

Selection Criteria:**1. Balanced Intrapersonal & Interpersonal Focus**

- Our framework integrates both intrapersonal skills (recognizing and regulating one's own emotions) and interpersonal skills (empathy, communication, and leadership), ensuring a full picture of emotional intelligence.

2. Actionable for Students

- Each competency can be seen and practiced in daily school life—resolving peer conflicts, collaborating on group assignments, setting personal goals, and bouncing back from setbacks.

3. Measurable in the Classroom

- These skills map to observable behaviors like presentation confidence, project leadership moments, stress-handling techniques during exams, and effective teamwork.

By aligning each sub-factor with a core AEQ dimension, this selection guarantees a practical, student-centered approach to building emotional intelligence.