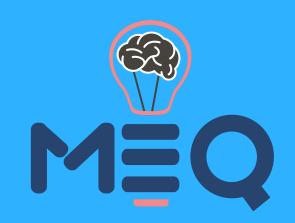
Social Emotional
Learning skills results
in improved outcomes
in well-being, health,
self-efficacy and
better performance in
education.

When EQ becomes a core value in higher education, a new world of understanding, meaningful collaboration, and depth of purpose emerges.



GET IN TOUCH

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MERAVIGLIA EQ ACADEMY

EQ FOR HIGHER EDUCATION



WHAT IS SEL?

Social Emotional Learning (SEL) provides the skills for students, faculty and academic leaders to navigate in a complex world.

Everyone benefits when EQ is brought into the picture. From a systems perspective, what helps one stakeholder also helps others because of the interactions and connections that exist. Fostering emotional intelligence does many things for many people in higher education.

What is EQ?

Emotional intelligence (EQ) is the capacity to blend thinking and feeling to make optimal decisions — which is key to having a successful relationship with yourself and others.

EO FOR FACULTY & LEADERS

Fosters meaningful connections; values connections to the broader community builds new skill sets and capacity; humanizes coursework; provides actionable data; and facilitates classroom/cohort management.

EQ FOR STUDENTS

For students, EQ raises self-awareness; promotes positive decision-making; reduces stress, anxiety, and depression; enhances life skills; cultivates supportive friendships; and encourages empathy.



SEL skills are the foundation for high-performing students, faculty and college.