

5. Methodology : Auro EQ (AEQ)

The Auro EQ Model builds on established emotional-intelligence research—drawing inspiration from Goleman’s framework—while tailoring it specifically for students. Rather than adopting every component wholesale, we distilled and refined the most school-relevant skills into six clear, observable areas:

1. **Self-Awareness:** Recognizing one’s own emotions and their impact on thoughts and behaviour.
2. **Self-Management:** Controlling impulses, managing stress, and persisting toward goals.
3. **Social Awareness:** Tuning into others’ feelings, showing empathy, and navigating social cues.
4. **Relationship Skills:** Communicating effectively, resolving conflicts, and building teamwork.
5. **Intrinsic Motivation:** Cultivating personal drive, optimism, and commitment to learning.
6. **Resilience:** Bouncing back from setbacks and adapting to change in academic settings.

Each dimension is paired with simple assessments, reflective exercises, and targeted activities—like role-play scenarios, stress-reduction techniques, and peer-feedback protocols—so that students can see their progress, strengthen key traits, and translate insight into real-world success.

1. Foundations of the AEQ

The AEQ zeroes in on six emotional competencies that research shows are most critical for student success. We chose these dimensions for their clear impact on classroom behaviour, peer interactions, and academic resilience:

- **Self-Awareness:** Recognizing your own feelings, strengths, and stress signals—so you can spot what helps or hinders your learning.
- **Self-Management:** Regulating impulses and staying calm under pressure—key for persisting through difficult assignments and keeping a steady focus.
- **Intrinsic Motivation:** Cultivating an internal drive to learn—setting personal goals, celebrating small wins, and sustaining momentum without relying on external rewards.