

## Psychology of Learning

July 2024- 6 Assignment

TYPE OF QUESTION: MCQ

Number of questions: 10

### QUESTION 1:

1) Daniel Goleman's work in emotional intelligence (EI) has outlined \_\_\_\_ main areas of this intelligence.

- A. three
- B. four
- C. five
- D. six

Ans. C= five

Solution: Please go through lecture notes of week-6 (slide no.03) for better understanding.

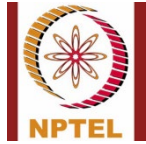
### QUESTION 2:

2) Which of the following statements is **not** true?

- A. Experts even suggested that emotional intelligence/ EQ, is more important than IQ/academic intelligence
- B. An individual with high EI is not only aware of what emotions they are feeling but can put words to their feelings
- C. Studies show that EI does not impact aspects of one's life like academic performance
- D. Peter Salovey and John Mayer were the first to develop a psychological theory of emotional intelligence.

Ans. C= Studies show that EI does not impact aspects of one's life like academic performance

Solution: Please go through lecture notes of week-6 (slide no.03-04) for better understanding.



**QUESTION 3:**

3) \_\_\_\_ refers to how tuned to the emotions of others a person is.

- A. Empathy
- B. Motivation
- C. Emotional literacy
- D. Self regulation

Ans. A= Empathy

Solution: Please go through lecture notes of week-6 (slide no.05) for better understanding.

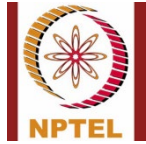
**QUESTION 4:**

4) The following are advantages of developing emotional intelligence, except-----

- A. Being able to accept criticism and responsibility
- B. Knowing why we do the things we do
- C. Being able to say no when we need to
- D. Being able to hide our feelings from others

Ans. D= Being able to hide our feelings from others

Solution: Please go through lecture notes of week-6 (slide no.10) for better understanding.



**QUESTION 5:**

5) The Pyramid of Emotional Intelligence is also known as the \_\_\_\_ layer model.

- A. nine
- B. five
- C. seven
- D. eleven

Ans. A= nine

Solution: Please go through lecture notes of week-6 (slide no.13) for better understanding.

**QUESTION 6:**

6) EI can be developed at any stage of life through self-effort & training.

- A. True
- B. False

C. Ans. A= True

Solution: Please go through lecture notes of week-6 (slide no.20) for better understanding.

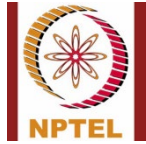
**QUESTION 7:**

7) When someone engages in\_\_\_\_, they can regulate their emotions to ensure that others feel more comfortable.

- A. emotional exhaustion
- B. emotional literacy
- C. empathy
- D. emotional labor

Ans. D= emotional labor

Solution: Please go through lecture notes of week-6 (slide no.30) for better understanding.



**QUESTION 8:**

8) The management of emotions is \_\_\_\_.

- A. a private act
- B. influenced by cultural and social norms
- C. done by actively shaping and directing feelings
- D. all of the given

Ans. D= all of the given

Solution: Please go through lecture notes of week-6 (slide no.30) for better understanding.

**QUESTION 9:**

9) \_\_\_\_ is seen when workers change their outward emotional expressions but do not attempt to feel the emotions that they are displaying.

- A. deep acting
- B. emotional contagion
- C. surface acting
- D. emotional literacy

Ans. C= surface acting

Solution: Please go through lecture notes of week-6 (slide no.32) for better understanding.

**QUESTION 10:**

10) The concept of emotional contagion can be linked to biological basis of \_\_\_\_.

- A. emotional neurons
- B. mirror neurons
- C. contagious neurons
- D. None of the given

Ans. B= mirror neurons

Solution: Please go through lecture notes of week-6 (slide no.36) for better understanding.



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