and understand your moods, emotions and drives, as well as their effect on others.
- **Self-Regulation** – The ability to control or re-direct disruptive impulses and moods and the propensity to suspend judgment and think before acting.
- **Motivation** – A passion to work for reasons that go beyond money and status and a propensity to pursue goals with energy and persistence.

Interpersonal Emotional Quotient



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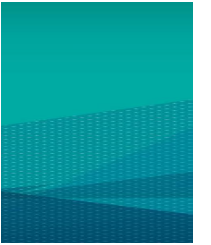


- **Social Skills** – A proficiency in managing relationships and building networks.
- **Empathy** – The ability to understand the emotional makeup of other people.

How to increase your EQ



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- **Conduct a “personal inventory.”**
- **Analyze the setting & identify skills needed.**
- **Enlist trusted friends.**
- **Focus on a few competencies.**
- **Practice, practice, practice.**
- **Be observant and reflective.**
- **Don’t expect immediate results.**
- **Learn from your mistakes.**
- **Acknowledge your successes**

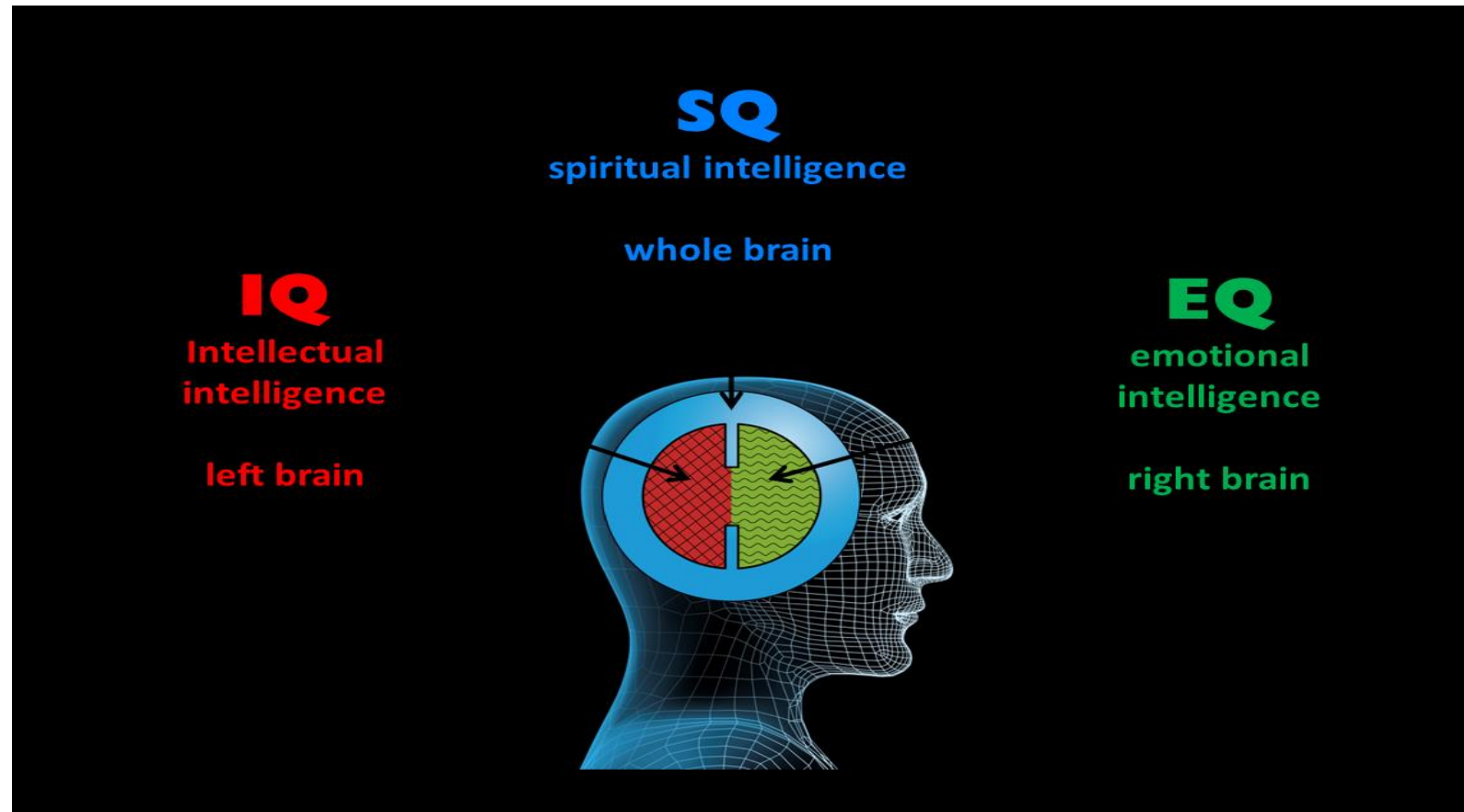
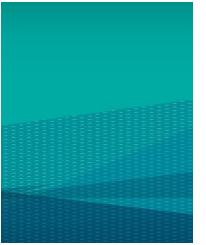
Spiritual intelligence (SQ)

- Spiritual intelligence is about the human need and talent for finding meaning in experience.
- Spiritual intelligence is a term used to indicate a spiritual correlate to IQ (intelligence Quotient) and EQ (Emotional Quotient)
- It is about having a direction in life and being able to heal ourselves of all the resentment

$$\text{IQ} + \text{EQ} = \text{SQ}$$



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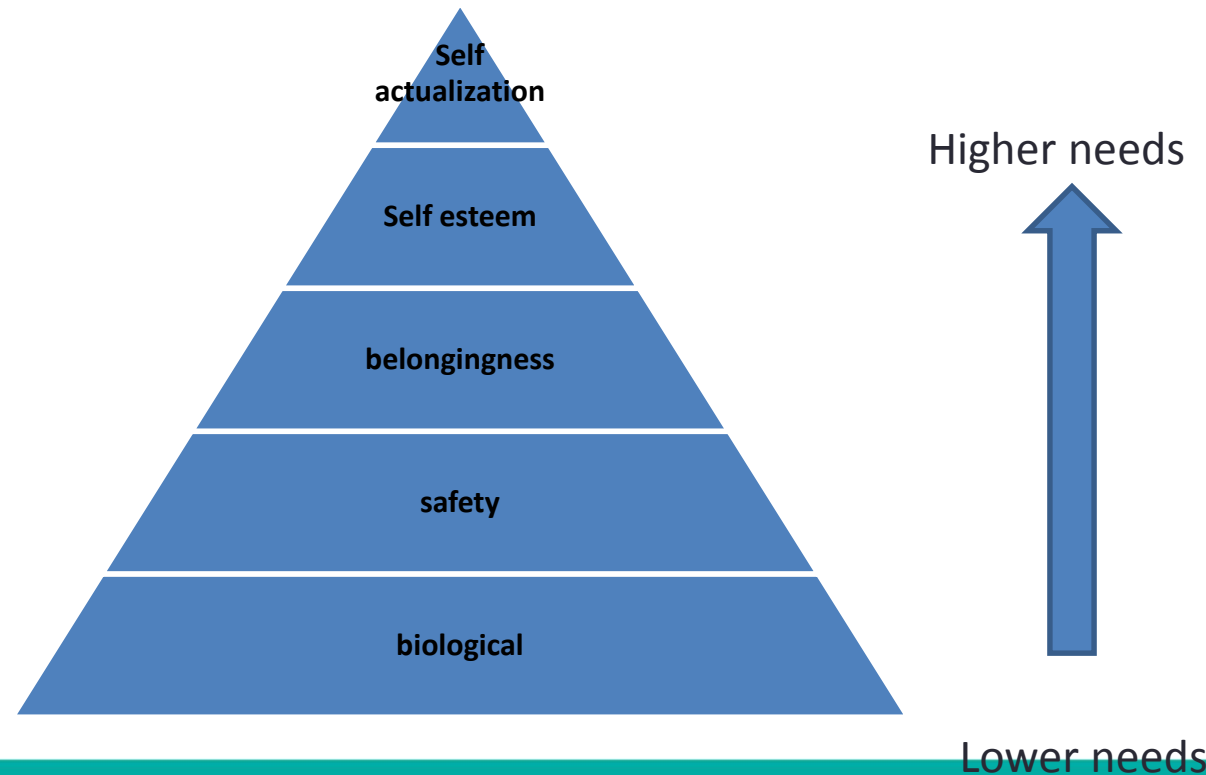


Example and comparison

Intelligence type	IQ	EQ	SQ
example	computer	animal	human
description	Can follow the rules and make no mistake	Have sense and can respond	Flexibly applied both iq and eq. Creative in seeking answer for fundamental question
differences	Primarily solves logical problems	Allows us to judge the situation we are in and behave appropriately	Allows us to ask if we want to be in that situation in the first place

How to develop high SQ

- To develop high SQ, each person needs to approach the task according to his/her personality



Signs of high SQ

1. Flexibility
2. Self-awareness
3. An ability to face and use suffering
4. The ability to be inspired by a vision
5. An ability to see connections between diverse things
6. A desire and capacity to cause as little harm as possible
7. A tendency to probe and ask fundamental questions
8. An ability to work against convection

Benefits of high SQ

- Enables one to live an energetic and balanced life.
- Helps one to effectively manage one's emotions.
- Builds capacity to face suffering & life's ups & downs.
- Reluctance to cause unnecessary harm.
- Helps one control anger, disappointment, fear and sorrow



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Emotional & Spiritual Quotient (ESQ)

ESQ

- The mechanism systematic model for manage three dimension of human
- Three dimension of human such as body, mind and soul

ESQ

- IQ is measure through intelligence
- EQ is measure through interaction among people
- SQ measured through the good qualities of the religion (believes) is understood and applied.

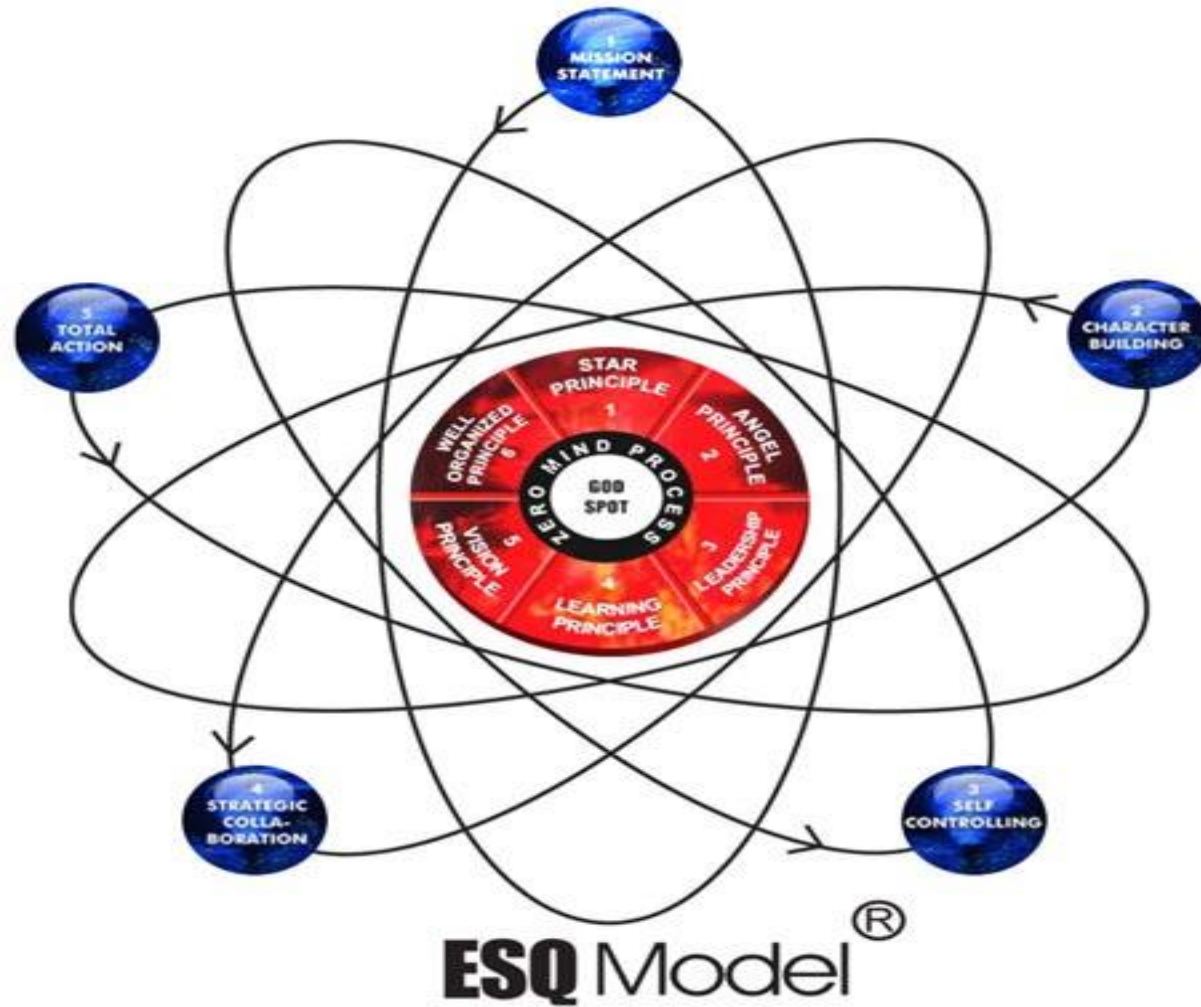
ESQ

- In essence, if the man knows yourself spiritually, then he will also know God (religion).
- It was then that changes spiritual energy, also a shift in perspective and the way we think as humans.
- This course will affecting peace and harmony of human life.

ESQ



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- Meaning : our movement sense.
- It simply refers to an awareness of changes in momentum, balance, pressure and body position in general. Occur in our body.
- It tells us all about how we are moving our bodies.
- Includes control of the bodily motions, the ability to handle objects skillfully and the gift for using whole body motions.

- They enjoy and usually are seen to be successful in active sports, constructing, dancing, hands-on tasks, working with scientific probes and microscopes, robotics, digital still and video cameras etc.



Athletic



Dancing



Crafts



Acting



Using Tools

- **Characteristics of Bodily-Kinesthetic Intelligence**
 1. Good at dancing and sports
 2. Enjoy creating things with their hands
 3. Excellent physical coordination
 4. Tends to remember by doing, rather than hearing or seeing

- **Potential Career Choices**
 1. Dancer
 2. Builder
 3. Sculptor
 4. Actor