

6. Conclusion

AEQ delivers a student-focused framework around six core emotional skills—self-awareness, stress management, intrinsic motivation, empathy, social communication, and leadership—that directly drive classroom success and early career readiness. By zeroing in on observable behaviours, it gives learners clear insight into how their emotions influence study habits, peer interactions, and resilience.

More than just a diagnostic tool, AEQ pairs each competency with practical exercises—stress-break routines, peer-feedback circles, goal-setting checklists, and team-leadership challenges—so students can practice and track real progress. Built to grow alongside each learner, this framework bridges emotional development with academic performance and future professional growth.