

Smart People

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ABSTRACT

Smart people are self-assured and at ease with their competencies and abilities. They comprehend the significance of honesty and adhere to their commitments. They do not prioritize perfection as their objective, given the understanding that it is unattainable and does not exist. They refuse to let other people's ideas mold their reality, and they do not hold anyone to be infallible. Genuinely smart people rarely take into account how others will feel about the decisions they make. They pursue their interests without the fear of looking foolish or being judged by others. They are organized because they know how to take advantage of every moment. They always pay attention to details. This paper is a primer on smart people.

KEYWORDS: *smart technologies, smart cities, smart people, intelligent people.*

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INTRODUCTION

When we think of a genius, we think of Albert Einstein, William Shakespeare, Marie Curie, and Isaac Newton. Each had a different life story and made a unique contribution to the world. These individuals have high IQs and are incredibly intelligent, but are not necessarily smart. There are many super intelligent people who never amount to much, because they lacked the desire to refine their talents and hone their intelligence. Much of the world sees intelligence as a good thing, talking about it seems braggadocios, which is incredibly problematic. As shown in Figure 1, almost everybody recognizes Albert Einstein to be a smart, intelligent person [1].

For years, we have associated intelligence with serious, scholarly pursuits. Intelligence is a complex trait that extends far beyond a simple IQ score. Having high intelligence is a great quality in a person. However, it is important to temper that intelligence with a healthy dose of humility. Otherwise, you can end up with a smart person that repeatedly makes dumb decisions.

CONCEPT OF SMART PEOPLE

We are all blank slates when we are born. No one is born instantly smart. Nurture wins in smartness over time. Some are born smart, while others develop it in their life. But one thing is certainly sure that smart people have more struggle in their life compared to the normal ones. When you spend time with a highly intelligent person, it is obvious that they are smart and there is no need for you to question their intelligence.

One could say that there plenty of smart people out there, but they simply do not advertise the fact that they are smart. It comes natural to them, and they try to live their lives freely and without consciously drawing attention to themselves. You can call it modesty or plain old good manners, but these people tend to look and sound quite average, until they surprise you with a gem of wisdom. The fastest way to identify a smart person is to ask an easy question, followed by a more complex one. Smart people are smart enough to know that answering a question will not make them unique. They answer questions which require analytical and critical thinking rather than just recall or memory. Smart people know that listening is more valuable than talking and that neither beats

thinking for yourself [2]. Figure 2 shows a typical smart child [3], while Figure 3 shows a typical smart adult [4]. The best way to define smart people is to consider their common characteristics.

CHARACTERISTICS OF SMART PEOPLE

There are certain qualities that nearly all smart people share. The ten top ten characteristics of smart people include the following [5-8]:

1. *They make smart choices:* Smart people realize that their choices have consequences. Smart people make smart decisions and that is the most important factor in their life. They choose smart spouses and smart friends. Consistently making good decisions takes discipline and focus. Smart people always want to be aware of pros and cons before they make any decisions.
2. *They surround themselves smart people:* No man is an island. Smart people hang around with other smart and creative people. If you want to become smarter, you have to spend time around people smarter than yourself. Smart people choose and surround themselves with smart people – smart spouse, smart friends, and smart co-workers. When you spend time with smart people, their drive, their knowledge, their awareness inherently rubs off on you. Well-intentioned bosses, teachers, family members, and friends are often generous with advice when you have difficulty.
3. *They learn from their mistakes:* Like everyone else, smart people are not immune to making mistakes. But what distinguishes them is their ability to learn from those mistakes and use them as opportunities for growth and improvement. Mistakes are important to all of us because they teach us lessons. Smart people realize that nobody can be smart all the time. They have no problem with failure or making mistakes. They learn everything in life by trial and error. We all make mistakes because that is how we learn. Smart people learn from theirs and from other people's mistakes. Fools do not learn from their own mistakes.
4. *They live within their means:* They are wise and avoid squandering their resources. They do not needlessly live beyond means. This does not mean smart people are misers and do not spend their money on finer pleasures of life. It only means they are capable of making smart decisions when it comes to spending their money. If they have the slightest opportunity to save up, they will do it.
5. *They read a lot:* Reading can inform you on many different topics. Choose diverse material from reliable sources and really delve into it. This is how the experts became experts—by studying, practicing, and becoming good at what they do. For smart people, reading is a habit. Reading is a skill just like any other. Smart people value knowledge and see value in all types of knowledge. They focus on what they want to know, not what they already know or what might impress someone. They do not brag about what they know. They work their brain more than their body. If you are smart, you can both read quickly and retain the information that you are reading. Figure 4 shows an example of reading a book [9].
6. *They work hard:* You may have heard the phrase that it takes 10,000 hours to be an expert. There is a reason for that as practice makes perfect. Smart people end up being successful in life. The success does not just happen. It is the result of labor and hard work. Smart people are not lazy. They are open to all wisdom and they work hard.
7. *They practice empathy:* Smart people can almost feel what someone is thinking/feeling. They try to think from lots of different viewpoints. They try to understand how their actions affect everyone, not just themselves, or the handful of people they care about or agree with. Some psychologists argue that empathy, being attuned to the needs and feelings of others and acting in a way that is sensitive to those needs, is a core component of emotional intelligence.
8. *They have insatiable curiosity:* One of the most prominent signs of smartness is an insatiable curiosity and thirst for knowledge. Smart people are open-minded and they do not close themselves off to new ideas or opportunities. They constantly seek new information, ask questions, and explore novel ideas. Albert Einstein said, "I have no special talents, I am only passionately curious." This passionate curiosity about the world around you may be one of the keys to intelligence. Smart people are careful about which ideas and perspectives they adopt. Curiosity drives them to explore new ideas, seek diverse perspectives, and continuously learn and grow. Figure 5 shows a curious person [10].
9. *They have self-control:* Smart people are able to overcome impulsiveness by planning, clarifying goals, exploring alternative strategies, and considering consequences before begin. They are often disciplined and can regulate their emotions, impulses, and behaviors. They can delay gratification and stay focused on long-term goals, even in the face of temptation or distraction.

10. *They have pleasant attitude:* Smart individuals often possess a positive attitude towards life. They approach challenges with enthusiasm and a willingness to learn and grow. They are open to feedback and criticism, seeing them as opportunities for improvement rather than personal attacks. This pleasant attitude and strong work ethic contribute to their success in various domains. Their positive outlook and determination inspire others and create a supportive environment for learning and collaboration.

BENEFITS OF SMART PEOPLE

Although there are many different ways to be successful, being smart is often a major part of people finding success. There are certain things that are easy if you are smart. Smart people are usually able to pick up new skills quickly. They know that listening is more valuable than talking. Smart people understand that we live in a competitive world where only the strongest survive. Other benefits of being smart include the following [8,11]:

- *They grow and develop:* Smart individuals tend to prioritize personal growth and development above anything else. They always strive to learn more and grow in their life, be in personal or professional. They read, research, engage, attend meetings, and connect with people. They cultivate a growth mindset rather than a fixed mindset. A growth mindset purports that intelligence is the result of hard work.
- *They live longer:* Smart people tend to live longer than those with less luck in the intelligence department. Studies have linked smarts with the likelihood of living to old age. They suggest that brighter people do not just live longer because they make healthier choices, or make more money that affords them better healthcare. Rather, they live longer because their genetic makeup favors a long life. It could be that smart people make better health choices, get safer jobs or have family advantages, all factors associated with living longer.
- *They are emotionally intelligent:* Emotional intelligence is a key indicator of high intelligence. It involves the ability to understand and manage one's own emotions and empathize with others. Smart individuals often display high levels of empathy, which allows them to connect with others on a deeper level. This emotional intelligence contributes to their ability to build strong relationships and navigate social interactions successfully. People who are strong in emotional intelligence are often empathetic, sympathetic, and compassionate. They are wonderful folks to have as friends.
- *They are adaptive:* Adaptability is a hallmark of intelligent individuals. Smart people can easily create situations and environments with ease and resilience in the face of change. This ability to adapt is a form of adaptive intelligence crucial for navigating modern life's complexities. Adaptable individuals approach challenges with a growth mindset, seeing obstacles as learning and personal development opportunities. This adaptability allows them to thrive and excel personally and professionally in various contexts.
- *They question everything:* One of the most noticeable traits of smart people is their skepticism. Smart people constantly ask questions and seek to understand the world around them. Like the boy in Figure 6 [12], smart people ask questions like who, what, when, where, how, and what if. They tend to question information and ideas critically rather than accepting them at face value. They seek evidence and reasoning to support claims and are not easily swayed by unsubstantiated opinions or arguments. They are skilled at evaluating the credibility of sources and identifying potential biases or flaws in arguments. This skepticism helps them form well-informed opinions and make better decisions.
- *They multitask:* If you are smart, it is easy for you to effectively multitask. Your high levels of intelligence allow you to juggle various complicated tasks while still producing quality work. You are a high-performer on the job, as you're able to handle many projects at once. Smart people like to get several things going at once so that there is not any downtime. They think so quickly that, when they multitask, it feels like it is working and they are getting more done. People who multitask often do so because they think they are good at it and are better at multitasking more than people who prefer to do one thing at a time.
- *They manage time well:* Time management can be very challenging for normal people. Smart people do not waste time. They know time is gold, and wasting it is a sin. Smart people have a to-do-list for the day; they rely on their agendas to properly manage their own time. If you are smart, time management probably comes easily to you. You are able to list out what you need to get done in order of importance and keep your focus on the task at hand, so that you do not get distracted. You can streamline what needs to get done in a day, which makes you a highly productive person.

- *They hold no grudges:* Smart people are less likely to hold grudges for several reasons, often related to emotional intelligence, resilience, and a focus on personal growth. This emotional awareness can lead to a better understanding of the reasons behind conflicts and a willingness to forgive and move forward. Smart individuals also have a realistic understanding of human imperfections. They recognize that everyone makes mistakes, and harbouring resentment for them is counterproductive.

CHALLENGES FACING SMART PEOPLE

Being smart comes with its own set of unique challenges and difficulties which smart people face in their life and because of this, many a times they feel isolated from the world. Some smart people think too much about anything and end up being unhappy. Smart people do not always translate to social savvy. Smart people can make dumb decisions because they develop excessive pride or self-confidence in their decision-making. Other challenges facing smart people include the following [1,13-15]:

- *They do not listen to others:* Smart people tend to develop a superiority complex. They develop a low opinion of those around them. Being very smart makes it harder to listen to people who are less credentialed than you, even when they might have the right answer. It becomes hard to view outsiders as equals. The amount of time, money, and stress it takes to get a degree, or become senior vice president, or win an award, can lead you to believe that others who lack those accomplishments cannot offer valuable insight. Having an intellectual reputation to maintain can make it difficult to change your mind when you need to.
- *They live with pressure:* When you are smart, you tend to feel that you always need to do an outstanding job in whatever you do. It can be career, relationships or anything. You always feel that you want to excel in all of the areas and thus you tend to attract more pressure from the society and within self.
- *They are perfectionists:* Smart people set high standards for themselves. They always love to be perfectionist in whatever they do. They expect a lot from themselves and may also hold others to lofty expectations. Whenever they take up a task or job, they do their homework completely because this is how they are. They believe in doing their best. Smart people are very hard on themselves, be it personal or professional goals. As perfectionists, they are never satisfied,

constantly feeling like they or their work could be better.

- *They find it difficult making friends:* In spite of their numerous accomplishments and accolades, smart people find it hard to relate. Having relationship with smart people is definitely one of the challenging things in life and it takes a lot of effort. Smart people are always proactive in making friends. But smart people expect others to have the same kind of interest of that they have. And most of the time, not everybody will be like that. Because of this, they find it difficult to have friends or maintain friendship.
- *They may be lonely:* It is lonely at the top, so they say. For highly intelligent people, this can be true in both a literal and figurative sense. Those with high IQs are more likely to end up in leadership positions due to their capabilities, but they may feel disconnected from their team and unable to relate on a personal level. Even among friends and family, the most intelligent person in the room may feel alone, like no one truly understands them.
- *They overthink:* One of the traits of smart people is that they are careful in making decisions. Smart individuals excel at analytical thinking, which is closely related to critical thinking. They like to break down complex problems into smaller, more manageable components and analyze them systematically. They tend to analyze situations from multiple angles and consider many possibilities. While this can lead to better decision-making in some cases, it can also result in overthinking. Smart people may get so caught up in striving for the perfect solution that they struggle to make a decision or take action at all, worried about potential mistakes.
- *They are overconfident:* Smart people develop overachieving personalities because things come so easily to them. A lifetime of praise and pats on the back leads smart people to develop an unflappable faith in their intelligence and abilities. Smart people often fail to recognize when they need help, and when they do recognize it, they tend to believe that no one else is capable of providing it.

QUOTES FROM SMART PEOPLE

A quotation is a group of words taken from a speech or text and repeated by another person. We all appreciate a quotation because it is wise, rich, beautiful, or funny. It is sometimes a source of inspiration. As Benjamin Disraeli said, "The wisdom of the wise and the experience of ages may be

reserved by quotations.” The following are sample quotes from smart people [16,17]:

“Tact is the ability to tell someone to go to hell in such a way that they look forward to the trip.” - Winston S. Churchill.

"Common sense is not so common." -Voltaire

"I know that I am intelligent, because I know that I know nothing." -Socrates

"Time is what we want most, but what we use worst." -- William Penn

“The measure of intelligence is the ability to change.” - Albert Einstein

“Whatever you do in life, surround yourself with smart people who'll argue with you.” - John Wooden

“You see a lot of smart guys with dumb women, but you hardly ever see a smart woman with a dumb guy.” - Erica Jong

"He who is not courageous enough to take risks will accomplish nothing in life." – Muhammad Ali

“Our problem is not that we aim too high and miss, but that we aim too low and hit.” - Aristotle

CONCLUSION

Being smart is a tremendous quality. One thing that characterizes smart people is that they are in control of their feelings and emotions. They do not let their emotions control them. Having strong cognitive abilities opens up a world of possibilities for learning, problem-solving, creativity, and more. Smart people may need to work harder than others to manage their mental health, build social connections, and find fulfillment. More information on smart people is available from the books in [18-23] and a related journal: *Smart Cities*.

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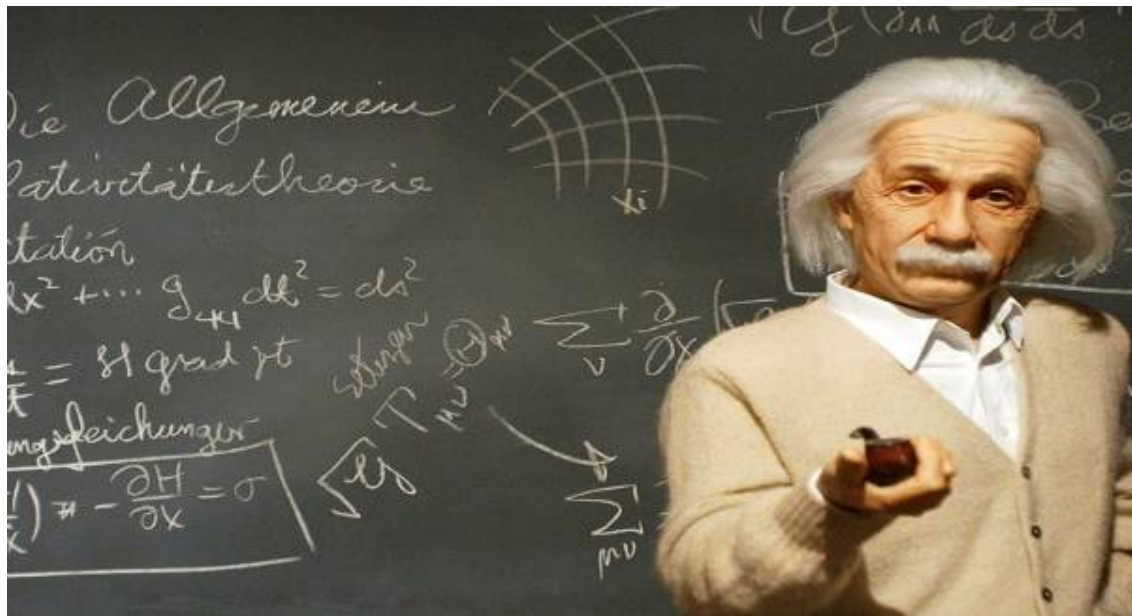


Figure 1 Albert Einstein is regarded as a smart, intelligent person [1].



Figure 2 A typical smart child [3].



Figure 3 A typical smart adult [4].



Figure 4 An example of reading a book [9].

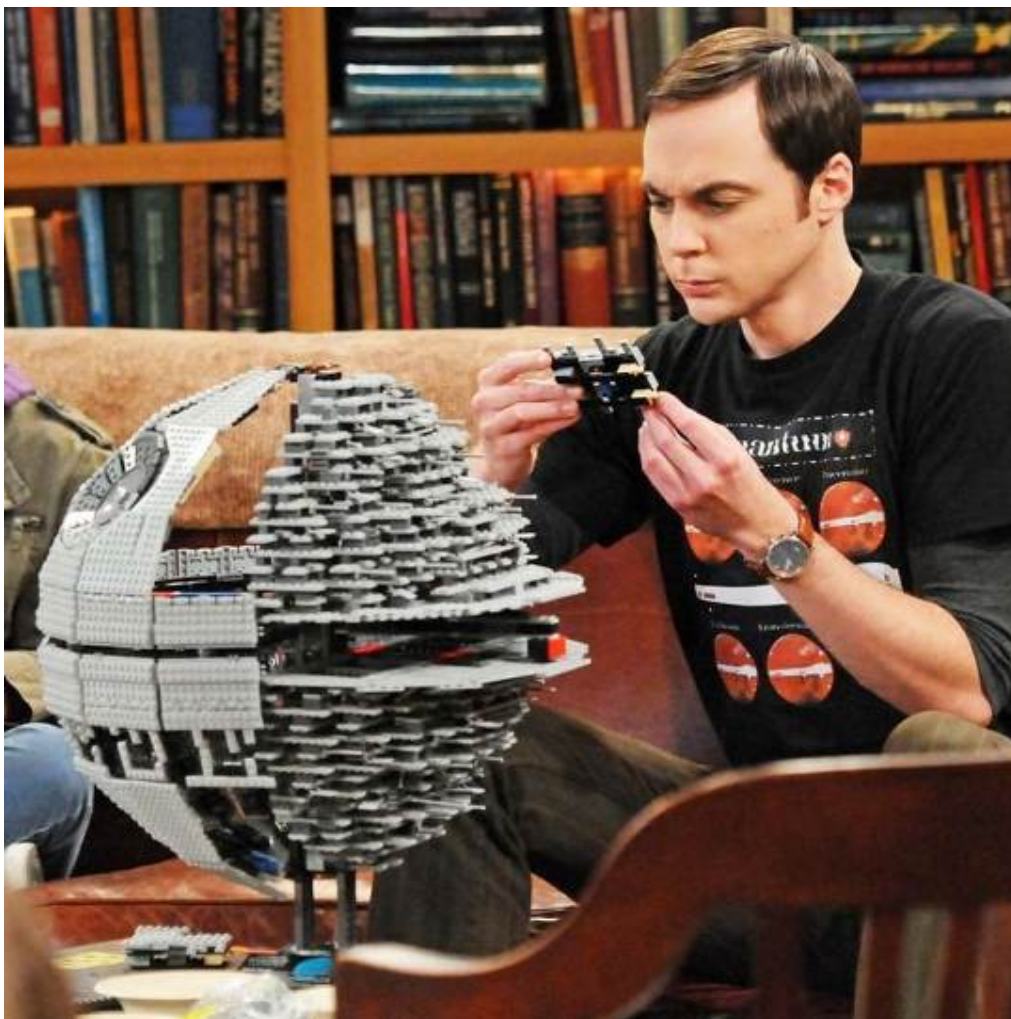


Figure 5 A typical curious person [10].



Figure 6 Smart people ask questions [12].