

INTELLIGENCE

What is Intelligence?

A typical dictionary definition of **Intelligence** is “the capacity to acquire and apply knowledge.” By the Collins English Dictionary, it is ‘the ability to think, reason, and understand instead of doing things automatically or by instinct.’ By the Macmillan Dictionary, it is ‘the ability to understand and think about things, and to gain and use knowledge.’

Intelligence includes the ability to benefit from past experience, act purposefully, solve problems, and adapt to new situations. Intelligence can also be defined as “the ability that intelligence tests measure.” There is a long history of disagreement about what actually constitutes intelligence

At various points throughout recent history, researchers have proposed some different definitions of intelligence. While these definitions can vary considerably from one theorist to the next, current conceptualizations tend to suggest that intelligence involves the level of ability to do the following:

- **Learn:** The acquisition, retention, and use of knowledge is an important component of intelligence.
- **Recognize problems:** To put knowledge to use, people must be able to identify possible problems in the environment that need to be addressed.
- **Solve problems:** People must then be able to take what they have learned to come up with a useful solution to a problem they have noticed in the world around them.

Intelligence involves some different mental abilities including logic, reasoning, problem-solving, and planning.

Can we Increase our Intelligence?

There are certainly ways to increase one's intelligence, also called intelligence amplification/enhancing, by practicing many proven cognitive tools such as mnemonics, problem-solving heuristics, creativity techniques and decision-making tools. An increase in the intelligence level can only result in a better life, health, and standard of living. Below you will find some simple intelligence boosters:

Deep thinking: in life it's not enough to just react to events, and situations, rather we should have a conscious objective and select our actions to get nearer our objective. Also it's important to think about consequences of our actions, to minimize the possibilities of errors and regret. Deep thinking would normally help you live better, and reach your goal

Good reasoning : it is the key to success, especially if performed consciously and in the proper order: 1) have an objective, 2) make a general sensing about it, 3) determine your decision based on your sensing, 4) make alternate plans (along the main objective), 5) select the best response/ plan. 5) start by carrying out your plan, 6) observe results, 7) store experiences (for future reference).

Learning from past experience : it is believed that many inventions were actually re- inventions; for example Egyptians 2000-4000 years ago were using some unique techniques to build their temples, buildings... but since the early Egyptians were not good at keeping records of what they were doing, many of their inventions/ techniques were lost, and they had to be reinvented many centuries after them, which means that we had to start from point zero again because we didn't keep records of our discoveries. You can apply that to your own life, learning from the past experience either bad or good is very beneficial, and can save you a lot of time and effort. A good way to do that is journal writing which is a useful way to develop self-understanding, and to analyze events, in addition to provide a record of how we change over time.

Practice: you cannot learn swimming from a book, the same thing should be taken into consideration when dealing with “thinking”; you cannot learn to think without practicing. And as mentioned earlier, a good way to start is with cognitive tools such as brain exercises: mnemonics, problem-solving heuristics, creativity techniques, brainstorming, puzzles, brain teasing games... etc.