Discussion Post 3.2

[Name of the Writer]

[Name of the Institution]

Discussion Post 3.2

You might have noticed that some people are more smarter than the others, this is because

of the presence of a higher Intelligence quotient. Intelligence quotient is the score derived from

several tests to assess the presence of higher human intelligence and intellect. After reading the

bell curve, it is still solemnly possible to think that the IQ is highly influenced by the genetics. Because in adults, it has been reported that IQ has been herited from 57% to 73% (Bouchard, 2003). A recent study estimated as high as 80% and 86% (Plomin, 2015). However, some studies which used the approach of Genome-Wide Association Studies have underlined in their conclusions, that there are not any genes which show a difference in the intelligence. (RJ, 2012)

Following are many ways which can maximize the level of IQ in a person

1. Play Chess
2. Perform Sprints
3. Play the Brain Dual N Back Game
4. Buy the Carolyn Skitt Book, Boost your IQ, and make sure to play all Games.

**References:**

Bouchard, T. J. (2003). Genetic and environmental influences on human psychological differences. *Genetic and environmental influences on human psychological differences*, 4-45.

Plomin, R. a. (2015). Genetics and intelligence differences: five special findings." . *Molecular psychiatry* , 98-108.

RJ, S. (2012). Intelligence. *Dialogues Clin Neurosci*, 19-27.