

SEI YV- INDIVIDUAL REPORT

International Edition

Report prepared for: **Sample Report**

On: **March, 18 2021**

ID Number: **457658**

Age: **9**

Gender: **Male**

Time completed: **3:56 (mm:ss)**

Value of your Report

This report provides a graphical display and description of the youth's emotional intelligence and perception of performance in life. It gives information about how this youth typically deals with daily challenges and demands plus offers suggestions to further develop emotional intelligence on his/her way to become a well-rounded person

The report is intended for both the youth and for adults who play a significant role in the youth's life. To facilitate this, throughout the report each concept is introduced with a brief summary statement followed by a more detailed description

The SEI-YV assessment is a self-report tool providing data about the youth's psychosocial development. It provides an initial impression of how the youth views his/her social and emotional abilities on a daily basis.

The scores are compared against those of a large sample that is continually updated to ensure a fair and realistic basis for comparison. The scores are reflective of the young person's previous educational and environmental experiences and predictive of personal achievement, life quality, relationship satisfaction, good health, and self-efficacy.



The Concept of Emotional Intelligence

Before you jump into the assessment results, briefly consider the meaning of emotional intelligence and why it is important. During the assessment you provided some ideas, and based on our own research and learning, we will share with you some of our own.

What is Emotional Intelligence?

You said that emotional intelligence is
"Sample text....."

By comparison, Six Seconds says that emotional intelligence is being smart with feelings

This means paying attention to emotions and understanding them; then using that insight to make the best possible decisions. Emotions are sources of information about you and about others – your emotional intelligence lets you use that information carefully.

Emotional Intelligence is also called EI. When we measure emotional intelligence and get a score, it is expressed as an Emotional Quotient, or EQ

Why is EQ Important?

Six Seconds says that emotional intelligence is important because it provides a good foundation for feeling healthy, having quality relationships, being satisfied with life, having various personal achievements, and exercising self-efficacy. In short, good emotional intelligence capability enables you to thrive in life. In addition, you said that emotional intelligence is important because Sample text.....

Against this background you are now ready to look at the results of your assessment.



Taking Stock of Your Life

It is helpful to gauge how you are doing now so you can set goals for the future. In particular, we are looking at five different barometers that tell you how you are doing in life at the moment. A barometer is an indicator or a measure that you can use when taking stock of your life. Your scores on the barometers are on the next page.

1. GH – Good Health

Eating healthy food, being active, and feeling fit

Valuing nutrition, feeling energized; being able to participate physically and mentally

2. RQ – Relationship Quality

Having friends to talk to and rely on at all times

Actively participating in a social network in a variety of ways; being able to foster constructive, mutually respectful relationships

3. LS – Life Satisfaction

Feeling happy overall and finding joy in yourself, others, and life in general

Feeling content and balanced; being able to keep events and experiences in perspective, whether challenging or successful

4. PA – Personal Achievement

Doing well in school and in life including sports, hobbies, etc

Being diligent and conscientious; attaining successes, fulfilling commitments; being able to consistently accomplish objectives

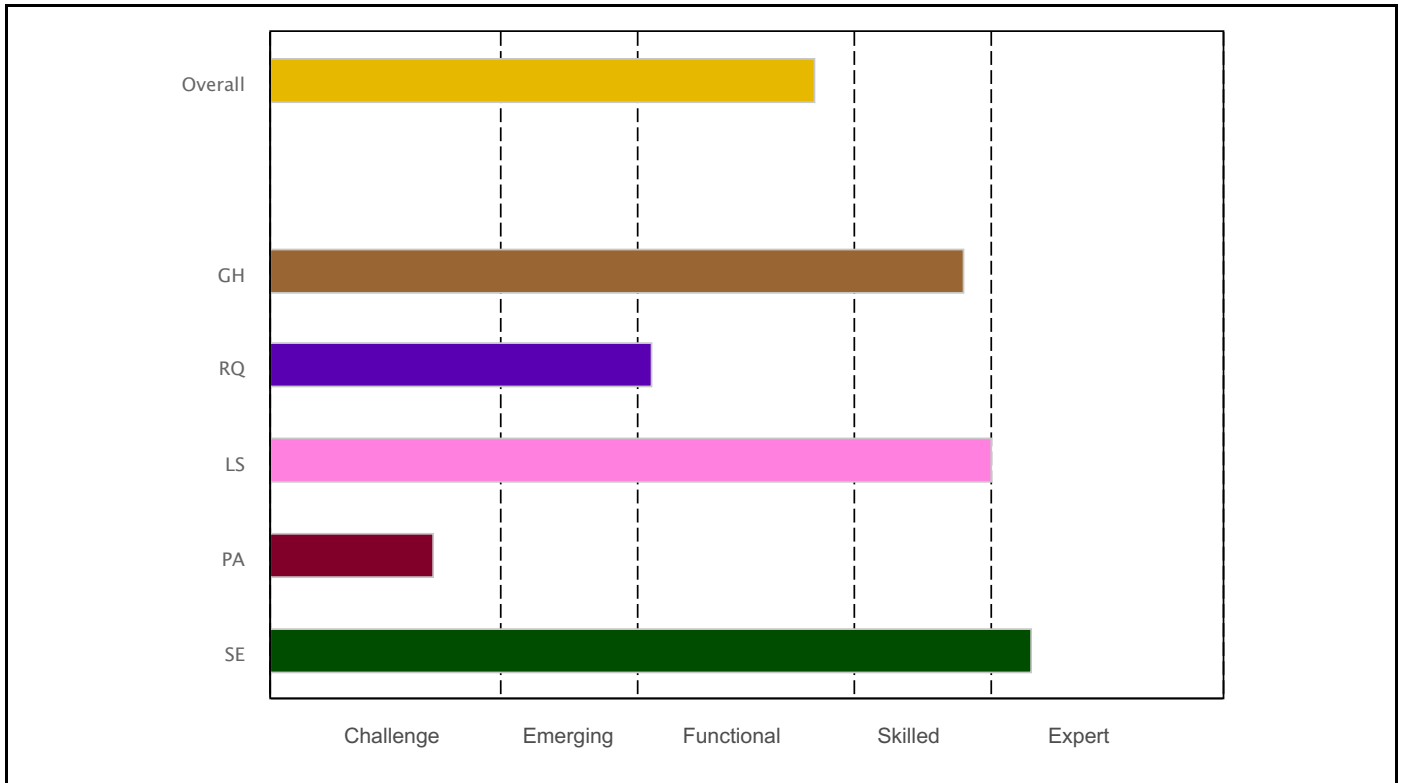
5. SE – Self-Efficacy

Feeling in charge of yourself, believing that you can do whatever you set out to do

Confidence in, and knowledge of one's ability to accomplish tasks, including managing expectations and moods to set and reach challenging goals



Your Barometers of Life



GH - Good Health

RQ - Relationship Quality

LS - Life Satisfaction

PA - Personal Achievement

SE - Self-Efficacy

Overall - All the life barometers together

Tips for Reading your Barometer Graph

The average score for the barometers of life is set at 100 and the scores follow a bell-curve shape. That means majority of people score in within the central "Functional" zone.

Generally, higher scores suggest more positive life outcomes. At the same time, balance between the five different barometers is important; high scores in some areas and low scores in others, could suggest sacrificing some aspects of life in order to achieve in others. An extremely high (or low) score may present a challenge. The five barometers are impacted by emotional intelligence. Research shows that a strong and balanced EQ profile provides a good foundation for feeling healthy, having quality relationships, being satisfied with life, reaching personal achievement, and creating self-efficacy. Since EQ is linked to these outcomes, the EQ profile offers insights on how to increase and sustain these five areas of life success.



Emotional Intelligence in Action

The SEI is based on Six Seconds' action model of EQ. Emotional intelligence reflects your capacity to perceive, use, understand, and manage emotion, which is put into action through three "pursuits" (commitments to action): Know Yourself, Choose Yourself, and Give Yourself (K-C-G).

The K-C-G model provides a pathway for using emotional intelligence in daily life; the goal is to use this part of your intelligence to take the best possible actions regarding yourself and others. The K-C-G model can be described as follows:

1. Know Yourself:

Self-awareness

Noticing what you feel and do; becoming more aware

Emotions inform you, and this pursuit allows you to accurately collect this type of information.



2. Choose Yourself:

Self-management

Doing what you mean to do; becoming more intentional

Instead of reacting "on autopilot," this pursuit encourages you to proactively respond to make conscious, careful decisions.



3. Give Yourself:

Self-direction

Doing it for a reason; becoming more purposeful

By aligning daily choices with a larger sense of purpose, this pursuit helps you put your most important commitments into action so you live with full integrity.

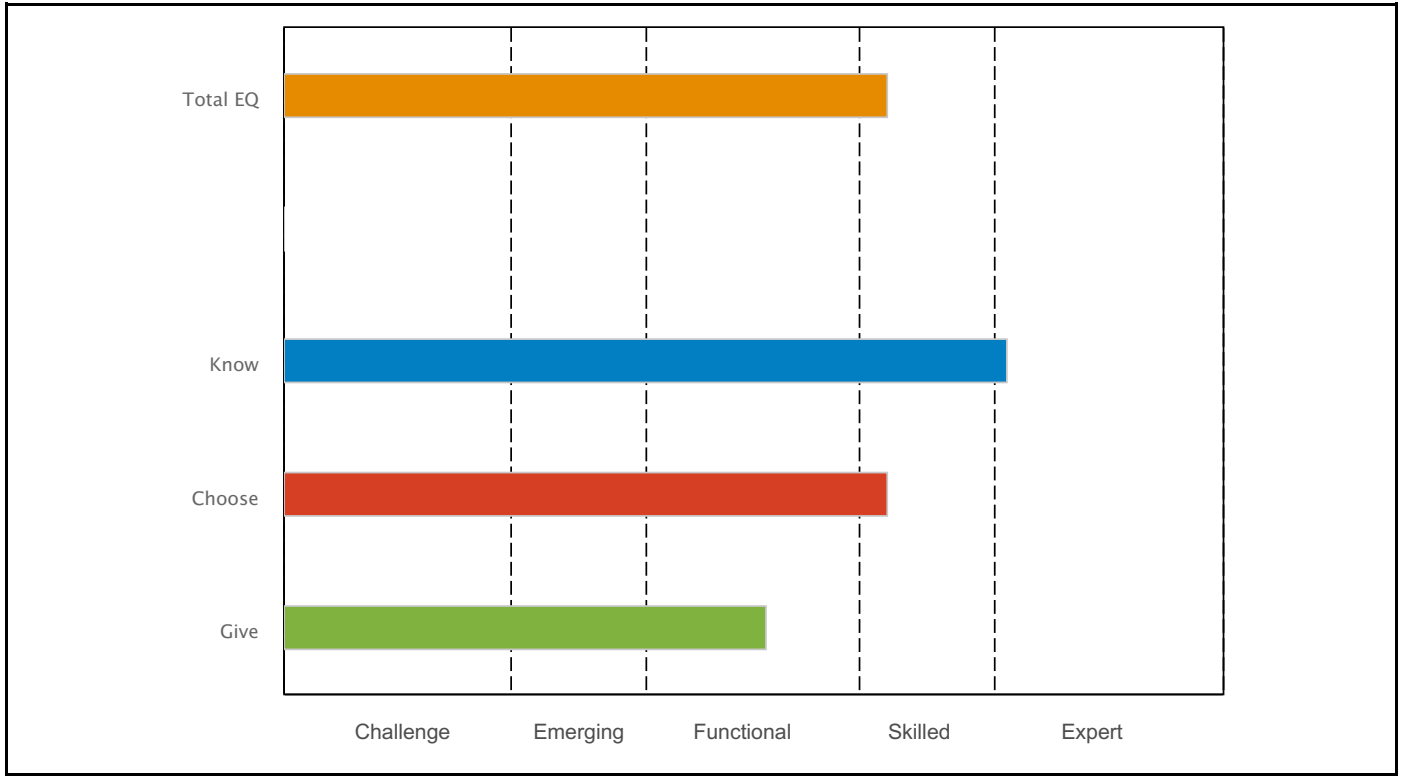


Tip for Remembering the K-C-G Model

Notice how each pursuit is associated with a specific color. This will help you recognize the different parts of the K-C-G model on the following pages.



Your Overview Emotional Intelligence Profile



Know – Know Yourself

Choose – Choose Yourself

Give – Give Yourself

Total EQ – K-C-G

Tips for Reading your Overview Graph

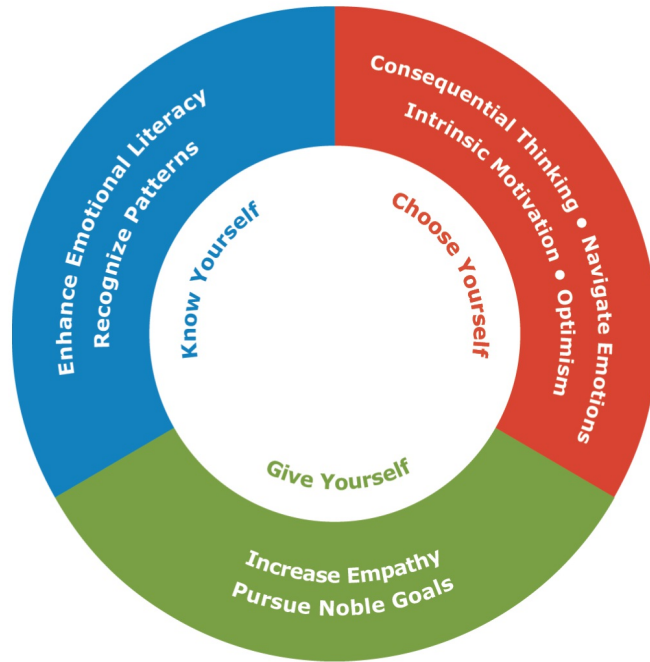
The average score for emotional intelligence and for each EQ competency is set at 100 and the scores follow a bell-curve shape. That means majority of people score in within the central "Functional" zone.

Generally, higher scores suggest more EQ capability. At the same time, balance between the three "pursuits" (Know, Choose, Give) and the eight competencies is essential. Someone with a wide variation in scores may have a difficult time using their EQ strengths smoothly, or might have a tendency to over-use some aspects of EQ and not develop others. Extremely high or low scores may present a challenge. Discussion questions

1. Notice the Total EQ. Is this high? Is this low? Is this too high or too low?
2. Compare the scores between the three "pursuits" of Know Yourself, Choose Yourself and Give Yourself? How balanced are these three?
3. Is your profile what you expected? Why, or why not?



The Eight Emotional Intelligence Competencies



Six Seconds defines a healthy, mature individual as one who recognizes the complexity of life, knows who s/he is, has a defined path to follow, and retains a zest for life. We specify eight competencies that allow people to achieve this; these competencies are divided between the three pursuits of emotional intelligence

The eight EQ competencies, or capabilities, are briefly listed below:

Know Yourself: Self-awareness

1. EEL – Enhance Emotional Literacy

Paying attention to, and talking about, your own feelings

Accurately recognizing and appropriately expressing emotion; being able to identify and interpret multiple and conflicting emotions

2. RCP – Recognize Patterns

Seeing how you typically react

Identifying reactions and choices; being able to identify both positive and negative habits, and/or repetitive behaviors



Choose Yourself: Self-management

3. ACT – Apply Consequential Thinking

Pausing to assess the influence of feelings so that you are careful about your choices

Evaluating the costs and benefits of choices before acting; being able to assign weight and evaluate the cost and benefit of choices and actions

4. NVE – Navigate Emotions

Learning how to handle feelings (especially the strong ones)

Becoming skilled at transforming feelings; being able to choose an appropriate feeling or mood based on the context

5. EIM – Engage Intrinsic Motivation

Responding and acting on your own feelings rather than those of other people

Building internal energy and drive; being able to establish and move towards goals based on internal rewards

6. EOP – Exercise Optimism

Believing that you have choices and feeling hopeful

Identifying multiple options for changing the future; being able to explain adversity as a temporary and an isolated situation that can be changed with personal effort



Give Yourself: Self-direction

7. ICE – Increase Empathy

Caring about other people's feelings

Responding appropriately to others' feelings; being able to feel concern that comes from imagining the plight of another person

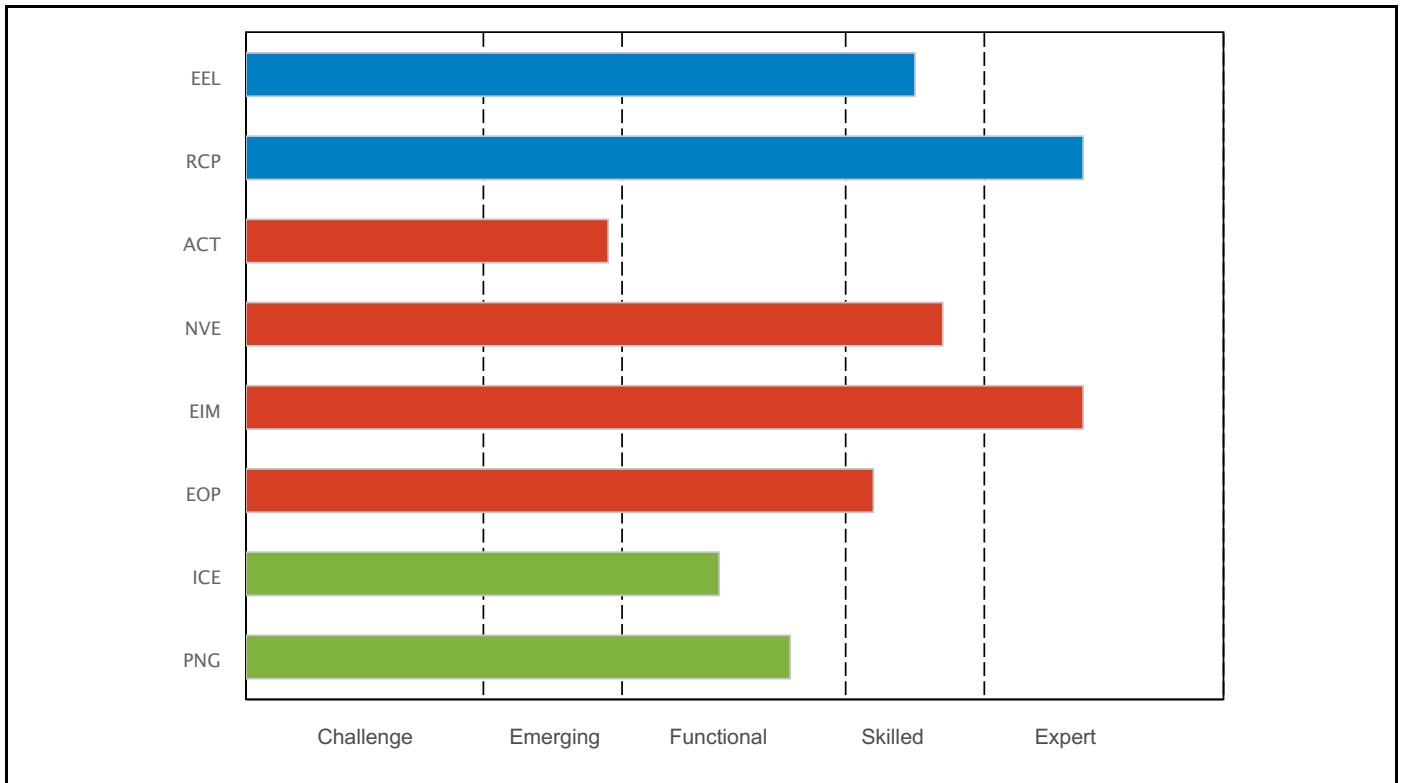
8. PNG – Pursue Noble Goals

Committing to respect and consideration for others and the larger world

Aligning daily choices with principles and purpose; being able to extend kindness and service to others, such as friends, family, the community, and strangers, and/or being able to participate regularly in pro-social acts, such as sharing, cooperating, and helping without expecting personal benefit or reward



Your Detailed Emotional Intelligence Profile



- | | |
|------------------------------------|---------------------------|
| EEL – Enhance Emotional Literacy | RCP – Recognize Patterns |
| ACT – Apply Consequential Thinking | NVE – – Navigate Emotions |
| EIM – Enhance Intrinsic Motivation | EOP – Exercise Optimism |
| ICE – –Increase Empathy | PNG – Pursue Noble Goals |

Tips for Reading your Detailed Graph

1. Assess your scores. Are they all high? Are they all low? Are some high and some low? Are any extremely high or extremely low?
2. Which are the one or two strengths? Which are the one or two challenges?
3. Compare the blue, red and green areas. Is one category higher or lower? Are these three areas in balance?
4. Now look inside of each color. Within K, C or G is one competency much higher or lower? What is the balance of scores between inside each area?
5. Is your profile what you expected? Why, or why not?



How believable are your scores?

This report is a brief snapshot of your Emotional Intelligence as it relates to your current experience of life. It is directly based on your answers to the assessment, and is not a complete picture. To finish the picture, you need to think about your level of self-awareness, how you were feeling when you took the SEI, and also consider what else you know about yourself. How do you typically handle emotions? What would your close friends say? What would your teachers or parents say? It may be a good idea to do the assessment at regular time intervals to track your EQ growth.

Does gender and age affect EQ?

Sometimes people wonder if barometer or EQ scores are affected by gender or age. Six Seconds' research on EQ for youth says "No, but...". In general, youth of all ages, both boys and girls, score similarly on the SEI-YV. There are two EQ competencies in which girls score moderately higher than boys, namely Navigate Emotions and Increase Empathy. In addition, the scores of the oldest youth are moderately more consistent than that of the younger youth. Interestingly, younger youth view their life barometers as moderately more positive than older youth. The score differences for these mentioned aspects are at most five points. It is important to remember that all the EQ competencies can be developed, just as skills can be learned if you work at them.

If there is no noticeable difference between the average scores of youth in different age groups, does this mean that a seven-year-old individual is as mature as a sixteen-year-old with feelings? Not exactly: it means that on average, youth of all ages have the same emotional capacity and potential to deal with the way life is at their specific age and development level. There are similar numbers of male and female youth with low, average, and high EQ across all age groups. True to the Six Seconds model, emotional intelligence in action just plays out differently at each age group.

Conclusion

Do you want to improve your emotional intelligence? One of the best ways is to think about your strengths and how to use them more. We challenge you to think about your feelings, how you might change them, and why or when it may be helpful to do so. The results in this report are focused on you personally. It is possible to combine the profiles of several youth into a group profile for use with classrooms, sports teams, club members, etc. Six Seconds offers supplementary materials, training and services to aid in this.

For further questions, or to request additional support, please contact Todd Armstrong John Dodds <john.dodds@6seconds.org> (the certified assessor who provided your SEI-YV). We hope this report has been helpful, and that developing EQ assists you to thrive in your life journey!

Anabel L Jensen, Ph.D. en Carina Fiedeldey-Van Dijk, Ph.D., SEI-YV Auteurs

