

Verbal ability

- o Oral comprehension
 - o ability to understand spoken words and sentences.
- o Written comprehension
 - o ability to understand written words and sentences.
- o Oral expression
 - o ability to communicate ideas by speaking.
- o Written expression
 - o ability to communicate ideas in writing.

Quantitative ability

- o Number facility
 - o capability to do simple math operations (adding, subtracting, multiplying, and dividing).
- o Mathematical reasoning
 - o ability to choose and apply formulas to solve problems that involve numbers.

Reasoning ability

- o abilities associated with sensing & solving problems using insight, rules, and logic.
- o Problem sensitivity
 - o ability to sense that there's a problem right now or likely will be one.
- o Deductive reasoning
 - o use of general rules to solve problems.
- o Inductive reasoning
 - o ability to infer general conclusion from several specific pieces of information
- o Originality
 - o ability to develop clever and novel ways to solve problems.

Spatial ability

- capabilities associated with visual & mental representation & manipulations of objects in space.
- Visualization
 - ability to imagine how separate things will look if they were put together in a particular way.
- Spatial orientation
 - having a good understanding of where one is relative to other things in the environment.


Perceptual abilities

- refer to being able to perceive, understand, and recall patterns of information.
- Speed and flexibility of closure
 - being able to pick out a pattern of information quickly in the presence of distracting information, even without all the information present.
- Perceptual speed
 - being able to examine and compare numbers, letters, and objects quickly.

General Mental Ability

- Sometimes called g or the g factor
- Common explanation for why people who are high on one form of cognitive ability tend to be high on all of them.






Emotional Ability

- Self-awareness
- Other awareness
- Emotion regulation
- Use of emotions

Emotional intelligence

- Self-awareness
 - appraisal and expression of emotions in oneself.
- Other awareness
 - appraisal and recognition of emotion in others.
- Emotion regulation
 - ability to recover quickly from emotional experiences.
- Use of emotions
 - use of emotions to improve chances of success



Physical Abilities

- Strength
- Stamina
- Flexibility
- Coordination
- Psychomotor
- Sensory

Strength

- degree to which the body is capable of exerting force.
- Static strength
 - ability to lift, push, or pull very heavy objects using the hands, arms, legs, shoulder, or back.
- Explosive strength
 - Ability to exert short bursts of energy to move him- or herself or an object.
- Dynamic strength
 - ability to exert force for a prolonged period of time without becoming overly fatigued and giving out.

Stamina

- ability of a person's lungs and circulatory system to work efficiently while he or she is engaging in prolonged physical activity.

Flexibility

- ability to bend, stretch, twist, or reach.
- Extent flexibility
 - when people need to work in a cramped compartment or an awkward position.
- Dynamic flexibility
 - happens when a job requires repeated and somewhat quick bends, stretches, twists, or reaches.

Coordination

- the quality of physical movement.
 - Gross body coordination
 - ability to synchronize the movements of the body, arms, and legs to do something while the whole body is in motion.
 - Gross body equilibrium
 - ability to maintain the balance of the body in unstable contexts or when the person has to change directions.

Psychomotor abilities

- capacity to manipulate and control objects.
 - Fine manipulative abilities
 - ability to keep the arms and hands steady while using the hands to do precise work.
 - Control movement abilities
 - important in tasks for which people have to make different precise adjustments using machinery to complete the work effectively.
 - Response orientation
 - ability to choose the right action quickly in response to several different signals.
 - Response time
 - how quickly an individual responds to signaling information after it occurs.

Sensory abilities

- capabilities associated with vision and hearing.
 - Near and far vision
 - ability to see things up close and at a distance or in low light contexts (night vision).
 - Visual color discrimination and depth perception
 - ability to perceive colors and judge relative distances between things accurately.
 - Hearing sensitivity
 - capability to hear and discriminate sounds that vary in terms of loudness and pitch.
 - Auditory attention
 - being able to focus on a single sound in the presence of many other sounds.
 - Speech recognition
 - ability to identify and understand the speech of another person.

