

EQ Quiz for Students

Name: _____

Date: _____

EQ is a short way of referring to *emotional intelligence*. Your IQ helps you learn school subjects and other information, and your EQ helps you deal with feelings, relationships, problems, choices, and goals. EQ is something you can learn and get better at, and it is even more important to your happiness and success than your IQ is. This “quiz” will help you get an idea of where you are right now in terms of your EQ. As you fill out this form, try not to compare yourself to others or say what you think other people want to hear. Instead, base your answers on what you really think about yourself, and try to be as honest with yourself as you can. You will not be graded on this. The information can help you understand yourself better and will help you identify skills you would like to work on more.

For each statement, give yourself:

- 3 points** if the statement is *definitely true*
- 2 points** if the statement is *sometimes true* or *sort of true*
- 1 point** if the statement is *rarely true* or *not true*

- | | | | |
|--|---|---|---|
| 1. I am comfortable with talking about my emotions. | 3 | 2 | 1 |
| 2. I know lots of words to describe my feelings. | 3 | 2 | 1 |
| 3. I can tell how other people are feeling. | 3 | 2 | 1 |
| 4. I care about how other people are feeling. | 3 | 2 | 1 |
| 5. I usually have a positive attitude about myself, even when I face challenges. | 3 | 2 | 1 |
| 6. I can manage my emotions and reactions in difficult situations. | 3 | 2 | 1 |
| 7. I can wait patiently for something I really want. | 3 | 2 | 1 |
| 8. I have reasonable goals. | 3 | 2 | 1 |
| 9. I have clear ideas about how I can reach those goals. | 3 | 2 | 1 |
| 10. I can communicate my ideas assertively and respectfully. | 3 | 2 | 1 |
| 11. I listen attentively when other people are speaking. | 3 | 2 | 1 |
| 12. I know what I need and how to ask for it. | 3 | 2 | 1 |



13. I know how to solve problems independently. 3 ○ 2 ○ 1 ○
14. I am comfortable being in a group of kids my own age. 3 ○ 2 ○ 1 ○

Take a look at your 3s. These are some of your strengths. Congratulations! Be aware of these skills, especially in challenging situations, and keep working on them.

Next, take a look at your 2s. You have some ability in these skills, but you could use more practice. You can build on what you already know to get better at these skills with time.

Now take a look at your 1s. These skills will take you more time to develop and strengthen. We all have skills that are harder for us than others. To get better at these, you can focus on them and work on them, both by yourself and with the support of others. The lessons we do together on emotional intelligence will help you learn how to do this.