Twitter Thread by Alex Oluwatobi



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According to psychologists, there are four types of intelligence:

- Intelligence Quotient (IQ)
- Emotional Quotient (EQ)
- Social Quotient (SQ)
- Adversity Quotient (AQ)

1. IQ is the measure of one's ability to comprehend, solve maths; memorize things & recall subject matters.

2. EQ is the measure of your ability to maintain peace with others; keep to time; be responsible; be honest; respect boundaries; be humble, genuine, and considerate.

3. SQ is the measure of one's ability to build a network of friends & maintain it over a long period of time.

4. AQ is the measure of your ability to go through a rough patch in life and come out without losing your mind. It is a new paradigm and can be used to determine who will give up in face of troubles and may abandon their families.

Now to the very interesting & analytical part■

People that have higher EQ & SQ tend to go further in life than those with high IQ but low EQ &SQ.

Most schools capitalize on improving IQ level while EQ & SQ are played down.

A man of high IQ can end up being employed by a man of high EQ & SQ even though he has an average IQ.

Your EQ represents your character; your SQ represents your charisma. Give in to habits that will improve these three Qs but more especially your EQ and SQ.

EQ and SQ make one manage better than the other.

Try not only to have a higher IQ but also to have higher EQ and SQ.

And to the parents, expose your children to other areas of life than academics. They should adore manual work (never use work as a form of punishment), sport, and art.

Develop their EQ, SQ, & AQ. They should become multifaceted human beings able to do things independently.

Prepare the children for the rough roads, do not prepare the rough roads for the children.

CC: @DirectorFlo

Thanks for the beautiful insight on this exposé.