

Is EQ the secret to success? 情商是成功的秘訣嗎？

詞彙 : *emotional intelligence* 情商

According to research studies coming out of top US universities, having high emotional intelligence, or EQ, can help you to succeed, particularly at work.

The idea of emotional intelligence was introduced by **psychologist** John Mayer in the 90s and has gained **popularity** since, especially because it is said to be something that you can improve. Someone with high emotional intelligence can supposedly **build strong relationships, achieve** their **goals** and manage their emotions – key areas for success in most jobs!

It's likely that, during your career, you will need to work in a team. A 2020 Harvard study, published by the National Bureau of Economic Research, investigated **social skills** and **team players**. They did this by **grouping** volunteers and giving them a variety of **tricky** problems. They then compared the top individual **performers**. Results showed two main reasons why these individuals **excelled**, both linked to emotional intelligence. The first reason was that they were very good at recognising the emotional **state** of their teammates. The second was that they helped to improve their team's performance through **motivation**.

When researching links between **emotion-understanding ability** and **risk-taking**, a 2012 Yale study found emotional intelligence to be **critical** to **decision making**. Researchers investigated the way that leaders come to a decision when they are **under pressure**. The results revealed that participants with a high **awareness** of why they felt under pressure managed to keep a **clearer** head and were less likely to take risks. Being able to understand and manage emotions is a key part of EQ.

So, if you're trying to succeed, work on your emotional intelligence and it may just make a difference!

詞彙表

psychologist	心理學家
popularity	受歡迎，流行
build strong relationships	建立良好的人際關係
achieve goals	達到目標
social skills	社交技能
team player	具有合作精神的人
group	把…分組
tricky	難辦的
performer	表現得…的人
excel	表現出色，脫穎而出
state	狀態
motivation	激發鼓勵
emotion-understanding ability	情緒理解能力
risk-taking	冒險
critical	至關重要的
decision making	決策
under pressure	受到壓力
awareness	意識
clearer	更清醒的

測驗與練習

1. 閱讀課文並回答問題。

1. What can someone with a high EQ supposedly do?
2. How did the Harvard study research team players?
3. True or false? *A 2012 Yale study found that top team players motivate their teammates.*
4. What did a 2012 Yale study investigate?
5. What are people with good emotion-understanding ability less likely to do?

2. 選擇意思恰當的單字或片語來完成下列句子。

1. Mariko _____ at spelling. She's won another competition!

decides	comes to	comes out	excels
---------	----------	-----------	--------

2. Setting clear _____ will help you focus and progress.

emotions	goals	state	social skills
----------	-------	-------	---------------

3. It took a few years to _____ their working relationship.

reason build	clear	compare
--------------	-------	---------

4. It is _____ that you follow the health and safety guidelines.

tricky	critical	risk-taking	helped
--------	----------	-------------	--------

5. The president's _____ has declined since he increased taxes.

popularity	difference	emotion	intelligence
------------	------------	---------	--------------

答案

1. 閱讀課文並回答問題。

1. What can someone with a high EQ supposedly do?
-

They can build strong relationships, achieve their goals and manage their emotions.

2. How did the Harvard study research team players?

They grouped volunteers and gave them a variety of tricky problems.

3. True or false? *A 2012 Yale study found that top team players motivate their teammates.*

False. A 2020 Harvard study found that top team players motivate their teammates.

4. What did a 2012 Yale study investigate?

It researched links between emotion-understanding ability and risk-taking.

5. What are people with good emotion-understanding ability less likely to do?

They are less likely to take risks when making a decision.

2. 選擇意思恰當的單字或片語來完成下列句子。

1. Mariko **excels** at spelling. She's won another competition!

2. Setting clear **goals** will help you focus and progress.

3. It took a few years to **build** their working relationship.

4. It is **critical** that you follow the health and safety guidelines.

5. The president's **popularity** has declined since he increased taxes.