

4. The 6 Core AEQ Competencies for Students

The AEQ identifies **6 emotional skills** that drive student success. These competencies are directly observable in classroom settings and help predict leadership potential, academic perseverance, and effective peer interactions:

Dimension	Competency Name	Description
1. Self-Awareness	Understanding One's Emotions	Recognizing and reflecting on personal feelings and goals to guide actions.
2. Self-Regulation	Managing Impulses & Stress	Controlling emotional reactions and maintaining calm under pressure.
3. Motivation	Internal Drive for Achievement	Sustaining commitment to personal goals and embracing challenges for growth.
4. Empathy	Understanding Others' Feelings	Recognizing and resonating with peers' emotions to foster supportive relationships.
5. Social Skills	Interpersonal Communication	Engaging, collaborating, and communicating effectively with classmates.
6. Leadership	Influencing & Guiding Peers	Inspiring and guiding others to achieve shared objectives within group activities.

Exhibit 5.2