

Before reading the article, I used to think that Emotional Intelligence would only be about how we are able to control our feelings and try our best to not get persuaded too much by it to the point that we make rash decisions. After reading the article I now think that Emotional Intelligence is an intelligence that is not limited to only understanding the emotion of oneself but also in terms of understanding how one could lead to a better cognitive processing with the help of understanding one's emotion. Emotional Intelligence is not limited to knowing how does one feel and how does other feel it is also linked to knowing if it is the right thing to feel at that point in time and how are you going to adapt your actions based on it. Before reading the article, I used to think that Emotional Intelligence is something very subjective and is not something that could be easily tested as someone may have different experiences from one another which makes finding a good reason as to how someone should feel to be something extremely hard. After reading the article I now think that Emotional Intelligence can also be tested in a relatively standardized test where experts would test a person about certain emotional stimuli where their reactions would be graded by other fellow experts. This grading is based on a consensus and experts on the field of psychology would determine what kind of behavior for a certain situation is the norm and what is not. Before reading the article I also used to think that having a good amount of emotional intelligence would make you a very approachable person in a way that they feel comfortable talking to you and barriers such as work, age and other matters which may prevent them from having an informal conversation, would not matter as long as you have good emotional intelligence and is able to construct good ways of talking to the person. After reading the article, I now think that greater Emotional Intelligence leads to a better understanding of others and other social constructs in a sense that having a great Emotional Intelligence can help you in prioritizing the things that you need to do in your studies and also help you interact with your colleagues in the workplace. It does not necessarily lower barriers on communication but rather try to work around them in a way that there is still going to be a boundary between informal and formal speeches between one another but it is much easier to transition between them due to a greater understanding between one another.

One of the things that is unclear to me would be regarding the low emotional intelligence that people that are addicted to something which actually got it from peer pressure and other outside sources. The people that are addicted to the drugs, alcoholics and other substances that cause addiction are said to have lower scores on MSCEIT. It is unclear for me since for them to become addicted on such substances there must be an influence that forced to become one, so in a way now that they are addicted they would also try to look for ways to become more addicted to it and in this way they try to look for other sources. This makes them very sociable and have large networks of very diverse people. Another thing that was unclear to me was the way that tests based on the ability model of Emotional Intelligence was graded. These tests were graded by a group of experts which appears to be called grading via consensus. It is unclear to me why such a standardized test was graded by scientists on their own by just simply agreeing on what is right and wrong, wouldn't it be more appropriate for a standardized test to be graded in a more standardized way where there are rubrics on what is right and wrong and not

something which may be bias for every person given the experiences they have. The last unclear thing for me would be regarding how the MSCEIT would be administered. It was stated that since it is easy to complete this test using paper and pencil and online versions, it compromises direct assessment of certain skills such as the appropriate expression. Given that the test actually requires direct assessment of certain skills there are many ways for them to do so.

The first question that I would like to ask would be related to the presence of different MSCEIT for adolescents and adults. Given that there are different tests for adolescents and for adults would there be a possibility that the emotional intelligence of the children would actually be higher than the adults and if there is what could be possible reasons for it given that adults are more mature and can handle heavier situations better than adolescents? The second question would be in relation to the previous module, emotional intelligence affects cognitive processes which is basically all of the things that we think about and how we understand new things in our life. Despite having high emotional intelligence which equates to one knowing more what to prioritize in terms of learning, would traumatic experiences further hinder the learning of a lesson of an emotionally intelligent individual because of the rich emotions that they could feel from it or would it lead them to further accepting this traumatic experience in order to cope up with the lesson, in a such a way that they are forced to accept this traumatic experience despite being the cause of their nightmares? The third question would be with regards to how emotional intelligence could be applied to the academic context and in the workplace context. Emotional Intelligence affects how we would interact with other people both in the academe and in the workplace, in this way we must know the difference between the two and properly set boundaries in order to have a smoother transition between them. However, would it be possible to try and not separate the two and try and treat other colleagues at work as perhaps aspiring students but learning in the context of working. Wouldn't refusing to separate work from studies be a bad sign of worsening prioritization skills which may be caused by huge emotional attachment to the school? Or maybe it is just a mere concept that would never happen, where one would always have different eyes for different people on different settings