10   Be smart. Be well.

How intelligence matters

to be socially intelligent	Erol is very socially intelligent; he always knows how to put everyone at a party in a good mood.	über soziale Intelligenz verfügen
to be influenced by genetic factors	Many specific skills are influenced by genetic factors and are somewhat out of an individual's control.	von genetischen Faktoren / Genfaktoren beeinflusst sein
to have an impact on one's well-being	Fionna says that there are many things that have an impact on her well-being.	einen Einfluss auf das eigene Wohlbefinden haben
to contribute to a fulfilling career	Advanced knowledge in a subject contributes to a fulfilling career.	zu einer erfüllenden Karriere beitragen
to have an effect on one's school / work performance	Bernadette's ability to focus had an effect on her school performance.	sich auf die schulischen / beruflichen Leistungen auswirken
to be more easily manipulated	If a person doesn't know how to think critically, they will be more easily manipulated by people with bad intentions.	leichter manipulierbar sein
to have a longer lifespan	People with access to education have a longer lifespan than those who don't.	eine höhere Lebenserwartung haben
to affect one's income	The level of education that has been reached affects a person's income later in life.	das Einkommen beeinflussen / beeinträchtigen
to correlate with happiness	More knowledge doesn't always correlate with happiness.	mit Glück / Zufriedenheit in Wechselbeziehung stehen / zusammenhängen / korrelieren
to provide more life opportunities	A high school degree provides more life opportunities.	mehr Chancen im Leben bieten
to have more self-confidence	People who have had access to education as young children have more self-confidence as they become adults.	mehr Selbstvertrauen haben
to be more creative	Zac thought he was more creative than his brothers because he played and wrote more music.	kreativer sein

Can IQ be measured?

to measure intelligence and cognitive abilities	There are certain ways to measure intelligence and cognitive abilities, but they aren't all accurate.	Intelligenz und kognitive Fähigkeiten messen
to attribute performance to someone's general intelligence	It's easy to see a child complete a task and attribute their performance to their general intelligence.	Leistungsfähigkeit der allgemeinen Intelligenz einer Person zuschreiben / auf allgemeine Intelligenzfaktoren zurückführen
the ability to make a decision is closely linked with reasoning speed	In both adults and children, the ability to make a decision is closely linked with reasoning speed.	die Fähigkeit, eine Entscheidung zu treffen, ist eng mit der Denkgeschwindigkeit verbunden
to use a valid and unbiased test	Researchers attempting to measure intelligence need to use a valid and unbiased test to achieve scientifically acceptable results.	einen zulässigen / fundierten und werturteilsfreien Test verwenden

to discriminate against racial and ethnic groups	Early versions of intelligence tests discriminated against racial and ethnic groups.	Gruppen diskriminieren aufgrund rassischer oder ethnischer Zuordnung
to have a strong ethical code	Having a strong ethical code helps determine whether or not an action or experience is morally acceptable.	einen strikten ethischen Kodex haben
to be frequently misinterpreted	Some actions are frequently misinterpreted when they occur in international settings.	häufig fehlinterpretiert / falsch interpretiert werden
to conduct cross-cultural psychology experiments	Many scientists conducted cross-cultural psychology experiments to research how different cultures deal with certain social situations.	kulturübergreifende psychologische Experimente durchführen
an indication that there is something wrong with the test	The scores gave an indication that there was something wrong with the test, not the test subjects.	ein Hinweis darauf, dass mit dem Test etwas nicht stimmt
to diminish dreams and expectations	An inaccurately low test result might diminish dreams and expectations for a child.	Träume und Erwartungen dämpfen
to deny or limit opportunities	Judging applicants solely on their IQ scores denies or limits their opportunities in countless ways.	Möglichkeiten verweigern oder einschränken
to promote human well-being	Tests and studies should be conducted to promote human well-being, not destroy it.	das menschliche Wohlbefinden fördern

EQ vs IQ

to make students more conscientious	Interacting with other students and learning about each other makes students more conscientious.	Schüler/innen gewissenhafter machen
to boost one's grades	Daily recess helped boost Emily's grades and receive the best marks she had ever had.	die Noten verbessern
to get along in one's interpersonal relationships	Having empathy makes it easier to get along in your interpersonal relationships.	in zwischenmenschlichen Beziehungen klarkommen / zurechtkommen
to have a sophisticated emotional vocabulary	Franz talks about his emotions a lot and has a sophisticated emotional vocabulary.	ein differenziertes emotionales Vokabular haben
to have research-based strategies to regulate one's emotions	When Sam is in a tough situation, he has research-based strategies to regulate his emotions.	über forschungsbasierte Strategien zur Steuerung der eigenen Emotionen verfügen
learning is affected by one's emotional state	Not very many people realise that learning is affected by one's emotional state.	Lernen wird vom Gefühlszustand beeinflusst
the brain is preoccupied with managing one's social life	James knows that his brain is preoccupied with managing his social life most of the time.	das Gehirn ist damit beschäftigt, das eigene soziale Leben zu bewältigen
to be able to calm oneself down	Hera was able to calm herself down by taking deep breaths.	in der Lage sein, sich selbst zu beruhigen
to disclose personal information safely	Learning how to disclose personal information safely will put you at an advantage in the future.	persönliche Informationen sicher / gefahrlos preisgeben / bekanntgeben
to tackle problems more effectively	Gorka tackles problems more effectively after he's written them down in a notebook.	Probleme effektiver bewältigen

21st century skills

collaboration	Collaboration or teamwork allows people to make progress way faster than they would if they worked alone.	Zusammenarbeit
commitment	Whitney's commitment to the mental well-being of her employees made them feel valued and allowed them to perform better.	Hingabe, Engagement
communication	Communication is a key ingredient in successful relationships.	Kommunikation
computer literacy	Generally, members of the younger generations have more computer literacy than those who grew up without any Internet.	Computerkompetenz, EDV-Kenntnisse
creativity	Joan has so much creativity, it seems like it rubs off on anyone she meets!	Kreativität
critical thinking	Critical thinking is a necessary skill in today's world.	kritisches Denken
digital literacy	Gerald knows everything about computers and software, so we call him a master of digital literacy.	digitale Bildung / Kompetenz
flexibility	Flexibility and the willingness to embrace new situations are help-ful traits when you work in a team.	Flexibilität
information literacy	When students learn how to do proper research, they are learning skills to improve their information literacy.	Informationskompetenz
initiative	Members of a team should take initiative and suggest any ideas they may have for new projects.	Initiative
leadership	When the company needed better leadership, they chose Ian for the job; people naturally look up to him and trust his judgement.	Führung, Leitung
learning skills	Stefan's learning skills were un-rivalled; he was so good at figuring out how to understand a new topic.	Lernfähigkeit
media literacy	Media literacy is becoming more and more crucial in today's job market.	Medienkompetenz
problem-solving skills	Steph's excellent problem-solving skills would have been necessary for the dilemma we ran into last week.	Problembewältigungskompetenz
productivity	Productivity can suffer if someone's place of work is stressful and puts a lot of pressure on its workers.	Produktivität, Leistungsfähigkeit
social skills	Not everyone has the proper social skills to have a conversation with someone they strongly disagree with.	soziale Kompetenz

Benefits and downsides of smart classes

to require proper network connectivity	Meeting on *Zoom* or taking a class online requires proper network connectivity.	eine einwandfreie Netzwerkverbindung benötigen
to have an interactive learning experience	It's more difficult to have an interactive learning experience online because interactions are automatically slower than in person.	ein interaktives Lernerlebnis haben
to increase commitment and productivity	The ability to learn from home can increase both commitment and productivity.	das Engagement und die Produktivität erhöhen
to be too expensive and complex to implement	Learning with smart technology is often too expensive and complex for schools to implement.	zu teuer und komplex umzusetzen / zu implementieren sein
to be highly dependent on electricity	Smart classes are also highly dependent on electricity, making this impractical in places where electricity isn't always available.	in hohem Maße von der Stromversorgung abhängig sein
to access online resources more easily	Smart tools can allow students to access online resources more easily and use them during lessons.	leichter auf Online-Ressourcen zugreifen können
using Smart Boards is more fun	For many kids, using Smart Boards is more fun than writing on a piece of paper or a whiteboard.	Smart Boards zu verwenden macht mehr Spaß
to be more motivating	New technology is more motivating to students who need novelty to learn better.	motivierender sein
to use time-saving technology	Teachers often appreciate the opportunity to use time-saving technology and teach more efficiently.	zeitsparende Technologien verwenden
to save paper	Smart Boards also help classrooms save paper.	Papier sparen
to have high maintenance costs	Certain types of technologies have high maintenance costs.	hohe Wartungskosten haben
to need devices like notebooks, digital boards, etc.	Students sometimes need devices like notebooks, digital boards, or other gadgets that allow them to participate in lessons.	Geräte wie z. B. Notebooks, Smart Boards / digitale Tafeln usw. brauchen

Artificial intelligence (AI)

to lead to a reduction in human error	Automating certain jobs will lead to a reduction in human error, especially in manufacturing.	zu einer Verringerung von menschlichen Fehlern führen
to lack creativity and emotion	Even the most complex humanoid robots lack creativity and emotion.	Kreativität und Emotionen vermissen lassen, an Kreativität und Emotionen mangeln
to be available 24/7	Service centres run by artificial intelligence are available 24/7.	24/7 verfügbar sein
to reduce opportunities to bond with other staff members	If every task is completed virtually, opportunities to bond with other staff members will be reduced.	Möglichkeiten Kontakte zu anderen Mitarbeitern/Mitarbeiterinnen zu knüpfen einschränken
to require huge upfront costs / initial costs / startup costs	Converting parts of the work chain to be run by AI requires huge upfront costs / initial costs / start-up costs for materials and installation.	enorme Vorlaufkosten / Anfangskosten / Gründungskosten für die Erstellung erfordern

to overcome many human limitations	Robots overcome many human limitations like the need to stop and sleep, the need to eat, and potential craftmanship errors.	die (gefährliche) Begrenztheit menschlichen Handelns überwinden
to lack out-of-the-box thinking	A counter-argument for the use of AI systems would be that they lack out-of-the-box thinking.	es an „Out-of-the-Box"-Denken fehlen lassen / an der Fähigkeit, über den Tellerrand hinauszu-schauen, mangeln
to carry out actions faster	Robots carry out many actions faster than humans can.	Handlungen schneller ausführen
to do assembly line work	AI technology is best equipped to do assembly line work.	Fließbandarbeit leisten
to lead to unemployment	It could lead to unemployment for many workers if too many jobs are taken over by AI.	zu Arbeitslosigkeit führen
to assist and help employees work better	Technology can also assist and help employees work better or more efficiently.	die Mitarbeiter/innen unterstützen und ihnen helfen, besser zu arbeiten
to replace repetitive jobs that could be automated	It might be a significant advantage for humans if AI only replaced repetitive jobs that could be automated, leaving humans free to do more creative work.	sich wiederholende / repetitive Tätigkeiten ersetzen, die auto-matisiert werden könnten