

**TIP: HELPING STUDENTS TO COPE WITH UNCERTAINTY AND RISKS:
EMOTIONAL AWARENESS QUESTIONNAIRE (EAQ)**

Author: Barbara Dainelli EnAIP FVG

Focus

The tip is about helping students (mainly VET students between 15 to 19 years old) to be aware of what they feel or think about their feelings. The resource helps trainers, family members, counsellors and educators to identify the adolescents' emotions and support emotional wellbeing and positive mental health at school.

This tool is linked to the EntreComp competence “**Coping with ambiguity, uncertainty and risk**” (3.3).

This competency is “all about dealing with change and risk. ...

Change is inevitable. Although it might not always feel like it, no two days are the same, and human beings are always being challenged through unexpected (and sometimes expected) events which require us to change or adapt our expectations”.

The emotional awareness is a way to deal with uncertainty and stressful changes. It is a key to learn coping with uncertainty.

Purpose and recipients

The tip is for learning mediators, tutors, coordinators, counsellors, trainers and educators working with adolescents or people in work transition in VET systems.

It provides a valuable example of what is described in the tip “HELPING STUDENTS TO COPE WITH UNCERTAINTY AND RISKS: SUPPORTIVE COMMUNICATION AND EMOTIONAL AWARENESS”, offering a practical resource to measure emotional awareness.



Description of the tip

The Emotional Awareness Questionnaire (EAQ) aims to identify how children and adolescents feel or think about their feelings.

The current version of the EAQ adopts a six-factor structure, describing six aspects of emotional functioning:

- Differentiating Emotions,
- Verbal Sharing of Emotions,
- Bodily Awareness of Emotions,
- Acting Out Emotions,
- Analyses of Emotions,
- Attention to Others' Emotions.

The EAQ consists of 30 items. Some items are positively formulated and thus, reversely scored.

Respondents rate the degree to which each item is true about them on a three-point scale (1 = not true, 2 = sometimes true, 3 = often true).

We use the Trait Emotional Intelligence Questionnaire (TEIQue), developed by K.V. Petrides and colleagues, to measure emotional awareness in adults.



Another valuable tool is the self-assessment emotional intelligence questionnaire, designed to get you thinking about the various competencies of emotional intelligence as they apply to you.

It relies on Daniel Goleman's concept of "emotional intelligence", which includes:

- Self-awareness

- Managing emotions
- Motivating oneself
- Empathy
- Social Skill.

Best practices or useful examples

If you want to know more, you can find the questionnaire available in many languages (Dutch, English, Farsi, French, German, Italian, Japanese, Romanian, Spanish, Urdu, Arabic and Turkish)

[English version EAQ](#)

If you want to know more about the Emotional Intelligence questionnaire and how to interpret the results:

[Emotional intelligence questionnaire](#)

