

2. Additional Emotional Intelligence for Student

The original five AEQ dimensions offer a solid foundation, but we refined and expanded them to make each skill more observable, actionable, and relevant for learners:

- **Too Broad for Early Development:** Covering all areas—self-awareness, self-management, motivation, empathy, and social skills—can be overwhelming for students still mastering basic emotional behaviors. We distilled the focus to the competencies they encounter daily in class and group work.
- **Need for Clear Application:** Some emotional skills are abstract without concrete practice steps. We translated each area into hands-on exercises—like stress-management drills, reflective journaling, and peer-feedback protocols—so students can see and measure progress.
- **Introducing Leadership:** Recognizing the importance of initiative and team coordination in school projects, we added a sixth dimension—leadership. This ensures learners build skills in organizing roles, guiding discussions, and encouraging peers alongside their core emotional competencies.

3. How the 6 Emotional Competencies Were Chosen

The **6 core** emotional competencies were selected for their direct impact on student success, covering the essential dimensions of emotional intelligence—self-awareness, self-management, social awareness, relationship skills, intrinsic motivation, and resilience. Together, they shape how learners interact, manage stress, persevere academically, and lead others.