

SOFT SKILLS - EMOTIONAL INTELLIGENCE

Mark True or False :-

1) Intelligence is thinking and using the faculty of reason.

- 1) True 2) False**

2) Emotional intelligence is also known as emotional quotient.

- 1) True 2) False**

3) Emotional intelligence is not a soft skill:

- 1) True 2) False**

4) People with less emotional intelligence can perform well as an employer.

- 1) True 2) False**

5) People who have good emotional intelligence will lead an easy and flexible life.

- 1) True 2) False**

6) Emotional intelligence cannot be enhanced.

- 1) True 2) False**

7) Recreation and hobbies are not needed to enhance emotional intelligence.

- 1) True 2) False**

8) Physical Exercise helps to enhance emotional intelligence

- 1) True 2) False**

9) Emotional Intelligent people are not self motivated?

- 1) True 2) False**

10) Emotional intelligence leads to flexible life

- 1) True 2) False**
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Match the following

A	B
1) Emotional Intelligence	a) Using the faculty of reason
2) EQ	b) Soft Skill
3) Intelligence	c) Anger
4) In balance of mind	d) Good
5) Empathy with others	e) Emotional Intelligence
6) Fear	f) Positive emotion
7) Happy	g) Negative emotion

Choose the correct answer

- 1) Emotional Intelligence is using of
a) Feelings b) thoughts c) Brain d) None
- 2) Emotional Intelligence is otherwise known as
a) Positive attitude b) Positive thinking c) Emotional quotient d) All the above
- 3) Better performance in the employment can be maintained by
a) Anger b) Arrogance c) Softness d) emotional intelligence
- 4) Empathy with others is
a) Needed b) Not needed c) Need some times d) None
- 5) Love is a
a) Positive emotion b) Negative Emotion c) Sudden emotion d) None
- 6) Pride belongs to
a) Sudden emotion b) Negative Emotion c) Positive emotion d) Respect
- 7) Emotions are
a) Non Reciprocatve b) non regulative c) regulative d) None
- 8) If a person is emotionally happy : He or She will be
a) Angry b) Nervous c) Jovial d) Happy
- 9) Positive Emotions bring
a) Stress b) Relieve from Stress c) Increase Stress d) All the above
- 10) Emotions are
a) Creative b) Biological c) Formative d) All