



## *Life Transitions Newsletter*

### *April/May 2008*



*Dear Clients,*

*The months of April and May are devoted to moving offices and getting settled. Thank you for your flexibility and understanding during these changes.*

*This issue is devoted to I.Q. – both intellectual and emotional I.Q.s*

*Sincerely,*

*Penny Blazej, LCSW, BCD*

### *Office Changes*

The move has occurred with the Valley Center Office moving to a home office and the hours at the Escondido office expanding. Monday's will be at Valley Center Office and Tuesday, Thursday and Friday at the Escondido Office.

New mailing address is:

**127 E. Third Ave Suite 201  
Escondido, CA 92025**

There are two fax numbers:

Monday and Wednesday  
**760-751-3403**

Tuesday, Thursday, Friday  
**760-738-8128**

In May my Escondido Office will change – my colleague and I are exchanging offices. The location and suite remain the same, I will just move into a large office to accommodate larger families.

Well, by the end of May this game of musical offices will be done. Stay tuned the Escondido Office will be redecorated with a new color scheme!

### *Is I.Q. still a valid measurement for intelligence?*

Below is a 2007 article from the New York Times published by DAVID BROOKS that encapsulates the changing views on I.Q. as a valid measurement for intelligence.

*A nice phenomenon of the past few years is the diminishing influence of I.Q.*

*For a time, I.Q. was the most reliable method we had to capture mental aptitude. People had the impression that we are born with these information-processing engines in our heads and that smart people have more horsepower than dumb people.*

*And in fact, there's something to that. There is such a thing as general intelligence; people who are good at one mental skill tend to be good at others. This intelligence is partly hereditary. A meta-analysis by Bernie Devlin of the University of Pittsburgh found*



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*that genes account for about 48 percent of the differences in I.Q. scores. There's even evidence that people with bigger brains tend to have higher intelligence.*

*But there has always been something opaque about I.Q. In the first place, there's no consensus about what intelligence is. Some people think intelligence is the ability to adapt to an environment, others that capacity to think abstractly, and so on.*

*Then there are weird patterns. For example, over the past century, average I.Q. scores have risen at a rate of about 3 to 6 points per decade. This phenomenon, known as the Flynn effect, has been measured in many countries and across all age groups. Nobody seems to understand why this happens or why it seems to be petering out in some places, like Scandinavia.*

*I.Q. can also be powerfully affected by environment. As Eric Turkheimer of the University of Virginia and others have shown, growing up in poverty can affect your intelligence for the worse. Growing up in an emotionally strangled household also affects I.Q.*

*One of the classic findings of this was made by H.M. Skeels back in the 1930s. He studied mentally retarded orphans who were put in foster homes. After four years, their I.Q.'s diverged an amazing 50 points from orphans who were not moved. And the remarkable thing is the mothers who adopted the orphans were themselves mentally retarded and living in a different institution. **It wasn't tutoring that produced the I.Q. spike; it was love.***

*Then, finally, there are the various theories of multiple intelligences. We don't just have*

*one thing called intelligence. We have a lot of distinct mental capacities. These theories thrive, despite resistance from the statisticians, because they explain everyday experience. I'm decent at processing words, but when it comes to calculating the caroms on a pool table, I have the aptitude of a sea slug.*

*I.Q., in other words, is a black box. It measures something, but it's not clear what it is or whether it's good at predicting how people will do in life. Over the past few years, scientists have opened the black box to investigate the brain itself, not a statistical artifact.*

*Now you can read books about mental capacities in which the subject of I.Q. and intelligence barely comes up. The authors are concerned instead with, say, the parallel processes that compete for attention in the brain, and how they integrate. They're discovering that far from being a cold engine for processing information, neural connections are shaped by emotion.*

*Antonio Damasio of the University of Southern California had a patient rendered emotionless by damage to his frontal lobes. When asked what day he could come back for an appointment, he stood there for nearly half an hour describing the pros and cons of different dates, but was incapable of making a decision. This is not the Spock-like brain engine suggested by the I.Q.*

*Today, the research that dominates public conversation is not about raw brain power but about the strengths and consequences of specific processes. Daniel Schacter of Harvard writes about the vices that flow from the way memory works. Daniel Gilbert, also of Harvard, describes the mistakes people make in perceiving the future. If*



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*people at Harvard are moving beyond general intelligence, you know something big is happening.*

*The cultural consequence is that judging intelligence is less like measuring horsepower in an engine and more like watching ballet. Speed and strength are part of intelligence, and these things can be measured numerically, but the essence of the activity is found in the rhythm and grace and personality — traits that are the products of an idiosyncratic blend of emotions, experiences, motivations and inheritances.*

*Recent brain research, rather than reducing everything to electrical impulses and quantifiable pulses, actually enhances our appreciation of human complexity and richness. While psychometrics offered the false allure of objective fact, the new science brings us back into contact with literature, history and the humanities, and, ultimately, to the uniqueness of the individual.*

As Mr. Brooks article states, standard I.Q. tests shift with time, economic status, long term stress, nurturing environment, exposure to education and cultural experiences.

The standard I.Q. tests put emphasis on certain aspects of intelligence such as logical reasoning, math skills, spatial skills, understanding analogies, verbal skills etc. What has puzzled researchers is that some people with very high I.Q.' were doing poorly in life.

Daniel Goleman introduced the concept of emotional I.Q. He along with many other researchers discovered that those with high emotional I.Q.'s tend to be more successful in life than those with lower emotional I.Q. even if their classical IQ is average.

Emotional I.Q. tests measures your capacity to recognize your own emotions and those of others, understand how best to motivate yourself, become close to others and manage your own feelings and those of others. Go to the below website to take a fun emotional I.Q. test. It takes about 20 minutes – beware they do give you your overall I.Q. but try and sell you a more detailed analysis.

[http://www.queendom.com/queendom\\_tests/transfer](http://www.queendom.com/queendom_tests/transfer)

### *Wise Words*

***If you look at a problem long enough, you can see the part you play in it.***

Miriam Fox Gables, Ozarks  
Senior Living, 2005