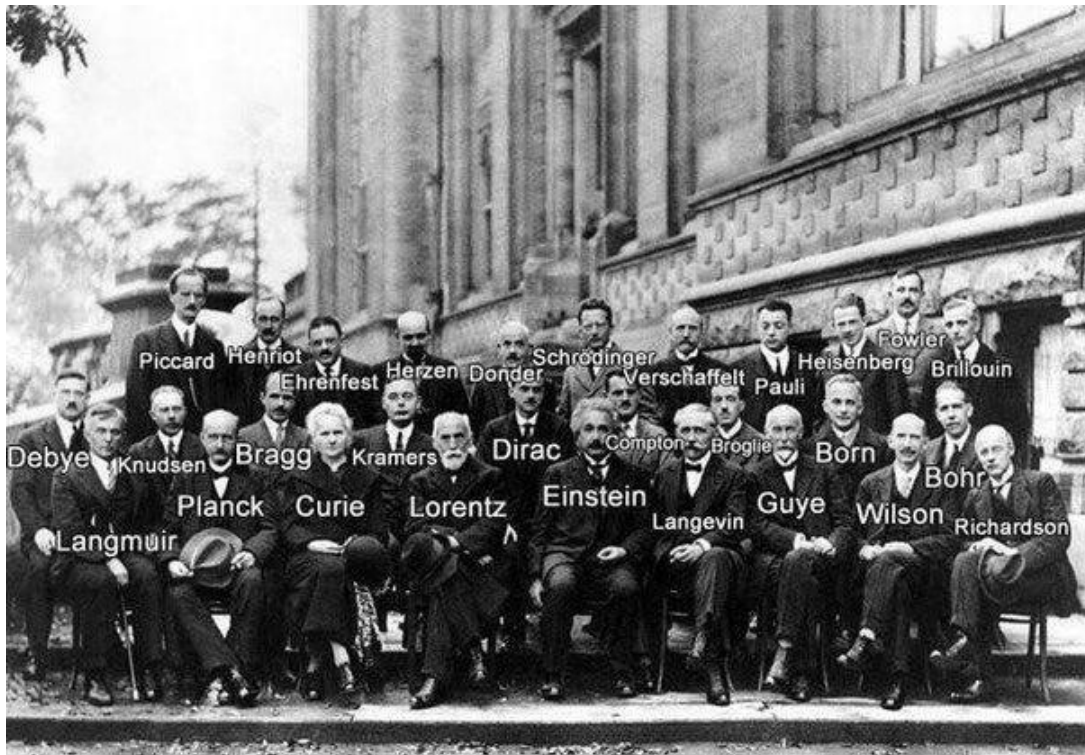


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9 Unusual habits that indicate a high level of intelligence.



Intelligence is often seen as something that comes down to raw brainpower. But, let's face it, there's more to it than just being a human calculator. Some of the most intelligent people I know have certain habits that might seem odd to others.

These unusual habits, however, are often indicators of a high level of intelligence.

In this article, I'll be sharing with you 9 offbeat habits that might just indicate you're smarter than the average **bear**.

You might find that you're already doing some of these things without even realizing their connection to intelligence.

Let's dive in.

1) Daydreaming

If you're constantly in a world of your own, don't worry. It doesn't mean you're not paying attention. In fact, it could be a sign that you're more intelligent than most.

Daydreaming is often seen as a sign of distraction or lack of focus. But research suggests that it can actually be an indicator of a high level of intelligence.

Individuals who daydream frequently are usually highly intelligent and creative.

They have the capacity to let their minds wander while still staying focused on the bigger picture.

If you often find yourself lost in your thoughts while others are busy focusing on the task at hand, it could just mean that your brain is hard at work, processing complex ideas and solving problems in the background.

And that's pretty smart if you ask me.

2) Being a night owl

I've always been more of a night owl than a morning person. My most productive hours tend to be late at night when everyone else is in bed. Turns out, this might not just be a quirk, it could be a sign of high intelligence.

[Studies](#) have shown that people who prefer to stay up late and do their best work in the wee hours of the morning often have higher IQs than those who are early birds.

The theory is that intelligent people are more likely to be nocturnal because in the past, our ancestors would have had to stay awake and alert at night to protect themselves from predators.

So next time someone calls you a night owl, just smile and take it as a compliment. It's just your brain showing off its smarts!

3) Constantly questioning things

If you're the kind of person who never takes things at face value and is always probing deeper, it's not just a sign of curiosity. It's a hallmark of intelligence.

Intelligent people don't just accept the world as it's presented to them. They dig deeper, question assumptions, and seek out answers.

This constant questioning and search for understanding is actually a trait that's shared by some of the world's greatest minds.

Albert Einstein famously said, "I have no special talent. I am only passionately curious."

If you're always asking "why" and "how", keep doing it. It's your intelligence shining through.

4) Enjoying solitude

Do you often find comfort and satisfaction in being alone? This preference for solitude could be an indication of high intelligence.

Intelligent people tend to be more self-reliant and comfortable with their own thoughts. They enjoy having the time and space to dive deep into their interests, ponder life's big questions, or simply unwind without the distractions that come with social interaction.

A [study](#) published in The British Journal of Psychology found that highly intelligent individuals had a lower life satisfaction with more frequent socialization with friends.

It suggests that smarter people are more content to spend time alone.

Choosing to enjoy solitude is different from being anti-social.

It's about understanding and valuing your own needs for personal space and introspection.

5) Reading for pleasure

Do you always have a book by your side? If so, you might be showcasing your intelligence. Reading for pleasure, without any specific goals or outcomes in mind, is a habit often linked to high intelligence.

Reading expands our horizons, improves our vocabulary, and exposes us to different perspectives.

It also boosts our critical thinking and analytical skills.

According to a [study](#) from the University of California, Berkeley, reading can even slow cognitive decline in old age!

If you are someone who loves to curl up with a good book, it's not just a hobby. It's a reflection of your intellectual prowess. Keep turning those pages!

6) Being empathetic

Has someone ever told you that you're good at understanding how they feel? If so, this empathy could indicate a higher level of intelligence.

Being able to empathize means being able to imagine and understand the feelings of others. It requires mental flexibility, emotional intelligence, and a deep understanding of human nature.

These are all traits often associated with high intellectual capacity.

Empathy allows us to build stronger connections and understand the world around us better. It helps us navigate social situations and understand complex dynamics.

If you find yourself being the shoulder your friends cry on or the person people turn to for advice, embrace it. Your ability to empathize is a sure sign of your intelligence.

7) Being forgetful

I've often found myself walking into a room and forgetting why I went there in the first place, or misplacing my keys even though I was holding them just a minute ago. It used to worry me, but I've come to realize that being a bit forgetful can actually be an indicator of high intelligence.

According to [research](#) from the University of Toronto, intelligent people are more likely to forget insignificant details because their brains are better at sifting through and discarding unimportant information.

This allows them to focus on what truly matters.

If you're like me and tend to forget the little things, don't sweat it. It's just your brain being efficient and making room for the important stuff!

8) Enjoying sarcasm

Are you a fan of sarcasm? Do you find it amusing when people use ironic statements to mock or convey contempt? Well, your appreciation for this form of wit might be a sign of high intelligence.

Understanding and using sarcasm requires a certain level of mental agility. It's about reading between the lines and grasping the true intent behind words that, on the surface, may mean something entirely different.

A [study](#) published in the journal *Organizational Behavior and Human Decision Processes* found that exposure to sarcasm can enhance creative problem solving.

So, loving a bit of sarcasm is not just fun, it's a sign of a sharp mind too.

9) Being adaptable

The ability to adapt to new situations and changes is perhaps the most significant indicator of high intelligence. Life is unpredictable, and being able to adjust your plans or thinking in response to new information or circumstances shows a high level of cognitive flexibility.

Intelligent people understand that change is inevitable and rather than resisting it, they embrace it. They use change as an opportunity to learn, grow, and enhance their understanding of the world.

Being adaptable doesn't mean being indecisive. It's about being open-minded and willing to alter your course when necessary. It's the ultimate sign of a highly intelligent mind.

The beauty of individuality.

The essence of intelligence lies in its diversity and uniqueness. It's not confined to academic achievements or high IQ scores, but blooms in the quirkiest corners of our habits and behaviors.

These unusual habits we've explored, from being a night owl to enjoying solitude, are not just random quirks. They're manifestations of a deeper intelligence that thrives on curiosity, empathy, adaptability, and a thirst for knowledge.

So, if you identify with these habits, embrace them. They're not oddities, they're badges of your intellectual prowess.

As Albert Einstein once said, "The true sign of intelligence is not knowledge but imagination." Your unique habits may just be a testament to your extraordinary imagination and intelligence that refuses to be boxed into societal norms.

And that's a beautiful thing. Cherish it. Nurture it. Let it guide you towards constant growth and self-discovery. Because at the end of the day, intelligence isn't about fitting in—it's about standing out.

Multiple Choice Questions:

1. What does the article suggest about daydreaming and intelligence?

- a) Daydreaming indicates a lack of focus.
- b) Daydreaming is a distraction.
- c) Daydreaming can be a sign of high intelligence.
- d) Daydreaming is a waste of time.

2. According to the article, why might some people prefer to stay up late?

- a) They have insomnia.
- b) They are more productive at night.
- c) They have a higher IQ.
- d) They are avoiding social interactions.

3. What trait is associated with constantly questioning things, according to the article?

- a) Curiosity
- b) Complacency
- c) Ignorance
- d) Acceptance

4. What does the article suggest about the relationship between solitude and intelligence?

- a) Intelligent people are antisocial.
- b) Solitude is a sign of low intelligence.
- c) Highly intelligent individuals enjoy solitude.
- d) Intelligent people are always surrounded by friends.

5. What benefit does the article attribute to reading for pleasure?

- a) It improves social skills.
- b) It slows cognitive decline in old age.

c) It reduces intelligence.

d) It causes distraction.

6. What is mentioned as a key aspect of being empathetic in the article?

a) Mental rigidity

b) Emotional intelligence

c) Indifference

d) Lack of understanding

7. According to research from the University of Toronto, why might intelligent people be forgetful?

a) They have memory disorders.

b) Their brains efficiently discard unimportant details.

c) They lack cognitive abilities.

d) Forgetfulness is unrelated to intelligence.

8. What does the article suggest about enjoying sarcasm and intelligence?

a) Sarcasm is a sign of low intelligence.

b) Sarcasm has no connection to intelligence.

c) Appreciating sarcasm indicates a sharp mind.

d) Sarcasm leads to creative blockages.

9. What is described as the most significant indicator of high intelligence in the article?

a) High IQ scores

b) Academic achievements

c) Cognitive flexibility and adaptability

d) Resistance to change

BIGGER QUESTIONS

1. Explain the correlation between daydreaming and intelligence, as suggested in the article.

Answer: Daydreaming, often considered a sign of distraction, is presented in the article as a potential indicator of high intelligence. The essay should discuss the research suggesting that individuals who daydream frequently are likely to be highly intelligent and creative. It should delve into the idea that daydreaming allows the mind to process complex ideas and solve problems in the background while still maintaining focus on the bigger picture.

2. Discuss the theory behind the relationship between being a night owl and higher intelligence, based on the information in the article.

Answer: The article suggests that people who prefer staying up late might have higher IQs, attributing this to the evolutionary theory that intelligent individuals are more likely to be nocturnal for survival. The essay should explore this theory and elaborate on the idea that staying awake at night was advantageous for our ancestors, fostering a connection between being a night owl and possessing higher intelligence.

3. Explore the importance of constant questioning and curiosity as traits associated with high intelligence, referencing the article.

Answer: The article emphasizes that intelligent individuals don't merely accept the world as presented; they question assumptions and seek deeper understanding. The essay should

delve into the role of curiosity in intellectual development, drawing examples from the article, such as Albert Einstein's quote about being passionately curious, to illustrate how constant questioning is a hallmark of intelligence.

4. Analyze the relationship between enjoying solitude and high intelligence, as discussed in the article.

Answer: According to the article, the preference for solitude can be an indication of high intelligence. The essay should explore the idea that intelligent people tend to be more self-reliant and comfortable with their thoughts. It should also discuss the study from The British Journal of Psychology that suggests highly intelligent individuals may have lower life satisfaction with more frequent socialization, highlighting the distinction between enjoying solitude and being antisocial.

5. Discuss the benefits of reading for pleasure and its association with high intelligence, based on information from the article.

Answer: The article claims that reading for pleasure is linked to high intelligence, citing benefits such as expanding horizons, improving vocabulary, and even slowing cognitive decline. The essay should provide an in-depth analysis of how reading contributes to intellectual development, discussing the cognitive and psychological advantages outlined in the article.

6. Explore the role of empathy in indicating higher intelligence, drawing on examples from the article.

Answer: The article suggests that being empathetic can indicate a higher level of intelligence, emphasizing the need for mental flexibility, emotional intelligence, and an understanding of human nature. The essay should analyze how empathy contributes to intellectual capacity, fostering stronger connections, aiding in social navigation, and enhancing overall understanding.

7. Analyze the research from the University of Toronto regarding forgetfulness and its link to intelligence, as mentioned in the article.

Answer: The article presents the idea that forgetfulness, as per research from the University of Toronto, can be an indicator of high intelligence. The essay should delve into the research findings, discussing how intelligent individuals efficiently discard insignificant details, allowing them to focus on more critical information, and explore the implications of this on cognitive processes.

8. Discuss the relationship between enjoying sarcasm and high intelligence, as suggested in the article.

Answer: According to the article, an appreciation for sarcasm may indicate a sharp mind. The essay should explore how understanding and using sarcasm requires mental agility and the ability to read between the lines. It should also discuss the study published in the journal Organizational Behavior and Human Decision Processes, which found that exposure to sarcasm can enhance creative problem-solving skills.

9. Explore the significance of adaptability as the most significant indicator of high intelligence, drawing from information in the article.

Answer: The article posits that adaptability is a key indicator of high intelligence, emphasizing the importance of cognitive flexibility in responding to new information or circumstances. The essay should discuss how being adaptable reflects an open-minded approach, allowing intelligent individuals to learn, grow, and enhance their understanding of the world.

10. Discuss the idea that intelligence is not confined to academic achievements or high IQ scores, but also manifests in individual habits and behaviors.

Answer: The essay should explore the article's perspective on intelligence, emphasizing its diversity and uniqueness. It should discuss how intelligence, as per the article, is not solely defined by academic achievements or high IQ scores but is also reflected in individual habits and behaviors. Examples from the article can be used to illustrate this concept.

11. Elaborate on the concept that the true sign of intelligence is not knowledge but imagination, as stated by Albert Einstein in the article.

Answer: The essay should delve into Albert Einstein's quote about the true sign of intelligence being imagination. It should explore the article's interpretation of this statement, discussing how individual habits and behaviors, such as daydreaming and constant questioning, reflect an extraordinary imagination that goes beyond traditional measures of intelligence.

12. Reflect on the advice given in the article to embrace and cherish one's unique habits as badges of intellectual prowess.

Answer: The essay should discuss the article's concluding message about embracing unique habits as badges of intellectual prowess. It should analyze the importance of recognizing and nurturing individuality in the context of intelligence, emphasizing that intelligence is not about fitting in but standing out. Examples from the article can be used to reinforce the idea of cherishing one's unique habits and fostering constant growth and self-discovery.

Hard Words.

1. Cognitive Flexibility:

Definition: The ability to adapt one's thinking or approach in response to changing circumstances or new information.

Context: The article highlights cognitive flexibility as a significant indicator of high intelligence, emphasizing the importance of being open-minded and adaptable.

2. Nocturnal:

Definition: Relating to or active during the night; characteristic of nighttime behavior.

Context: The article suggests that being a night owl, or preferring to stay up late, may be linked to higher intelligence, citing an evolutionary perspective.

3. Antisocial:

Definition: Avoiding the company of others; not sociable or friendly.

Context: The essay distinguishes between enjoying solitude, which may indicate high intelligence, and being antisocial, emphasizing the value of personal space for intelligent individuals.

4. Hallmark:

Definition: A distinctive feature or characteristic that is representative of something.

Context: Constant questioning is described as a hallmark of intelligence in the article, suggesting that the trait is a defining characteristic of highly intelligent individuals.

5. Indispensable:

Definition: Absolutely necessary or essential; cannot be omitted or neglected.

Context: Reading for pleasure is portrayed as indispensable to intellectual development in the article, pointing to its crucial role in expanding horizons and improving cognitive skills.

6. Quirk:

Definition: A peculiar behavior or idiosyncrasy; an unusual or unexpected aspect.

Context: The article refers to certain habits as quirks that may indicate a high level of intelligence, emphasizing the uniqueness and individuality of intelligent individuals.

7. Sarcasm:

Definition: The use of irony to mock or convey contempt; a form of wit characterized by cutting or scornful remarks.

Context: The essay discusses the connection between appreciating sarcasm and high intelligence, noting that understanding and using sarcasm requires a certain level of mental agility.

8. Thirst for Knowledge:

Definition: A strong desire or craving for acquiring new information, insights, or understanding.

Context: The article encourages individuals to nurture their thirst for knowledge, emphasizing that intelligence goes beyond conventional measures and is reflected in a continual pursuit of learning.

9. Manifestation:

Definition: An event, action, or object that clearly shows or embodies a particular quality or concept.

Context: The article suggests that certain habits and behaviors are manifestations of deeper intelligence, indicating that these traits visibly represent a person's intellectual capacity.

10. Imagination:

Definition: The faculty or action of forming new ideas, images, or concepts not present to the senses; creativity.

Context: Albert Einstein's quote about imagination being the true sign of intelligence is explored in the essay, emphasizing the role of a vibrant and creative mind in defining intellectual prowess.

Lessons Drawn from the Article on Intelligence:

1. Diversity of Intelligence:

The article emphasizes that intelligence is not solely confined to traditional measures such as academic achievements or high IQ scores. Instead, it highlights the diversity and uniqueness of intelligence, manifesting in a variety of individual habits and behaviors.

2. Unconventional Indicators:

The article challenges conventional notions of intelligence by presenting unusual habits as potential indicators of high intellectual capacity. It suggests that traits like being a night owl, enjoying solitude, or even being forgetful can be associated with heightened intelligence.

3. **Curiosity and Questioning:**

Constant questioning, curiosity, and a thirst for knowledge are presented as hallmarks of intelligence. The article encourages individuals to embrace a mindset that questions assumptions, seeks understanding, and actively engages with the world to foster intellectual growth.

4. **Adaptability as a Key Indicator:**

The ability to adapt to new situations and changes is highlighted as a significant indicator of high intelligence. The article underscores the importance of cognitive flexibility, openness to change, and the willingness to alter plans in response to new information.

5. **Embracing Solitude and Individuality:**

Enjoying solitude is depicted as a positive trait associated with intelligence. The article suggests that intelligent individuals value personal space, introspection, and the pursuit of individual interests, emphasizing the importance of embracing one's unique habits as badges of intellectual prowess.

6. **Role of Empathy:**

The article indicates that empathy is linked to a higher level of intelligence. It suggests that the ability to understand and connect with others emotionally requires mental flexibility and emotional intelligence, contributing to a deeper understanding of human nature.

7. **Sarcasm and Mental Agility:**

The appreciation for sarcasm is portrayed as a potential sign of a sharp mind. Understanding and using sarcasm, according to the article, involve a level of mental agility and the ability to decipher underlying meanings, showcasing a unique connection between wit and intelligence.

8. **Balancing Social Interaction:**

While the article acknowledges the importance of socialization, it also suggests that highly intelligent individuals may find contentment in solitude. It encourages a balance, emphasizing the value of personal space and introspection alongside social interactions for a well-rounded intellectual experience.

9. **Imagination Over Knowledge:**

The article quotes Albert Einstein, stating that the true sign of intelligence is imagination rather than knowledge. This encourages a shift in perspective, highlighting the importance of creativity, innovation, and the ability to think beyond established norms as integral aspects of intelligence.

10. **Continuous Growth and Self-Discovery:**

The concluding message encourages individuals to cherish and nurture their unique habits. It emphasizes that intelligence is about standing out rather than fitting in, promoting a mindset of constant growth, self-discovery, and an unwavering pursuit of knowledge and imagination.

In summary, the article underscores the multifaceted nature of intelligence, encouraging readers to broaden their understanding of intellectual capacity and appreciate the diverse ways in which intelligence can manifest in individual habits and behaviors.