

## Are you emotionally smart?

Listen. Write the three missing words. Then check the answer which best describes your reaction.

1. *Your friend is upset because she lost her boyfriend.*
  - a. Ask her to a party where you know there will be .....
  - b. Talk to her about why .....
  - c. Tell her ..... as she'll soon get over it. ....
2. *You expected to do well in your end-of-term English test, but do badly.*
  - a. Tell yourself that you ..... next time. ....
  - b. .... test. ....
  - c. .... to do better next time. ....
3. *Your English conversation teacher doesn't understand your question.*
  - a. Wait for the teacher to ..... something. ....
  - b. Try to ask the same question ..... way. ....
  - c. .... . ....
4. *Your teacher keeps on telling jokes that embarrasses you and your classmates.*
  - a. .... his jokes are not appropriate. ....
  - b. Ignore them. They ..... . ....
  - c. Complain to another ..... . ....
5. *Your best friend is very angry with a classmate and is shouting at her during break.*
  - a. Tell her..... . ....
  - b. .... she has cooled down. ....
  - c. Try to ..... or talk with her about what makes you angry. ....
6. *You are angry and upset with a friend, and say things to her that you don't mean.*
  - a. Try to speak to her ..... break. ....
  - b. Apologize ..... to apologize, too. ....
  - c. Refuse to ..... . ....
7. *It is your first day at a cram school, and you are given a problem to discuss in groups.*
  - a. Ask each person ..... . ....
  - b. Take turns ..... . ....
  - c. Introduce yourself and ..... the others before starting. ....
8. *Your school enters you for a speech contest, but you are nervous in front of large groups.*
  - a. Enter other speech contests so that you can ..... . ....
  - b. Practice your speech with ..... . ....
  - c. Refuse to take part because you are ..... . ....
9. *You decide that one of your goals in life is to become a fluent English listener.*
  - a. Listen to English that is ..... . ....
  - b. Listen to English that you understand a little, ..... . ....
  - c. Listen to English that is the ..... goal. ....
10. *There is an earthquake of about magnitude four or five while you are taking a test.*
  - a. .... listen for emergency instructions. ....
  - b. Ignore it and ..... the test. ....
  - c. Look up to see if the teacher has ..... about what to do. ....

## Are you emotionally smart?

Listen. Write the three missing words. Then check the answer which best describes your reaction.

1. *Your friend is upset because she lost her boyfriend.*
  - a. Ask her to a party where you know there will be lots of boys. .....
  - b. Talk to her about why she is upset. .....
  - c. Tell her not to worry as she'll soon get over it. ....
2. *You expected to do well in your end-of-term English test, but do badly.*
  - a. Tell yourself that you can do better next time. ....
  - b. Complain about the test. ....
  - c. Make a plan to do better next time. ....
3. *Your English conversation teacher doesn't understand your question.*
  - a. Wait for the teacher to say or do something. ....
  - b. Try to ask the same question in a different way. ....
  - c. Give up asking. ....
4. *Your teacher keeps on telling jokes that embarrasses you and your classmates.*
  - a. Tell him that his jokes are not appropriate. ....
  - b. Ignore them. They are only jokes. ....
  - c. Complain to another teacher about him. ....
5. *Your friend is very angry with a classmate and is shouting at her during break.*
  - a. Tell her to cool down. ....
  - b. Ignore her until she has cooled down. ....
  - c. Try to change the subject or talk with her about what makes you angry. ....
6. *You are angry and upset with a friend, and say things to her that you don't mean.*
  - a. Try to speak to her during the next break. ....
  - b. Apologize and ask her to apologize, too. ....
  - c. Refuse to speak to her. ....
7. *It is your first day at a cram school, and you are given a problem to discuss in groups.*
  - a. Ask each person for their ideas. ....
  - b. Take turns to suggest ideas. ....
  - c. Introduce yourself and get to know the others before starting. ....
8. *Your school enters you for a speech contest, but you are nervous in front of large groups.*
  - a. Enter other speech contests so that you can get some practice. ....
  - b. Practice your speech with your friends first. ....
  - c. Refuse to take part because you are shy by nature. ....
9. *You decide that one of your goals in life is to become a fluent English listener.*
  - a. Listen to English that is easy to understand. ....
  - b. Listen to English that you understand a little, but not all. ....
  - c. Listen to English that is the level of your goal. ....
10. *There is an earthquake of about magnitude four or five while you are taking a test.*
  - a. Get ready to listen for emergency instructions. ....
  - b. Ignore it and carry on with the test. ....
  - c. Look up to see if the teacher has anything to say about what to do. ....

Explanations of best responses.

1. b Emotionally intelligent people are good coaches of other peoples' feelings.
2. c Emotionally intelligent people know how to make a plan to overcome obstacles and frustrations.
3. b Emotionally intelligent people see setbacks as opportunities to learn from.
4. a Emotionally intelligent people express their feelings even to those who may not think likewise.
5. c Empathy is an important quality in emotionally intelligent people.
6. a It takes at least twenty minutes for feelings of anger to subside.
7. c People work better when there is harmony within the group.
8. b It is better to take on a challenge in manageable stages, rather than all in one go.
9. b It is better to take on a challenge in manageable stages, rather than all in one go.
10. a or c Emotionally intelligent people are aware of their surroundings even during stressful times.