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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.



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# WHAT IS SEL?

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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.

## EQ FOR FACULTY & LEADERS

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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

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



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