

Social Intelligence and Communication

Psychology · Practice Test · 30 Questions

1. What type of neuron is described as the fastest acting neuron in the brain that guides social decisions?

- A) Mirror neurons
- B) Spindle cells
- C) Interneurons
- D) Motor neurons

2. Which neurons help us predict the behavior of others by subconsciously mimicking their movements?

- A) Spindle cells
- B) Interneurons
- C) Mirror neurons
- D) Sensory neurons

3. What chemical is secreted by the brain when a man finds a woman he finds attractive attractive, making us feel pleasure?

- A) Serotonin
- B) Dopamine
- C) Adrenaline
- D) Endorphin

4. Which of the following is NOT listed as a key element of social intelligence?

- A) Verbal fluency
- B) Knowledge of social roles and rules
- C) Physical strength
- D) Conversational skills

5. What are brief, involuntary facial expressions shown on the face according to experienced emotions called?

- A) Macro-expressions
- B) Voice intonations
- C) Micro-expressions
- D) Gestures

6. Micro-expressions typically occur in situations where people have something to lose or gain, also known as:

- A) Low-stakes situations
- B) High-stakes situations
- C) Neutral situations
- D) Informal situations

7. Which of the following emotions is NOT listed as one of the seven universal emotions expressed by micro-expressions?

- A) Disgust
- B) Joy
- C) Empathy
- D) Contempt

8. What is the variation of pitch when one speaks, crucial in how we express ourselves?

- A) Prosody
- B) Accent
- C) Linguistic nature
- D) Voice intonations

9. Which element of linguistic nature helps craft the music of the language?

- A) Accent
- B) Prosody
- C) Voice intonation
- D) Pheromones

10. What are stimuli that elicit a reaction called?

- A) Proto-conversations
- B) Social triggers
- C) Acquisition
- D) Pheromones

11. According to Goleman, what is the first aspect of proto-conversations?

- A) Social Facility
- B) Social Cognition
- C) Social Awareness
- D) Empathic Accuracy

12. Sensing another person's feelings and putting yourself in their shoes is known as:

- A) Attunement
- B) Empathic Accuracy
- C) Primal Empathy
- D) Social Cognition

13. Listening with full receptivity is described as:

- A) Primal Empathy
- B) Empathic Accuracy
- C) Social Facility
- D) Attunement

14. Understanding others' thoughts and intentions falls under which aspect of social awareness?

- A) Social Facility
- B) Social Cognition
- C) Empathic Accuracy
- D) Attunement

15. Knowing how to have conversations and understanding social relationships is part of:

- A) Social Awareness
- B) Social Cognition
- C) Social Facility
- D) Influence

16. Knowing how you come across to others is referred to as:

- A) Influence
- B) Concern
- C) Self-presentation
- D) Social Facility

17. Shaping the outcome of social interactions is called:

- A) Concern
- B) Self-presentation
- C) Influence
- D) Social Facility

18. What capability allows one to reckon that people and places trigger different emotions, affecting our ability to connect?

- A) Social Triggers
- B) Social Awareness
- C) Secure Base
- D) Proto-conversation

19. Which 'road' is our instinctual, emotion-based way of processing interactions, reading body language and facial expressions?

- A) The High Road
- B) The Low Road
- C) The Instinctual Road
- D) The Emotional Road

20. Which 'road' is our logical, critical thinking part of an interaction used for communication and storytelling?

- A) The Low Road
- B) The Instinctual Road
- C) The High Road
- D) The Logical Road

21. What are social triggers described as?

- A) High Road functions
- B) Low Road social anxieties
- C) Instinctual reactions
- D) Communication barriers

22. What is a ritual place or an activity that helps one process emotions and occurrences, providing a space to recharge?

- A) Social Facility
- B) Secure Base
- C) Proto-conversation
- D) Social Awareness

23. What is a major pitfall in social intelligence, described as a lack of empathy?

- A) Social Triggers
- B) Broken Bonds
- C) Secure Base
- D) Proto-conversation

24. The 'I-It' connection, where one views another as an object rather than a human being, is a concept coined by which philosopher?

- A) Daniel Goleman
- B) Martin Buber
- C) Howard Gardner
- D) Sigmund Freud

25. In the case study of Cynthia and Joyce, why did Cynthia stop saying yes to lunch dates?

- A) Joyce was always busy
- B) Joyce's emails were insincere and predictable
- C) Cynthia didn't like Joyce
- D) Joyce moved away

26. What is the principle of interacting with empathy or not interacting at all?

- A) Broken Bonds
- B) Proto-conversation
- C) Secure Base
- D) Social Triggers

27. When someone smiles at you and it's hard not to smile back, this is an example of:

- A) High Road response
- B) Proto-conversation
- C) Mirror neurons in action
- D) Social trigger

28. What does the text suggest about moods?

- A) They are not contagious
- B) They can be influenced by pheromones
- C) They are catching
- D) They are only expressed through micro-expressions

29. What is the foundation of 'pick-up' or 'game' as described in the text?

- A) Attraction
- B) Acquisition
- C) Social Facility
- D) Empathy

30. The text states that human brains contain more of which type of neuron than any other species?

- A) Mirror neurons
- B) Motor neurons
- C) Interneurons
- D) Spindle cells