3A TAKE THIS LESSON QUIZ

To absorb more in-depth understanding of this lesson, it is important that you drill and practice filling in the blanks of the study quiz. Take the actual quiz only after adequate study. For a quick check, answers to actual quiz are listed on page 7.

3A Lesson — Research Clarifies the Importance



It is also to your advantage to take time to practice ways you would explain the following to others in future conversation:

- Explain why we need to better understand our minds?
- Memorize and recite the assets we have as individuals.
- Explain the four ways today's study of emotional intelligence is different from earlier insight.
- Name the significant event mentioned from 2012 to 2022.

After studying the vocabulary words from this lesson's Activities, take time to write what you can remember of the definitions:

1. **appreciate-**_____
2. **faculty-**_____
3. **humility-**_____
4. **initiative-**_____
5. **intellect-**_____
6. **mindfulness-**_____
7. **responsible-**_____

3A Lesson — QUIZ (Study Format)

1. _ _ _ _ _ _ _ _ is the source of most of what we all believe and the most critical catalyst in the development of new ideas and better _ _ _ _ _ _ _ _ _ _ _ _ _ _ in almost every realm of life.

Research/ understanding

2. Better understanding about our minds helps us make more intelligent choices and _ _ _ _ _ _ _ _ _ including identifying and acting upon meaningful priorities in a more _ _ _ _ _ _ _ _ _ _ manner.

decisions/ enlightened

3. What we now know about the human mind for the most part, can be attributed to a vast amount of _ _ _ _ _ _ _ _.

research

4. Our diet and exercise regimen also affect the health of our _ _ _ _ _.

minds

5. The world's biggest and perhaps most important industry as well as most critical catalyst in the development of new ideas and better understanding in almost every realm of life is _ _ _ _ _ _ _ _.

research

6. The last decade of the 20th Century was declared "The Decade of the _ _ _ _ _".

Brain

7. This first decade of the 21st Century (2000 – 2010) was named "The Decade of _ _ _ _ _ _ _ _."

Behavior

8. The human brain is now considered to be the most complex object in our known _ _ _ _ _ _ _ _.

universe

9. Research findings indicate that the most important frontier in the universe to further explore may be right behind our very own _ _ _ _.

eyes

10. Researchers have been able to identify and validate a vast number of _ _ _ _ _ _ _ that both stimulate and prevent healthier mind development.

factors

11. We've learned how important it is for us to continue to exercise our _ _ _ _ _ to reduce the risk of early deterioration and dementia in our older years.

minds

12. Various characteristics of the _ _ _ _ _ _ - _ _ _ study of emotional intelligence extend beyond _ _ _ _ _ _ _ _ explorations.

modern-day / previous

13. According to Daniel Goleman, researchers now know that _ can help prevent and solve myriad problems that we experience in our personal and professional lives.

emotional literacy

14. Over the centuries, various cultural philosophers and _ _ _ _ _ _ _ _ _ leaders have made significant _ _ _ _ _ _ on healthier mind development.

religious / impact

15. Generation after generation has shared _ _ _ _ _ _ and _ _ _ _ _ _ _ _ _ _ of emotional literacy—historically referred to as ethics, morals, manners, virtues and religious precepts.

wisdom / guidelines

16. The modern-day study of emotional intelligence teaches us with greater understanding and clarity about _ _ _ _ _ _ _ _ _ and _ _ _ _ _ ways to apply our minds.

healthier / safer

17. In the business world, better understanding the skills of a job may get people _ _ _ _ _ , but most often emotionally _ _ _ _ _ _ _ _ _ _ behavior gets them fired.

hired / illiterate



18. Many of today's K-12 social and emotional learning programs are organized under the umbrella of _ _ _

3A Lesson — RESEARCH CLARIFIES THE IMPORTANCE ACTUAL QUIZ

1. _ _ _ _ _ _ _ _ is the source of most of what we all believe and the most critical catalyst in the development of new ideas and better _ _ _ _ _ _ _ _ _ _ _ _ _ _ in almost every realm of life.

2. Better understanding about our minds helps us make more intelligent choices and _ _ _ _ _ _ _ _ _ including identifying and acting upon meaningful priorities in a more _ _ _ _ _ _ _ _ _ _ _ manner.

3. Our diet and exercise regimen also affect the health of our _ _ _ _ _.

4. What we now know about the human mind, for the most part, can be _ _ _ _ _ _ _ _ _ _ to a vast amount of research.

5. The world's biggest and perhaps most important industry as well as most critical catalyst in the development of new ideas and better understanding in almost every realm of life is _ _ _ _ _ _ _ _.

6. The last decade of the 20th Century was declared "The Decade of the _ _ _ _ _".

7. This first decade of the 21st Century (2000 – 2010) was named "The Decade of _ _ _ _ _ _ _ _ _."

8. The human brain is now considered to be the most complex object in our known _ _ _ _ _ _ _ _ _.

9. Research findings indicate that the most important frontier in the universe to further explore may be right behind our very own _ _ _ _.

10. Researchers have been able to identify and validate a vast number of _ _ _ _ _ _ _ that both stimulate and prevent healthier mind development.

11. We've learned how important it is for us to continue to exercise our _ _ _ _ _ to reduce the risk of early deterioration and dementia in our older years.

12. Various characteristics of the _ _ _ _ _ _ - _ _ _ study of emotional intelligence extend beyond _ _ _ _ _ _ _ _ explorations.

13. According to Daniel Goleman, researchers now know that __ can help prevent and solve myriad problems that we experience in our personal and professional lives.

14. Over the centuries, various cultural philosophers and __ __ __ __ __ __ __ __ __ leaders have made significant __ __ __ __ __ __ on healthier mind development.

3A

15. Generation after generation has shared __ __ __ __ __ __ and __ __ __ __ __ __ __ __ __ __ __ of emotional literacy—historically referred to as ethics, morals, manners, virtues and religious precepts.

16. The modern-day study of emotional intelligence teaches us with greater understanding and clarity about __ __ __ __ __ __ __ __ __ and __ __ __ __ __ ways to apply our minds.

17. In the business world, better understanding the skills of a job may get people __ __ __ __ __ , but most often emotionally __ __ __ __ __ __ __ __ __ __ behavior gets them fired.

18. Many of today's K-12 social and emotional learning programs are organized under the umbrella of __ .

19. __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ is one of three Spanish provinces of the Basque area of Spain that has launched an ambitious initiative for upgrading emotional literacy in the community.

20. Increased understanding of our minds, especially the __ __ __ __ __ __ __ __ __ component, should provide a greater impact on our health and well-being— than we could have ever __ __ __ __ __ __ __ __.

3A Lesson — RESEARCH CLARIFIES THE IMPORTANCE ACTUAL QUIZ ANSWERS

1. Research / understanding
2. decisions / enlightened
3. minds
4. attributed
5. research
6. Brain
7. Behavior
8. universe
9. eyes
10. factors
11. minds
12. modern-day / previous
13. emotional literacy
14. religious / impact
15. wisdom / guidelines
16. healthier / safer
17. hired / illiterate
18. emotional intelligence
19. San Sebastian
20. emotional / imagined

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