



Name of the Bundle	Proficient Bundle V1	Subject	Soft Skills
Topic	Emotional Intelligence	Last updated on	26 August 2025

Multiple Choice Questions on Emotional Intelligence

1. What is Emotional Intelligence (EI)?

- a. Managing your own emotions and understanding others
- b. Knowing a lot of facts and figures
- c. Expressing all your feelings without control
- d. The ability to be very gentle and kind

Ans: a. Managing your own emotions and understanding others

2. A person with good Emotional Intelligence will likely_____.

- a. react without thinking
- b. understand and manage their feelings
- c. avoid social interaction
- d. show no emotion at all

Ans: b. understand and manage their feelings

3. What does recognizing your own emotions help you understand?

- a. Other people's goals
- b. Your thoughts and behavior
- c. Weather changes
- d. Your physical strength

Ans: b. Your thoughts and behavior



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4. What is the first step in self-regulation?

- a. Acknowledging the emotions
- b. Ignoring the emotions
- c. Blaming others
- d. Hiding your feelings

Ans: a. Acknowledging the emotion

5. Emotional Intelligence does NOT mean ____.

- a. being soft
- b. being intelligent about emotions
- c. a different way of being smart
- d. understanding people's feelings

Ans: a. being soft

6. Which of the following best describes EI?

- a. A traditional measure of IQ
- b. A way of hiding emotions
- c. A different way of being smart
- d. Avoiding emotions altogether

Ans: c. A different way of being smart

7. Which of the following is NOT a key element of Emotional Intelligence?

- a. Self-awareness
- b. Motivation
- c. Empathy
- d. Technical skills



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Ans: d. Technical skills

8. Self-awareness means_____.
- a. recognizing others' emotions only
 - b. recognizing your own emotions
 - c. hiding your emotions from others
 - d. controlling everyone's behavior

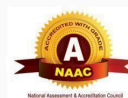
Ans: b. recognizing your own emotions.

9. Which of the following is a part of self-awareness?
- a. Ignoring weaknesses
 - b. Recognizing strengths and weaknesses
 - c. Controlling other people's moods
 - d. Avoiding self-confidence

Ans: b. Recognizing strengths and weaknesses

10. Being aware of the effect of your actions, moods, and emotions on others is related to_____.
- a. Self-regulation
 - b. Empathy
 - c. Self-awareness
 - d. Social skills

Ans: c. Self-awareness



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11. Self-regulation mainly involves_____.

- a. Ignoring emotions completely
- b. Acknowledging, accepting, understanding, and managing emotions
- c. Suppressing emotions without expression
- d. Controlling other people's emotions

Ans: b. Acknowledging, accepting, understanding, and managing emotions

12. Channelizing emotions to maintain the right temperament in any situation refers to_____.

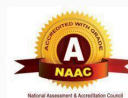
- a. Self-awareness
- b. Self-regulation
- c. Motivation
- d. Empathy

Ans: b. Self-regulation

13. Self-regulation helps a person to_____.

- a. React impulsively without thinking
- b. Stay calm and manage emotions in challenging situations
- c. Ignore emotions completely
- d. Control others' thoughts and feelings

Ans: b. Stay calm and manage emotions in challenging situations.



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14. What is motivation best described as?

- a. Ignoring goals and objectives
- b. The internal drive and energy to achieve goals
- c. Depending only on others for inspiration
- d. Avoiding challenges and setbacks

Ans: b. The internal drive and energy to achieve goals

15. Which of the following best shows motivation?

- a. Giving up when facing obstacles
- b. Maintaining enthusiasm and commitment despite setbacks
- c. Waiting for others to push you forward
- d. Avoiding responsibility for your goals

Ans: b. Maintaining enthusiasm and commitment despite setbacks

16. What does empathy mean?

- a. Ignoring others' emotions
- b. Understanding and sharing the feelings of others
- c. Controlling other people's emotions
- d. Avoiding emotional connections

Ans: b. Understanding and sharing the feelings of others

17. Empathy means not just recognizing feelings but also_____.

- a. Connecting with emotions and responding appropriately
- b. Keeping emotions hidden
- c. Forcing others to change
- d. Ignoring emotions

Ans: a. Connecting with emotions and responding appropriately.



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18. Which of the following shows empathy?

- a. Listening and supporting a sad friend
- b. Laughing at someone's problem
- c. Ignoring a person's feelings
- d. Forcing others to change

Ans: a. Listening and supporting a sad friend

19. Which statement shows the meaning of social skills?

- a. Avoiding people in social situations
- b. Handling and influencing others' emotions effectively
- c. Hiding your own feelings
- d. Ignoring emotions completely

Ans: b. Handling and influencing others' emotions effectively

20. Which of the following is a simple example of social skills?

- a. Smiling at people to make them feel positive
- b. Avoiding eye contact in conversation
- c. Ignoring others' feelings
- d. Forcing people to agree with you

Ans: a. Smiling at people to make them feel positive

21. An emotionally intelligent person, after making a mistake, should_____.

- a. Keep repeating the mistake
- b. Deny it ever happened
- c. Move on and learn from it
- d. Blame others for it

Ans: c. Move on and learn from it



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22. Saying "no" when necessary is a sign of_____.

- a. Weakness
- b. Rudeness
- c. Emotional intelligence
- d. Avoidance

Ans: c. Emotional intelligence

23. A key emotional intelligence skill for building trust is_____.

- a. Talking more than others
- b. Great listening skills
- c. Interrupting others
- d. Avoiding conversations

Ans: b. Great listening skills

24. A person with low emotional intelligence usually_____.

- a. Takes responsibility for mistakes
- b. Blames others for their problems
- c. Handles criticism calmly
- d. Apologizes when wrong

Ans: b. Blames others for their problems

25. Someone with high emotional intelligence is more likely to_____.

- a. Handle criticism without blame or excuses
- b. React with anxiety to feedback
- c. Avoid responsibility
- d. Blame others

Ans: a. Handle criticism without blame or excuses



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26. Which of the following is a trait of low emotional intelligence?

- a. Poor coping skills
- b. Open-mindedness
- c. Good listening
- d. Apologizing when wrong

Ans: a. Poor coping skills

27. People with low EI often struggle with_____.

- a. Relationships
- b. Listening
- c. Apologizing
- d. Problem-solving

Ans: a. Relationships

28. A person with high EI usually has strong relationships because they _____

- a. focus only on themselves
- b. are good listeners
- c. always have to be right
- d. avoid conversations

Ans: b. are good listeners

29. A person with _____ shows empathy by understanding others' feelings.

- a. ignoring others' feelings
- b. high Emotional Intelligence
- c. mocking people's emotions
- d. avoiding emotional situations

Ans: b. high Emotional Intelligence



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30. Escalating conflicts instead of resolving them is a sign of_____.

- a. Conflict resolution skills
- b. Low emotional intelligence
- c. High self-awareness
- d. Good empathy

Ans: b. Low emotional intelligence

31. How does a person with high EI respond to feedback?

- a. Becomes defensive
- b. Ignores it completely
- c. Uses feedback for personal growth
- d. Avoids all feedback

Ans: c. Uses feedback for personal growth

32. A person who thinks before acting is showing _____.

- a. Low impulse control
- b. Lack of motivation
- c. High impulse control
- d. Poor adaptability

Ans: c. High impulse control

33. Misinterpreting others' feelings indicates_____.

- a. Good understanding of others
- b. Poor adaptability
- c. Low understanding of others
- d. Strong social skills

Ans: c. Low understanding of others



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34. Excelling in social interactions is linked to_____.

- a. Poor communication
- b. High social skills
- c. Low impulse control
- d. Resisting change

Ans:b. High social skills

35. Lack of self-motivation is a trait of_____.

- a. High EI
- b. Low EI
- c. Strong adaptability
- d. Good impulse control

Ans:b. Low EI