

Module 5 Reflection



Module 5 made me reflect on how I think, how I feel, and how my intellectual and emotional self influences how I grow as a person. Through part A of the module, I learned that critical thinking is more about breaking down situations and asking the right questions, rather than just choosing what feels right. We have to gather information, consider the implications, and keep an open mind to the perspectives of others. These are the 5 steps of critical thinking. They don't necessarily make harder decisions disappear, but they help guide us towards making better and informed decisions. Howard Gardner's theory of multiple intelligences also made a lot of sense to me. I agree that people learn in different ways, and that the current education system is heavily biased towards those who learn logically and linguistically. I took a multiple intelligences test and found that my top three intelligences were musical (97), logical (77), and intrapersonal (57). Honestly, this just confirmed a lot of what I already knew about myself. I really like music, so rhythm, melodies, and structures are the best ways I learn. Logic is also something I'm interested in, and I value, which is probably why I chose to study computer science. I also have a pretty high intrapersonal score, and it shows how I like to reflect more inward. I care for my intellectual self by listening to music, playing and mixing songs, coding projects and apps, and solving challenges in video games. These activities make me happy, help me stay sharp, and also keep me engaged.

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Reflection



For my emotional self, I took two EQ tests, specifically from PsychTests and IQ-test.net, where I attained a score of 123 out of 155 and 100 respectively. The PsychTests EQ test placed me in the upper percentile, which shows I have pretty good emotional intelligence, while the IQ-test.net EQ test said I'm average in understanding others and I tend to keep emotions to myself. I agree with both. I am emotionally aware, and I can recognize when I feel overwhelmed, irritated, and excited. However, I often keep those feelings to myself, especially around people I'm not too comfortable or close to. My girlfriend has also pointed this out to me. For example, I sometimes get irritated when strangers stand on the left side of the escalator instead of walking, but I don't tell them, and I just stay silent. Daniel Goleman's thoughts about emotional self-awareness not being a one-time achievement but a continuous effort made me realize that I'm aware of my emotions, but I also want to work on expressing my emotions more. I also viewed the Healthline article, and it taught me more about how I can take care of my emotional self, like recognizing my emotions, being curious about my thoughts, and turning judgmental words that I throw to myself into self-loving words. Additionally, I learned that it's also essential to not just take care of my emotional self, but to regulate it as well through healthy practices like exercise and getting enough sleep. I also have my own ways of emotional self-care. I tend to hype myself up by reminding myself that I'm human and my emotions are valid. I also try to be more patient with myself. I reflect a lot on the things I do and ask myself if I could have handled some situations better, if I did the right thing, and what I can learn from those situations. I am always trying to be kind to myself as I grow.

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Lastly, the questions in the box like "Am I intelligent or emotionally mature," and "Why do I overthink and make dumb decisions?" made me realize that no one has everything figured out. We make mistakes and being emotionally aware or smart doesn't guarantee that we always make the perfect decision. Through these tests, I can now describe myself as someone with strong musical and logical intelligence, good emotional awareness, and someone with a lot of room to grow in expressing emotions. Now I understand that as a young adult, my intellectual and emotional sides are shaped by my experiences, reflections, and how I take care of myself. I will continue to nurture these two selves and will always stay kind to myself as I learn.

For Task 2, I got $\frac{3}{8}$ in the first video and $\frac{6}{15}$ in the second video.

Test Results



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Your Results Snapshot

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You have a unique set of traits that make you who you are. The study of personality identifies and organizes your characteristics and behaviors in such a way as to help you better understand yourself. Your Personality Max report is intended to equip you to lead a more effective and fulfilling life.

Your Top Intelligences are Musical and Logical

Intelligence	Score
Musical	97
Logical	77
Intrapersonal	57
Linguistic	53
Naturalist	50
Visual	43
Kinesthetic	43
Interpersonal	37

Gabriel's Multiple Intelligences

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Emotional Intelligence Test

Many conceptions of emotional intelligence are divided into two main parts; aspects related to understanding and dealing with one's own emotions, and those related to understanding the emotions of others and handling social interactions. For many prominent EIQ researchers, the construct also includes broader traits such as motivation, interpersonal and other personal attributes (this is often called a mixed model). We chose to assess this construct using both self-report questions and ability questions.

Here's your free report

Overall Score

- IQ score = 123
- Percentile score = 95

Your score on this assessment is fairly good. Overall, you are quite capable of understanding and dealing with emotions. Emotional intelligence is not only essential to healthy relationships with others, research has also shown that a healthy EQ contributes to problem-solving ability, leadership ability, goal achievement, and professional success in general. Review the rest of your results to know which areas you might need to work on developing.

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IQ TEST

Congratulations, **Gabriel Valentin** ! you have completed the EQ TEST !!!

EQ of Gabriel Valentin is 100

You have an average ability in understanding what others think , but you are still having difficulty in revealing your emotions, facial expressions and gestures , so you often choose to remain silent. Shut yourself in your inner world .

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