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Class - D-2S Psychology

Paper - Practical

Topic - Emotional & Social Intelligence

Emotional Intelligence

Emotional intelligence is thought to be the ability to convey emotion to others in an understandable way as well as to read the emotions of others accurately. Some theories imply that a heightened emotional intelligence could also lead to faster generating and processing of emotions in addition to the accuracy. In addition, higher emotional intelligence is thought to help us manage emotions, which is beneficial for our problem-solving skills.

Emotional intelligence is important to our mental health and has ties into social intelligence.

Social Intelligence - Social intelligence is the ability to understand the social cues and motivations of

others and oneself in social situations. It is thought to be distinct to other types of intelligence, but has relations to emotional intelligence. Social intelligence has coincided with other studies that focus on how we make judgments of others, the accuracy with which we do so, and why people would be viewed as having positive or negative character.

Social intelligence develops from experience with people and learning from success and failures in social settings. It is more commonly referred to as "gut", "common sense", or "street smarts".