

## Video Activity Worksheet

### Unit 7: Education

#### How's your EQ?

#### Predict

*In this video a psychologist discusses the value of emotional intelligence. She also gives advice on how to handle some common situations. Before you watch the video, answer the following questions.*

What is your emotional intelligence?

How can people improve their emotional intelligence?

#### Focus

*Watch the video. Find the answer to the following question.*

What is an indication of our EQ?

#### Comprehension

**A. Check (✓) the topics discussed in the video.**

- Important EQ skills
- Why EQ is not as well known as IQ (intelligence quotient)
- How parents can influence the EQ of their children
- Why most people do not have strong EQ skills
- Different ways to express empathy
- How to give constructive criticism

**B. Write four sentences or phrases from the video that are examples of an empathetic response.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

#### Discussion

- In which areas is your own EQ highest? Give examples to explain your opinion.
- Do you think EQ is important for personal and professional success? Why or why not?
- If you had to choose between having extremely high EQ or IQ, which would you choose and why?

#### Writing

In the video you saw three situations where a person did not respond with high emotional intelligence. Write about a situation you experienced in which you or the other person did not demonstrate emotional intelligence. What could you, or the other person, have done or said to improve the interaction?

