



## AI + EI = SUCCESS

**Artificial Intelligence** is at our door, triggering a metamorphosis of the future of work. There's no denying that machines are getting better than man at most tasks. Those who want to stay relevant in the times ahead, need to focus on abilities & skills that AI can't reproduce. The "superpower" that makes us human; our capacity to empathize, motivate & interact with other human beings, is what will tide us over in these changing times.

A smart machine may be able to calculate data & observe patterns in a fraction of the amount that a person takes; but it won't be able to lead a team or understand a classmate's problems. **Emotional**

**Intelligence** or EI involves active listening, awareness of emotions in self & others, managing emotions, developing empathy and intrinsic motivation. An individual who is a perceptive listener; uses reason to identify, understand, & effectively deal with emotions; is capable of understanding as well as sharing others' feelings; and is self-driven, can be called an emotionally intelligent individual.

According to a recent report from the Capgemini Research Institute titled '*Emotional Intelligence - the essential skillset for the age of AI*', 74% of executives believe that EI will become a "must-have" skill in the future. Not only does it predict

better job performance and employee retention (Prentice et al., 2019); it also predicts better school grades (Suleman et al., 2019), earnings and job satisfaction (Rode et al., 2017).

The game-changers, AI & EI, must work in a symbiotic relationship. We have put a lot of time & effort in developing AI tools. It's time that we wake up to the pressure AI is putting on us to be far more emotionally intelligent. As the technocrats of tomorrow, students must focus on enhancing their emotional & social skills just as they are working towards improving their technical skills. Their personal & professional success depends on it.

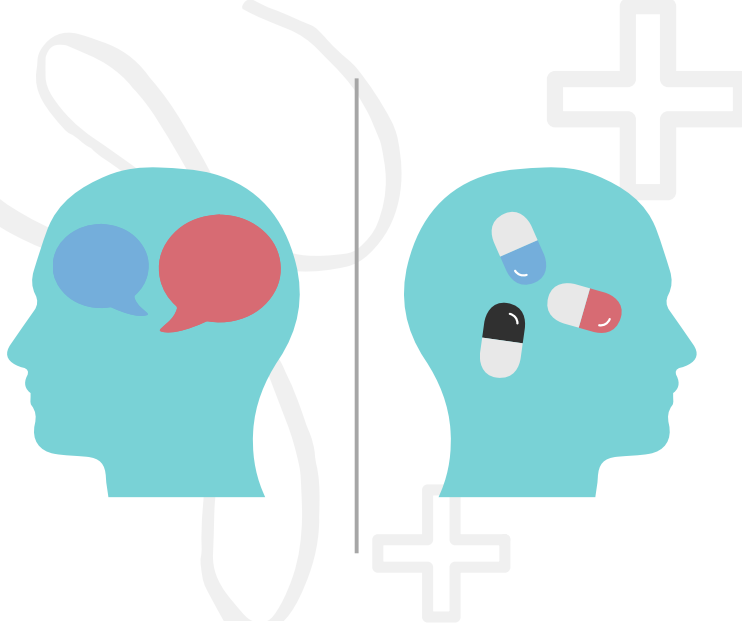


## 5 Components of Emotional Intelligence

- Self-Awareness
- Self-Regulation
- Social Skills
- Empathy
- Motivation

# Top Skill: Empathy

Empathy is the ability to emotionally understand what other people feel, see things from their point of view, & imagine yourself in their place. Essentially, it is putting yourself in someone else's position & feeling what they must be feeling. It is an art & a skill highly valued by employers. The ability & decision to act on it is compassion.



## Psychologist vs Psychiatrist

Need MA or PhD	●	Need an MBBS
Use therapy for treatment	●	Use medication for treatment
Mental disorders is only one of many sub-fields	●	Psychiatry deals only with mental disorders
Can't prescribe medicines	●	Can prescribe medicines
Use psychometric assessments	●	Use pathological assessments

## CAREER IN FOCUS: PSYCHOLOGY

A psychologist is a **scientist of the mind**. Someone who studies **mental processes** and **human behavior** by observing, interpreting, and recording how people relate to one another and the environment, using this information to help in enhancing the quality of life.

**Qualifying degree:** BA Psychology

**Eligibility:** 10+2 with min 50% marks (with English as a core subject)

**Entrance Exams:** N/A

**Salary:** Starts at ₹20,000 pm

### Top institutions in India (Bachelors):

- 1) Christ University, Bengaluru
- 2) Fergusson College, Pune
- 3) Lady Shri Ram College, Delhi
- 4) University of Calcutta, Kolkata
- 5) St. Xavier's College, Mumbai
- 6) Jesus & Mary College, Delhi
- 7) Presidency College, Chennai

### Top institutions abroad:

- 1) Harvard University, USA
- 2) Stanford University, USA
- 3) University of Cambridge, UK
- 4) University of Oxford, UK
- 5) University of California-Berkeley, USA

### Field specific skills:

- Knowledge of biology
- Knowledge of statistics
- Active listening & questioning

### Transferable skills:

- Empathy
- Self-awareness
- Objectivity
- Communication skills
- Non-judgmental attitude
- Attention to detail
- High stress tolerance
- Analytical skills
- Creativity
- Patience & persistence
- IT skills

\*For more information refer to: [www.sarvgyan.com](http://www.sarvgyan.com) , [www.collegedunia.com](http://www.collegedunia.com) , [www.mindler.com](http://www.mindler.com), [www.idp.com](http://www.idp.com)

*Knowing your own darkness is the best method for dealing with the darkness of other people.*  
-Carl Jung

# TÊTE-À-TÊTE WITH A PSYCHOLOGIST



## Dr Mridula Apte

Dr. Mridula Apte, an alumnus of NIMHANS, is a Clinical Psychologist. She started her journey as a therapist in Delhi NCR and now consults with a major hospital and runs her own mental healthcare and training center in Pune.

She chose psychology as a career in a time when it was unheard of and had to struggle to carve out a name for herself as well as generate awareness for the field.

In her work of over 25 years, she has played many roles; a clinician, a teacher & mentor and a mental health advisor to organisations. With a keen interest in teaching, she wishes to help create a superior & accomplished community of mental health practitioners.

She has a major contribution in community outreach & support through her constant fight against stigma as she strives to make mental healthcare accessible & affordable to all.

### Q. What or who is a psychologist?

Someone who studies how we think, feel and behave from a scientific viewpoint and applies this knowledge to help people understand, explain and change their behavior.

### Q. What does it take to become a psychologist?

- Insight & empathy
- Scientific bend of mind
- A non-judgmental & unbiased approach
- Objectivity & detachment
- Creativity & dynamism

### Q. What are some interesting career options for psychologists?

Psychology has 54 recognized specialties or types. Some of the most intriguing options are forensic psychology, psycho-oncology, sports psychology, UI/UX designers, AIML researchers, etc.

### Q. How much does a psychologist typically earn?

To be called a psychologist, one needs at least a Masters degree. Job opportunities are very few after a bachelors. One typically earns around 20,000 but the salaries for higher qualifications start from 1 lakh a month. It all depends on how enterprising someone can be.

### Q. What are the pros and cons of studying psychology?

#### Pros:

- You learn to study human beings very deeply, scientifically and in a completely novel way.
- It is applicable to personal life

#### Cons:

- Investments in terms of time & money are a lot
- Payoff comes much later
- Lot of stigma about the field
- Burnout if self-care not managed

### Q. Are there any specific subjects that students should focus on while in school?

Biology, statistics, sociology & philosophy will be the most helpful subjects.

### Q. What are the things every aspiring psychologist should do before starting BA Psychology?

Psychology is more than helping people. Meeting a few experienced psychologists to understand the reality of the field will help make a more informed choice & be better prepared. Developing hobbies outside of psychology is also a good idea to avoid burnout later.

### Q. Is there a growing demand in India for this profession?

Yes. Mental health is a deficit field in India. The number of professionals are insufficient for the growing need. So psychologists have a lot of scope.

### Q. What message would you give to young aspiring psychologists?

This field will require a great deal of patience and in-depth study. And you will have to put in a lot. But the kind of satisfaction you get is second to none.

### Q. How does AI contribute to the field?

AI is changing the medium of therapy and making it more virtual. It is also extremely useful in neuropsychological rehabilitation. Psychologists are infact playing a major role in AIML development.

### Q. How will COVID-19 change the field?

The WHO predicts a mental health pandemic after this. Loss of jobs, health anxiety and the resulting trauma & depression will increase the demand for psychological support exponentially.