

IQ tests measure your ability to solve problems, use logic, and grasp or communicate complex ideas. EQ tests measure your ability to recognize emotion in yourself and others, and to use that awareness to guide your decisions.

Both kinds of intelligence can influence your job performance, relationships, and overall well-being. Understanding and developing both kinds of intelligence may be the key to success in many areas of your life.

IQ stands for intelligence quotient. IQ tests are tools to measure intellectual abilities and potential. They're designed to reflect a wide range of cognitive skills, such as reasoning, logic, and problem-solving.

It's a test of intelligence, something you're largely born with. It's not a test of knowledge, which represents what you learn through education or life experience.

To know your IQ, you take a standardized test in the presence of a trained professional. IQ tests you find online might be entertaining, but the results aren't valid.

It's also important to understand that your IQ score doesn't exist in isolation. The number actually represents how your results compare to those of other people your age.

A score of 116 or more is considered above average. A score of 130 or higher signals a high IQ. Membership in Mensa, the High IQ society, includes people who score in the top 2 percent, which is usually 132 or higher.

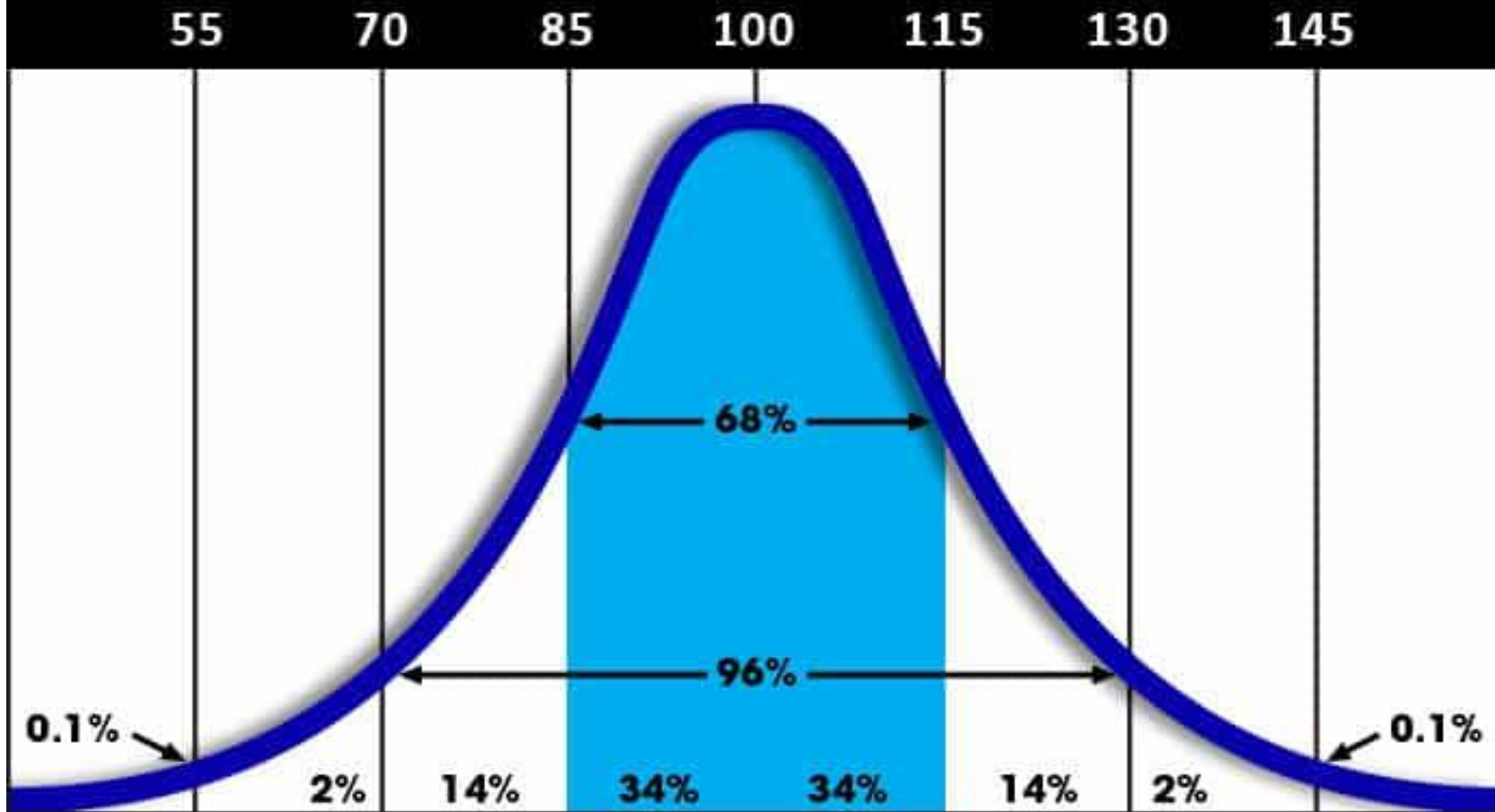
Standardized IQ tests are given and scored by trained administrators. The score represents how you compare to your peer group in:

- language
- reasoning abilities
- processing speed
- visual-spatial processing
- memory
- math



IQ scores follow a bell curve. The very peak of the bell represents the average score of 100. Lower scores are represented on one slope of the bell while higher scores are represented on the other.

# IQ SCORE BELL CURVE



The IQ scores of most people are represented in the middle of the bell, between 85 and 115. Overall, about 98 percent of people have a score below 130. If you're among the 2 percent with a higher score, you're an outlier.

If you have a high IQ score, it means your reasoning and problem-solving abilities are better than average and may signal intellectual potential.