

* The Pua Update *

BREAKING NEWS

SAS 1

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KURT PUA

*

5 JULY 2025

MODULE 5

KURT'S EQ AND IQ!!!!



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READ MORE IN THE NEXT FEW PAGES

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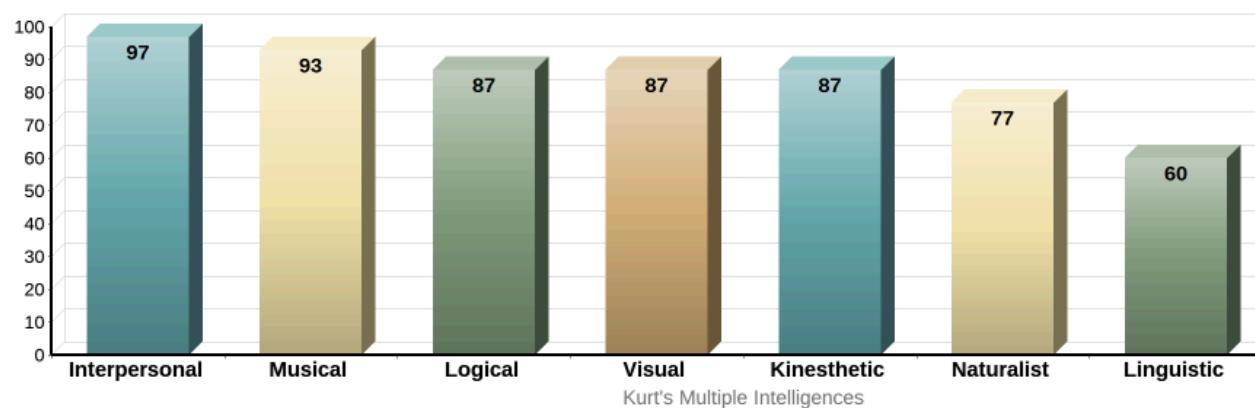
IQ TEST #1!!!

MY MULTIPLE INTELLIGENCES

Your Results Snapshot

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

Your Top Intelligences are Interpersonal and Musical

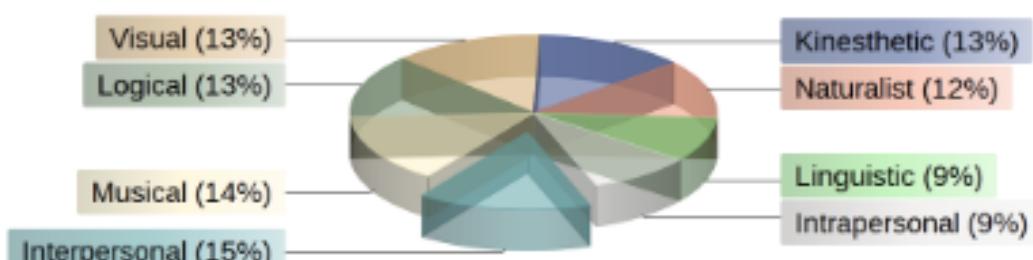


Howard Gardner, a graduate of Harvard University and a developmental psychologist, developed the theory of Multiple Intelligences in 1986. Gardner believes that intelligence, the way it has traditionally been understood (logically, as with I.Q. tests), does not explain the wide variety of human abilities. The theory of Multiple Intelligences suggests that we excel with different types of intelligence.

SOURCE:

https://personalitymax.com/report/?mi=60-87-87-87-93-97-60-77&name_key=c1a4c9a2f6

In addition to being logical and Number Smart, a person might also be Word Smart, People Smart or Picture Smart. Gardner has identified several intelligences: Verbal/Linguistic, Logical/Mathematical, Visual/Spatial, Bodily/Kinesthetic, Musical, Intrapersonal, Interpersonal and Naturalist.



"I'm more interested in interpersonal relationships—between lovers, families, siblings. That's why I write about how we treat each other."—Terry McMillan



EXTRA!!! EXTRA!!! EXTRA!!!

* SECOND TEST I TOOK FOR MY IQ TEST *

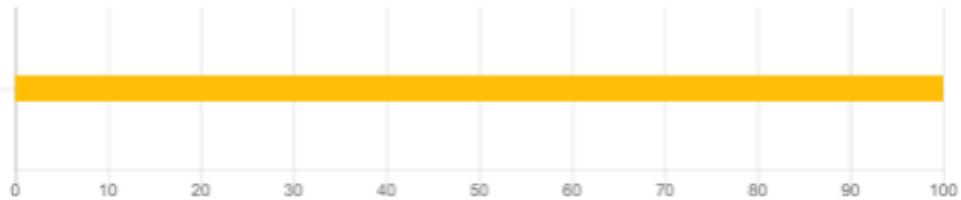
Multiple Intelligences & Learning Style Test

Your snapshot report

Summary Intro Graphs Detailed Results IQ Types Advice

Snapshot Report

Interpersonal 100



Interpersonal intelligence is the capacity to understand and interact effectively with others. This intelligence involves the ability to discern the moods, temperaments, dispositions, motivations, and desires of other people and respond appropriately. This is the "people-person" intelligence. It is evident in successful teachers, social workers, actors, or politicians, and operates primarily through person-to-person relationships and communication. It involves skills such as effective communication, working together with others towards a common goal, and noticing distinctions among individuals. If one has high interpersonal intelligence, he or she is probably popular and has many friends. As a child, it is likely that Interpersonal people were often the leader of a group and were able to organize and influence peers with skill. Their talent for interpreting and understanding the feelings of others makes them a good mediator and a potential earpiece for many of their friends. They learn best when involved in team activities and cooperative ventures.

Want to learn more?

Want to learn more about your Intelligence types? Do you have a knack for crunching numbers? Are you a people-person? Learning where your strongest potential lies can prove useful to the type of career you choose. For example, you scored 100 on the Bodily-Kinesthetic subscale. Find out what this means and how you did in the other sections right away by ordering your full test report.

[BUY YOUR PERSONALIZED REPORT](#)

[SHOW SAMPLE REPORT](#)



Professional users, such as HR managers, coaches, and therapists, can request a free demo for this or other assessments from PsychTests' extensive battery in the ARCH Profile testing platform. [Click here](#) for more info.



I am an extroverted person, it is good to see that my IQ is in line with reality. I have interpersonal intelligence as my greatest strength.

SOURCE:

<https://www.psychologytoday.com/us/tests/iq/multiple-intelligences-learning-style-test>

EMOTIONAL QUOTIENT TEST

SECOND TEST EQ TEST

Congratulations, **Kurt Benedict Wilbur B. Pua** ! you have completed the EQ TEST !!!

EQ of Kurt Benedict Wilbur B. Pua is 40

You are pretty cold and rarely concerned about what others think . Thanks to the cold that helps you make decisions more assertive but sometimes it can upset other people even though you do not mean to.



THIRD EQ TEST SCORE BREAKDOWN

Section 1: CC => 8 pts

Section 2: D D D D D D C D => 27 pts

Section 3: DA C => 8 pts

Section 4: A => 4 pts

Section 5: A => 4 pts

Section 6: C => 3 pts

Section 7: D => 2 pts

Section 8: A => 4 pts

Section 9: A => 4 pts

Section 10: B => 3 pts

Section 11: A => 2 pts

TOTAL SCORE: 69 PTS

EXTRA EXTRA!!

The second EQ test I took was more resonating and reflective to reality, I don't agree with the first one at all... It doesn't truly reflect my nature.

- Kurt Benedict Wilbur B. Pua on his take regarding his EQ tests.

If your score is between 68 and 80:



You have extremely high emotional intelligence. You are skilled at understanding, interpreting, and acting appropriately upon your emotions and those of others. You deal effectively with emotional and social situations and conflicts, and express your feelings without hurting the feeling of others.

The Pua Update

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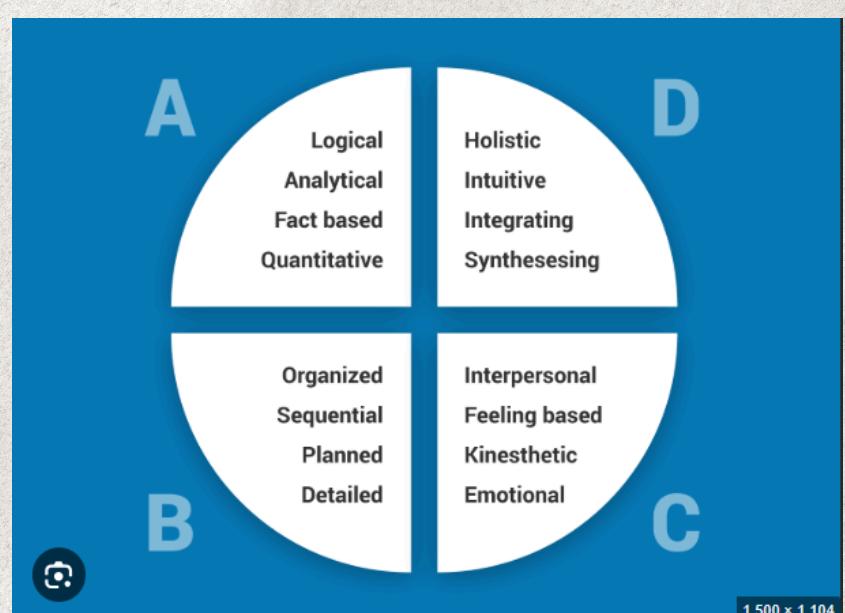
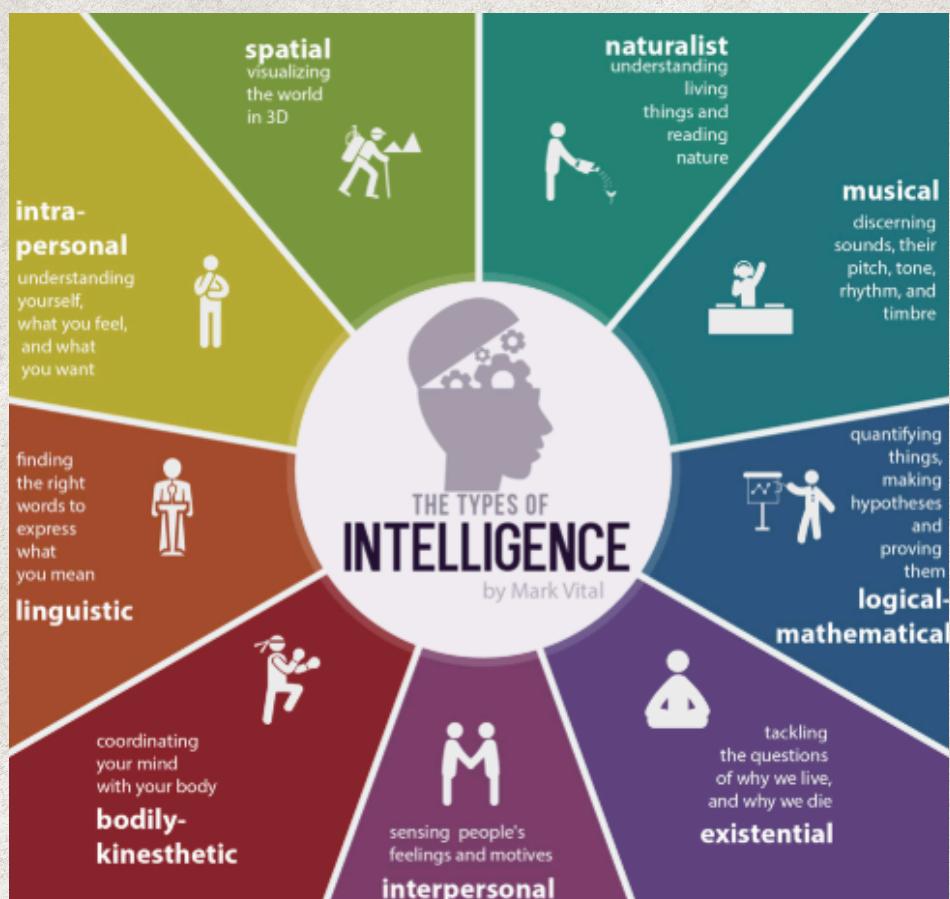
In Philippine culture, almost every time, there is an expectation that you should be successful. Much more if you came from a family of great and talented people. Family members often gather when a new member of the clan is welcomed into this world. The most common line of the relatives will always be "Ay sana maging matalinong bata." The pressure is immense the instant you are born. The moment you grow up and you fail to meet their expectations, they label you immediately as a failure. What most people fail to recognize is that there are multiple intelligences when it comes to human beings. In a theory by Gardner, he theorizes against this misconception. He proposes that there are multiple intelligences to take into consideration. The intelligences are, namely: Verbal-Linguistic, Logical-Mathematical, Musical, Visual-Spatial, Body-Kinesthetic, Interpersonal, Intrapersonal, Naturalist, and Existential (Cornerstone University, 2018). This challenges what is commonly proposed by the educational system, where they identify a student's intelligence solely based on their rational thinking and logic. This is a mistake, according to Gardner, who states logical intelligence is a mere facet of multiple components of one's intelligence.

As we grow older, we discover the other intelligences that are mistaken for "distractions." For instance, when you have a fiery passion for music that keeps on burning but is continuously being extinguished by relatives because they want you to just "study hard." They often say, "wala kang mararating dyan." This is a great example of the misconception that Philippine culture has instilled in the minds of the Filipino people.

REFLECTIVE ESSAY

REFLECTIVE ESSAY

As time passes by, we become more open to the different intelligences that a human might possess. We now realize that there is more to life than intellectual prowess. We ponder questions that ruin our brain chemistry altogether. "How do I think?", "How do I feel?" and other queries we often ask ourselves are signs of awareness. These types of questions should be considered elementary or common sense. But if you dig deeper, it seems that the questions asked have additional layers to them. Personally, it would just be a matter of the biological process if you ask me how I think, but you can also take the question on how you systematically do the process. Similar to the video "5 tips to improve your critical thinking - Samantha Agoos", in which she provides us with a five-step methodology of thinking critically. We ask ourselves these types of questions because we are made more aware over time. As we become more aware, we ask more questions about our identity, may it be intellectually or emotionally. We undergo a process that typically peaks during adolescence, in which most of our different faculties are not yet developed. We explore and explore until our curiosity bites us back. This is the beauty of human nature: we are not born perfect beings. We go through different stages that shape us into the people we are today. Going back to the question a few modules back, "Are you the same person you were 5 years ago?" In this specific topic, I believe not. I am not the same kid who would let his emotions consume him over the littlest of inconveniences. I've made this much progress because I've learned to recognize my interpersonal facet. Before, I would just lash out without considering the other person's feelings. As we grow older, we now notice the different things that make us human, and how our intellectual and emotional selves are intertwined. The bridge that connects these two components is called "self-reflection." The ability to self-reflect and realize one's wrongdoing is not for everyone. It takes much intellectual prowess to notice the patterns that you might have emotionally. To keep homeostasis between these two very different systems is the continuous development of both emotional and intellectual faculties. In an article by Cindy Lamothe, it was stated that it is necessary for a person to have good mental recognition of the different patterns of their emotions to maintain good emotional health (Lamothe, 2019).

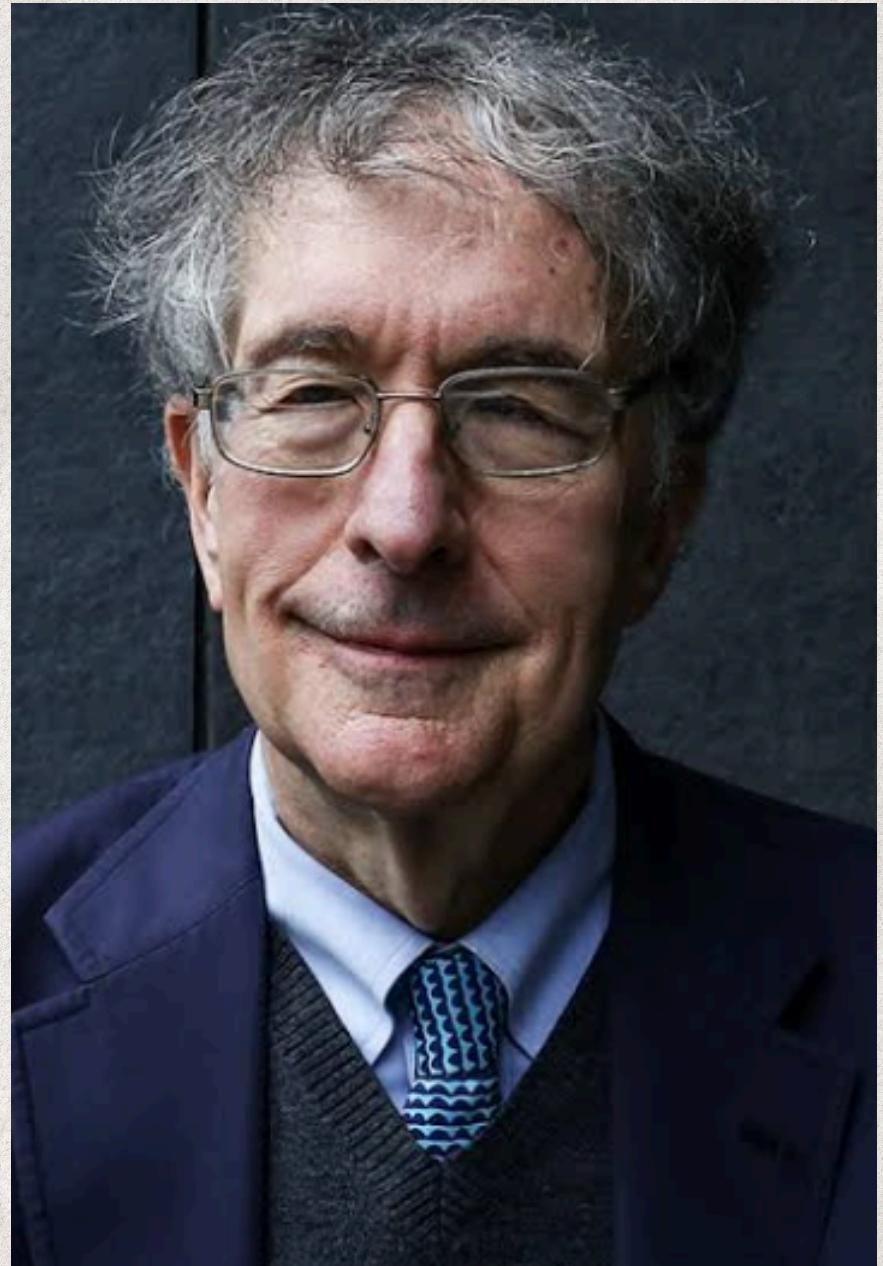


SOURCES OF IMAGES:

<https://www.learnupon.com/blog/whole-brain-thinking/>
<https://www.uthsc.edu/tlc/intelligence-theory.php>

REFLECTIVE ESSAY

Gardner's theory led people to have a new belief when it comes to their definition of someone who is considered "intelligent." Multiple facets come into consideration when we are trying to determine a person's IQ and EQ, and as time passes by, there has been the creation of tests to measure these components of intelligence. Most of these tests are not created by Sir. Gardner himself, but all of the IQ tests are aligned with his principles and his theory. Recently, I tried to take both of these tests to determine where I'm at. To my surprise, the results of the IQ test are realistic when it comes to the alignment of my tendencies. Ever since I was younger, I've always aspired to be a leader. Someone dependable, a pillar that you can lean on. I am very happy to observe that my "strengths" in this IQ test align with the characteristics of a leader. The results state that I have the following as my most notable strengths: Interpersonal, Logical, Spatial, and bodily intelligence. I like to view myself as someone who is adaptive. Someone who can do most things and still excel. That is the person that I aspire to be; seeing that the results of my IQ test align with this, it makes me happy. An interpersonally intelligent person knows how to respond and relate to the different emotions of the people that surround them (Cornerstone University, 2018). This is perfectly aligned to my vision as a leader, relating, not commanding. On the other hand, on my EQ test, the results are divided when it comes to accuracy. When I ask my friends, they like to describe me as someone they can rely on. When I ask my friends, they like to describe me as someone they can rely on. An open ear that listens when times are tough.



I would assume that I am someone who possesses the characteristics of someone who can understand people on a personal level. Or in other words, someone who is emotionally intelligent. The result of the first EQ test that I took is directly inverse to this belief, it states that I am cold, someone who doesn't show a single care when it comes to the people that surround me. I only had a score of 40, which was surprising. This is why I took the other test as well; it aligned with my previously mentioned traits, someone who exhibits the quality of an emotionally intelligent person. In this test, I scored a relatively high score of 69, which is part of the upper percentile when it comes to EQ. The results are torn, but I choose to believe the latter. Leadership is not only achieved by being intellectually sound; it requires you to have the ability to connect and relate with others. If you cannot connect with your people on a personal level, your relationship will most likely be a dictatorship rather than a leader-member one. I want to be a well-rounded person with leadership skills, which is why I will try to resonate more with the result that I scored higher EQ points. These types of tests may be a good way to test your IQ and EQ. It is important not to rely on such tests for your reality. In the real world, we should paint our artwork on our canvas called life. In my opinion, only you and people close to your heart are the only gauging factors when it comes to these components. Only they can dictate whether you are a coldhearted person, like the test says. We should not rely on tests that are only made by other people as well. We take responsibility for our own emotions or intelligence. You know yourself better than some tests available online. Given this, don't let it ruin your day; instead, use it as fuel for the betterment of your emotional and intellectual intelligence. At the end of the day, if you use this type of tool as motivation, you are the sole victor in this situation.

PH NEWS



HEADLINE: PHILIPPINE CULTURE NEEDS A RESET!

Like I said earlier, Philippine culture has ingrained a mindset in its people. A perspective in which logical intelligence is considered superior. I often had a severe case of impostor syndrome, which means that I considered myself not belonging or deserving of what I had. I've grown ever since because of the support that I've had from my family members. They support me in whatever endeavour I aspire to attain. I am a fortunate one because I have people who always have my back. Not all individuals have this luxury. As a result, many kids often just ignore their dreams because it is considered a “waste of time.” The difference between a future Olympian and a future syndicate is the amount of support or backlash they receive early on in their lives. As stated in our lecture, the most important people in a person's life are the ones whom they see as a role model. Remove that and it will lead to a life in shambles. It's simple enough, our culture needs a reset. It saddens me that some courses are more “superior” just because they fit the narrative of the general population. A degree program that specializes in the arts shouldn't be seen as inferior to a science one. We should also give the same energy in providing the support to children who aspire to be: an artist, an athlete, and a singer. Those people are not “failures.” They just have a different type of genius that they luckily discovered. It was discussed that there is a theory called “whole brain theory.”

LOCAL NEWS

It explains that there are multiple parts of the brain that we can utilize at different times (Hermann, n.d.). What our culture does is it dictates that children only maximize the “Logical” part of their brains. There are multiple things that should come into consideration, such as the holistic, organized, and interpersonal parts of the brain. If you develop not just one aspect of the child’s brain, it will lead them towards well-rounded actualization. The people surrounding them should provide them with praise rather than negativity. Intellectual intelligence is not always the gauging factor of one’s success. This is the reason why I highly resonated with this lecture. When I was younger, I had the fear that I was not gonna be good enough. The reason for this is that I put so much pressure, pressure that even my family members don’t give me. What I failed to realize was that “brain power” doesn’t necessarily translate only to academic success or logical thinking. It is a bridge that will lead you towards the betterment of other aspects. I contributed to the discussion by providing my insight or interpretation of the figure presented. I said, brain power doesn’t only lead to the betterment of logical skills, the power of the mind goes beyond that. I added, there is an interaction emotionally and intellectually, brain power leads to skills that can make you emotionally aware. Sometimes in life, being emotionally intelligent is more significant in actual scenarios. Like what was mentioned, it takes a lot of skill and control to be able to know how to properly respond to your emotions. A good line in the lecture was that it only takes a few seconds to ruin one's life. It's a matter of seconds determined by how you respond to your emotions. Road rage can ruin your life. Being able to contain that might be the difference maker between a peaceful life and a life of imprisonment. There were so many interesting questions in the lectures that made your brain cogs work. As my classmates were providing their insights, I was thinking about how I would answer those questions myself. A question that made me think and reflect was, “Are you a smart person?” An answer from my classmate highly resonated with me; she states that there are plenty of ways to show intelligence, given this, she believed that everyone is smart. This is highly in line with my personal experiences. Early on, I didn't consider myself all that smart; I often considered myself mediocre. I believe it was more of a self-esteem problem in my case. Now that I'm more aware, theories like Gardner's have opened my eyes, and I'm not that bad, per se. I believe many people only ignore their capabilities because of the standards that society has set. We should be the ones who pat ourselves on the back for a job well done. Embrace your talents and give yourself words of affirmation. “You are great” is something that we should engrave in our heads rather than the social constructs that want to pull you down. This is why I think that my top picks for my favourite topics would be the one where we talked about brain power, and the other one would be self-regulation of one's emotions. Because in my opinion, both of these topics highly translate to everyday life, where most of our strengths and weaknesses come into play. I believe my biggest strength is being able to relate to my peers, the ability to connect with them. Intellectually, my greatest strength, as previously stated, is my interpersonal intellect. Acknowledging these strengths and weaknesses will guide me in my life journey; my greatest weakness before was that I had anger issues. If I want to go to the next level, I need to remove it entirely from my system. Because if my emotions continuously consume me, it will not get me anywhere.

SELF-CARE TIPS TO REMEMBER



Of course, like any other system in our lives, our emotional and intellectual self deserves care and maintenance to be fully functioning and healthy. I have a few self-care tips that will help you with these two components. I won't get tired of repeatedly restating Gardner's theory. We are composed of different intellectual factors. I try to always exercise on a weekly basis, twice a week at least. It keeps me active and engaged, and it accounts greatly for my kinesthetic intelligence. I got this from my brother-in-law. As a computer science major, my logical intelligence should be my utmost priority. In order to maintain it, I try to code as much as possible to make it a point to exercise my logic. An additional thing that I could do to improve my critical thinking even further is active reading. I try to read before I sleep, it can be a news article or something interesting. I try to do this to keep my brain juices flowing. And finally, I try to keep being engaged with the people I love, it only comes naturally, but I believe that it helps my interpersonal skills and intelligence. I try to have a few hours of my day to just lay off academics and talk and spend time with my family members.

On the other hand, emotionally, I try my hardest to regulate my emotions. My father has hypertension, and he sends me reels that can help me regulate my emotions. Breathing exercise is a thing to be highlighted in those videos; it helps me reflect, at the same time, relax myself before I do anything unwise. Additionally, I want to integrate this for the longest time. At the end of the day, I want to provide myself with an assessment. A self-assessment that will point out some positives and negatives that I've done in the day. I want to address at least three things that I did wrong that might've negatively affected a person I was interacting with. I want to do this to be more of a person who can read other people's emotions. Finally, I want to try meditation. Emotions sometimes get the best of us, and meditation is a way to help regulate feelings that might lead you to lash out (Lamothe, 2019). We are not perfect; given this, it is important to recognize your shortcomings and try your best to improve yourself based on them. Weaknesses only stay when you let them, work on yourself, and you will see results.

CHASE YOUR DREAMS!!!



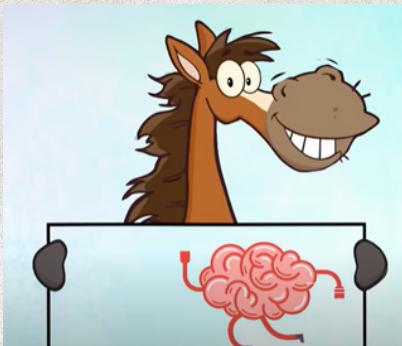
In summary, Philippine culture often equates success in relation to academics or logical reasoning.

What they fail to realize is the multiple-faceted intelligence that is proposed by Howard Gardner in his theory. You can be inclined in sports, music, arts, and many other things, not just logically. Due to the Filipino mindset, many flowers fail to bloom because of too much pressure and backlash that they receive. We as a people should embrace the geniuses who discover their talents daily. Leaders are not only those who are logically sound, it also need to be someone who has a heart. Someone who can correct their actions via self-assessment. It takes a genius to do this, a well-rounded person who can adapt to different situations. Someone who is always mentally present, someone who is well-aware of things they do that can impact others. That is what a leader is. The future leaders of this country are highly dependent on their immediate teachers. This includes their family members and friends. If we don't change the mindset of just fixating the minds of the people on logical or academic success. Our aspirations of having someone who can take the Philippines to another level may just stay as a dream. Let us embrace the talents of our children. We make our leaders, and if we want a decent future, it starts with us.

You are the main-CHARACTER



IGNORE THE NORMS, FOLLOW YOUR DREAMS, AND BE YOURSELF



To cap this essay off, I would like to share the scores that I got in the YouTube links provided for the IQ part of the modules (Module 5-A). I got a score of 6 out of 8 points on the first video entitled "9 Riddles That Will Boost Your Thinking Skills." On the other video entitled "Common Sense Test That 90% of People Fail," I got a score of 14 out of 15 answers correct. It was a fun and engaging activity that engaged my logical thinking, taking me back to my younger years.

