

Open Your Class with this Tomorrow

Personal Intelligence: The power of Personality and How it Shapes out Lives

Sample Questions from *Test of Personal Intelligence (TOPI)*

The *Test of Personal Intelligence* (TOPI) was created to measure skills related to personal intelligence such as detecting cues about people, understanding traits, and evaluating personal goals.

Directions: The following questions are featured in John Mayer's book, *Personal Intelligence*. These questions are examples of questions similar to those used by Mayer on the TOPI to test people's levels of personal intelligence. Read each question and try to identify the best answer. For more questions of this type as well as explanations, examine the website for the personal intelligence quiz.

<http://personalintelligence.info/the-quiz/topi-demo-abc/>.

Questions:

1. Susan is depressed and self-conscious. Most likely, she could also be described as:
 - a. calm and even-tempered.
 - b. self-controlled.
 - c. anxious and impulsive.
 - d. fairly thick-skinned.
2. Coworkers who tend to express skepticism and cynicism are also likely to:
 - a. have difficulty imagining things.
 - b. get upset easily.
 - c. dominate most interactions.
 - d. exhibit condescending behavior.
3. Which goal would be problematic to meet for most people?
 - a. To become educated in an area that would satisfy one's curiosity.
 - b. To be adequate and competent in all areas of one's life.
 - c. To make new friends.
 - d. To work hard at one's job.

Answers

1. People who are depressed and self-conscious are also prone to being worried and, at times rash. The best answer therefore is "c. anxious and impulsive".
2. People who are skeptical and cynical are more likely to treat others with condensation, relative to other people. The best answer is "d. exhibit condescending behavior".
3. Option "b. To be adequate and competent in all areas of one's life". This is question is taken from Albert Ellis's list of irrational beliefs because it is difficult for anyone to be competent at all tasks.