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How to test my intelligence quotient

The term IQ, or Intelligence Quotient, generally describes a score on a test that rates the subject's cognitive ability as compared to the general population. IQ tests use a standardized scale with 100 as the median score. On most tests, a score between 90 and 110, or the median plus or minus 10, indicates average intelligence. A score above 130 indicates exceptional intelligence and a score below 70 may indicate mental retardation. Like their predecessors, modern tests do take in to account the age of a child when determining an IQ score. Children are graded relative to the population at their developmental level.What is this cognitive ability being measured? Simply put, IQ tests are designed to measure your general ability to solve problems and understand concepts. This includes reasoning ability, problem-solving ability, ability to perceive relationships between things and ability to store and retrieve information. IQ tests measure this general intellectual ability in a number of different ways. They may test:spatial ability: the ability to visualize manipulation of shapesmathematical ability: the ability to solve problems and use logiclanguage ability: This could include the ability to complete sentences or recognize words when letters have been rearranged or removed.memory ability: the ability to recall things presented either visually or aurallyQuestions in each of these categories test for a specific cognitive ability, but many psychologists hold that they also indicate general intellectual ability. Most people perform better on one type of question than on others, but experts have determined that for the most part people who excel in one category do similarly well in the other categories, and if someone does poorly in any one category, he also does poorly in the others. Based on this, these experts theorize there is one general element of intellectual ability that determines other specific cognitive abilities. Ideally, an IQ test measures this general factor of intelligence, abbreviated as q. The best tests, therefore, feature questions from many categories of intellectual ability so that the test isn't weighted toward one specific skill.Because IQ tests measure your ability to understand ideas and not the quantity of your knowledge, learning new information does not automatically increase your IQ. Learning may exercise your mind, however, which could help you to develop greater cognitive skills, but scientists do not fully understand this relationship. The connection between learning and mental ability is still largely unknown, as are the workings of the brain and the nature of intellectual ability. Intellectual ability does seem to depend more on genetic factors than on environmental factors, but most experts agree that environment plays some significant role in its development.But can you increase your IQ score? There is some evidence that children develop higher intellectual ability if they receive better nurturing and diet as babies, and a higher degree of intellectual stimulation in preschool tends to boost children's IQ scores for a few years of elementary school but does not permanently increase IQ scores. For the most part, adult IQ scores don't significantly increase over time. There is evidence that maintaining an intellectually stimulating atmosphere (by learning new skills or solving puzzles, for example) boosts some cognitive ability, similar to the way maintaining an exercise regimen boosts physical ability, but these changes aren't permanent and do not have much effect on IQ scores.So your IQ score is relatively stable, no matter what education you acquire. This does not mean that you can't increase your intelligence. IQ tests are only one imperfect method of measuring certain aspects of intellectual ability. A lot of critics point out that IQ tests don't measure creativity, social skills, wisdom, acquired abilities or a host of other things we consider to be aspects of intelligence. The value of IQ tests is that they measure general cognitive ability, which has been proven to be a fairly accurate indicator of intellectual potential. There is a high positive correlation between IQ and success in school and the work place, but there are many, many cases where IQ and success do not coincide. Take a fast demo IQ test of the Pro Certified Admissions IQ test of the International High IQ Society, or our Classical Intelligence test to get a taste of what a full length IQ test is like. (Are you here to prepare for an assessment? Check out our Prep Packages.) When you complete a free IQ test you will get an estimate of your IQ score or the number of questions you answered correctly. Share your IQ score with your friends. Learn if you might qualify for membership of the High IQ society. 8 questions, 1 question type Non-verbal, great for non-English natives Compare your IQ with fellow citizens and other countries Professional version(25 questions, \$8.99or 10 questions, 10 question types Verbal, numerical, logical and spatial reasoning Compare your IQ with hundreds of thousands of serious test takers Professional version(44 questions, \$8.99)or IQ is an abbreviation of Intelligence Quotient. So, OK, but what is IQ? The IQ is a measurement of your intelligence and is expressed in a number. It's an estimate also, there will always be a given amount of measurement error.A person's IQ can be calculated by having the person take an intelligence test. The average IQ is 100 by definition. If you achieve a score higher than 100, you did better than the average person, and a lower score means you (somewhat) performed less.What is a good IQ score?The average IQ score is always 100, and your personal score tells you your IQ ranking compared to the average. IQ scores are based on comparisons with other people who took the test: the norm group. As 100 is the average score, your score tells you how your IQ score ranks compared to other people. Most people score between 85 and 115.About 2% of the population has an IQ score lower than 69. Such a low IQ score often is hard to measure using a regular intelligence test. Very high IQ scores, say over 150, are also hard to determine accurately. This is because you need a lot of reference measurements to determine a specific score reliably. As very high and very low IQ scores simply do not occur often, it is hard to form such a reference group.Can I practice IQ tests?You can practice IQ tests, it will not make you more intelligent but it will increase your IQ score on a job test for example. Be sure to try any IQ test we offer for free in our IQ tests section. Especially for assessment preparation this will be very useful!What IQ test types are there?In a classic IQ test you will generally find questions related to numerical reasoning, logical reasoning, verbal intelligence and spatial intelligence. An IQ test that primarily measures abstract reasoning, either inductive or deductive, will often be a non-verbal IQ test. The latter is then called culture-fair because of that.Both classic and non-verbal IQ tests make for valid and reliable IQ score measurements, although their definitions of intelligence do vary. Generally an IQ test consisting of more questions will have a higher reliability than shorter tests. IQ TestingFormally referred to as "intellectual quotient" tests, IQ tests come in many forms. They can help diagnose intellectual disabilities or measure someone's intellectual potential. If you're considering IQ testing, your doctor should be your first point of contact.French psychologist Alfred Binet created the first intelligence test in the early 1900s. However, modern IQ testing in the United States stems from the work of Henry Herbert Goddard. Goddard was a psychologist who earned his doctorate in psychology from Clark University in 1899. He translated the Binet test from French to English. This test was used to test basic intellectual functions in U.S. school children and to support mental health diagnoses.Goddard remains a controversial figure in the history of psychology. This is due to his argument that adults with low IQs shouldn't procreate. Thankfully, society has largely moved on from such viewpoints. Today, there are numerous IQ tests that are used for different purposes, but most are used to help diagnose learning disabilities. Since Goddard's controversial Binet tests, psychologists have worked to develop numerous other tests. Most are intended for elementary school-aged children, but some may be used for adults. The most common types of IQ tests are:Stanford-Binet Intelligence Scale Universal Nonverbal IntelligenceDifferential Ability ScalesPeabody Individual Achievement TestWechsler Adult Intelligence ScaleWoodcock Johnson III Tests of Cognitive Disabilities According to the National Institute of Child Health and Human Development, 95 percent of intellectually disabled children receive IQ scores between 55 and 70. A score of 100 is considered average.High ScoresA high IQ score, over 100, is typically associated with high intelligence. Extreme intelligence is 130 or above. Still, these outcomes are stereotypical. A high score usually means the person has a lot of potential, not that they're particularly "smart."Low ScoresSomeone who scores below 100 is considered to have "below average" intelligence. Extremely low scores, below 70, are usually a cause for concern. They may indicate an underlying learning disability.An IQ test may be the first step in diagnosing intellectual issues. If your child has a particularly low score, their doctor may also order:adaptive skills screeningblood testsbrian ultrasoundfull mental health screeningPrenatal screenings may help detect potential intellectual disabilities before babies are born. This is especially the case for mothers who are 35 or older, or those who have used drugs or alcohol during pregnancy. If potential issues are detected at this time, your pediatrician may follow up with an IQ test in early childhood. IQ scores are just one piece of the puzzle. These tests still remain inaccessible to many families. Not all public schools use them. Some families may not have access to a doctor or psychologist who can administer the test. This can lead to missed opportunities for crucial testing — especially during a child's early years when treatment is vital. Online IQ tests are available, but you shouldn't rely on them for a medical diagnosis. If you suspect an intellectual disability in a loved one, don't wait for your doctor to offer a test. Seek out your options for early testing. IQ testing is just one way to measure someone's intelligence. When diagnosing an intellectual disability, your doctor will rely on additional tests and observations. IQ tests should certainly not be discounted, but it's important not to rely on them as the sole measure of intelligence. IQ is a type of standard score that indicates how far above, or how far below, his/her peer group an individual stands in mental ability. The peer group score is an IQ of 100: this is obtained by applying the same test to huge numbers of people from all socio-economic strata of society, and taking the average. The term 'IQ' was coined in 1912 by the psychologist William Stern in relation to the German term Intelligenzquotient. At that time, IQ was represented as a ratio of mental age to chronological age x 100. So, if an individual of 10 years of age had a mental age of 10, their IQ would be 100. However, if their mental age was greater than their chronological age (e.g., 12 rather than 10), their IQ would be 120. Similarly, if their mental age was lower than their chronological age, their IQ would be lower than 100. When current IQ tests were developed, the average score of the norming sample was defined as IQ 100; and standard deviation (a statistical concept that describes average dispersion) up or down was defined as, for example, 16 or 24 IQ points greater or less than 100. Mensa admits individuals who score in the top 2% of the population, and they accept many different tests, as long as they have been standardised and normed, and approved by professional psychologists' associations. Two of the most well-known IQ tests are 'Stanford-Binet' and 'Cattell' (explained in more detail below). In practice, qualifying for Mensa in the top 2% means scoring 132 or more in the Stanford-Binet test, or 148 or more in the Cattell equivalent. Measuring Intelligence - Noteworthy Contributors Sir Francis Galton Sir Francis Galton was the first scientist who attempted to devise a modern test of intelligence in 1884. In his open laboratory, people could have the acuity of their vision and hearing measured, as well as their reaction times to different stimuli. James McKeen Cattell The world's first mental test, created by James McKeen Cattell in 1890, consisted of similar tasks, almost all of them measuring the speed and accuracy of perception. It soon turned out, however, that such tasks cannot predict academic achievement; therefore, they are probably imperfect measures of anything we would call intelligence. Alfred Binet The first modern-day IQ test was created by Alfred Binet in 1905. Unlike Galton, he was not inspired by scientific inquiry. Rather, he had very practical implications in mind: to be able to identify children who cannot keep up with their peers in the educational system that had recently been made compulsory for all. Binet's test consisted of knowledge questions as well as ones requiring simple reasoning. Besides test items, Binet also needed an external criterion of validity, which he found in age. Indeed, even though there is substantial variation in the pace of development, older children are by and large more cognitively advanced than younger ones. Binet, therefore, identified the mean age at which children, on average, were capable of solving each item, and categorized items accordingly. This way he could estimate a children's position relative to their peers: if a child, for instance, was capable of solving items that were, on average, only solved by children who were two years older, then this child would be two years ahead in mental development. William Stern Subsequently, a more accurate approach was proposed by William Stern, who suggested that instead of subtracting real age from the age estimated from test performance, the latter (termed 'mental age') should be divided by the former. Hence the famous 'intelligence quotient' or 'IQ' was born and defined as (mental age) / (chronological age). It indeed turned out that such a calculation was more in line with other estimates of mental performance. For instance, an 8-year-old performing on the level of a 6-year-old would arrive at the same estimate under Binet's system as a 6-year-old performing on the level of a 4-year-old. Yet, in Stern's system, the 6-year-old would get a lower score as 4/6 < 6/8. Experience shows that when they both turn 10, the now 8-year-old is more likely to outperform the now 6-year-old in cognitive tasks; hence Stern's method proved to be more valid. Lewis Terman It was in the US where IQ testing became a real success story after Lewis Terman revised Binet's test, creating a much more appropriate norm than the original, and he published it as the Stanford-Binet test (Terman was a psychologist at Stanford University). He was also keen to multiply the result by 100, so the final equation for IQ is (mental age) / (chronological age) X 100. Indeed, an IQ of 130 sounds much cooler than an IQ of 1.3. This method, however, only works well in children. If a child's parents were told that their 6-year-old already had the mental capabilities of an average 9-year-old and, therefore, his or her IQ was 150, they would be over the moon. But if the child's grandfather was told that even though he was only 60, his cognitive abilities were on a par with the average 90-year-old, he might not take it as a compliment. Obviously, the quotient only works as long as Binet's original criterion is functional; i.e., as long as older age in general means better abilities. In other words, the method is inappropriate when mental development does not take place any more. David Wechsler David Wechsler solved the problem of calculating adult IQ by simply comparing performance to the distribution of test scores, which is a normal distribution. In his system the IQ of those whose score equalled the mean of the age group was 100. This way the IQ of the average adult would be 100, just like the IQ of the average child in the original system. He used the statistical properties of the normal distribution to assign IQ scores based on the extent of the contemporaries one outscored. For instance, someone whose score was one standard deviation above the mean, and who thus outperformed 86% of his or her contemporaries, would have an IQ of 115, and so on. IQ Tests Today So, why is it called 'IQ', a quotient, if nothing gets divided? The simple reason is that the concept of IQ had become too popular for the term to be discarded. Even so, it is interesting to note that in adults it is not really a quotient at all: it is an indication of how well one performs on mental tests, compared to others. Besides extending the concept of IQ, another major step in the development of IQ testing was the creation of group tests; before this, people had been individually tested by qualified psychologists. The first group test was created for the US army, but they soon spread to schools, workplaces and beyond, becoming one of psychology's greatest popular successes, and remain so to this day.

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