



"It's time for higher education to lead a cultural transformation with well-being as the foundation for advancing the outcomes we desire, for not only our students, but also our world."

Dr. Frank Shushok

45%

of college students
were treated for depression or
anxiety in 2020

—GALLUP POLL—

54%

of college students
say they "always" feel like they
can't control important aspects
of their life

—HARVARD BUSINESS REVIEW—

72%

of adults aged
18-29 reported their
mental health as less than
excellent in 2020

—GALLUP POLL—

STUDENT EMOTIONAL WELL-BEING IS AN INCREASING CONCERN.

The global pandemic has left us more stressed, anxious, and depressed than ever before. Now is the time students, staff and faculty need a solution to build resilience, mindfulness and higher levels of emotional intelligence.

EMOTIONAL INTELLIGENCE has been identified as an important driver to academic and professional success. **It's vital that our future workforce is given the opportunity early on to gain self-awareness and self-control while honing their skills in mindfulness and resilience.**

Many institutions focus only on nurturing their students' academic pursuits and fail to prepare them for the social and emotional challenges they will face in the work force and while navigating life's obstacles.

BlueEQ™ Academic Track Course Objectives

This premium course will:

- Strengthen students' resilience at a time of great change and uncertainty
- Teach students how to identify the sources of stress and how to reduce it
- Boost motivation and efficient performance
- Develop self-awareness and self-accountability
- Strengthen impulse control
- Build collaboration and teamworking skills and competencies
- Launch your students onto a path of superior academic performance and greater career impact

Included in the Course

- Pre- and Post- Course BlueEQ™ Emotional Intelligence Assessment
- Personalized Participant Study Guide
- Unlimited Access to 7 Virtual Asynchronous Training Sessions
- BlueEQ i4P™ Process: Guided and Customized Behavioral Change Plan for Students
- 1 Year Unlimited Access to the BlueEQ™ Academy—Professionally Curated Online Library with Hundreds of Articles and Videos Specific to Increasing Emotional Intelligence Skills

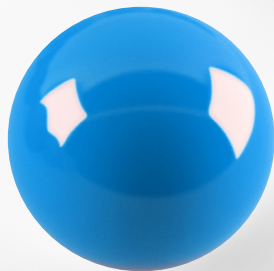
4-Step Sustainable Change Process



EQ is the Delivery System for Your Student's IQ

Why is the smartest person in the room not the CEO?

Often the person who climbs the success ladder quickest is not the straight-A student but rather the student who has mastered emotional intelligence skills such as empathy, influence, conflict management and accountability.



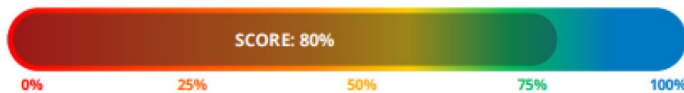
BlueEQ's validated and reliable Emotional Intelligence assessment and educational methodologies are helping thousands of students, staff and faculty adapt a lifestyle of emotional intelligence and psychological safety. We are confident we can help you. We are currently accepting inquiries and applications for Fall 2021.

The BlueEQ™ Heat Map+ Assessment

The BlueEQ Heat Map shows your scores for each of the 5 skills (Self-Regard, Self-Awareness, Self-Control, Social Perception & Social Effectiveness) and the 25 dimensions they are comprised of. The color of each cell represents the competency level for the specific skill or dimension.

Overall Heat Map Results Example

SELF-REGARD 79%	SELF-AWARENESS 83%	SELF-CONTROL 76%	SOCIAL PERCEPTION 75%	SOCIAL EFFECTIVENESS 79%
BlueEQ™ Dimensions				
OPTIMISM 63%	OPENNESS 87%	IMPULSE CONTROL 67%	EMPATHY 73%	INFLUENCE 73%
SELF-RESPECT 73%	SELF-KNOWLEDGE 83%	STRESS TOLERANCE 73%	OBSERVATION 73%	CONFLICT MANAGEMENT 80%
SELF-CONFIDENCE 87%	INTEGRITY 90%	EMOTIONAL STABILITY 83%	ANTICIPATION 77%	RELATIONSHIP MANAGEMENT 63%
MOTIVATION 80%	MONITORING 73%	RESILIENCE 80%	INTERPRETATION 80%	ACCOUNTABILITY 90%
INDEPENDENCE 90%	INTROSPECTION 80%	DELAYED GRATIFICATION 77%	MINDFULNESS 73%	EGO MANAGEMENT 90%



What is Motivation?

- Being willing to take action.
- Contributing without being asked.
- Having a desire to perform.
- Wanting to put forth effort.

High & Low Behavior

High Score People who score high on this dimension:

- Want to achieve something meaningful.
- Strive to succeed.
- Set goals.
- Encourage themselves.
- Look to solve problems as they arise.
- Seek feedback.
- Want to be measured.
- Show energy and activity.

Low Score People who score low on this dimension:

- Display unwillingness to act, try, or invest.
- Show up as lazy, indifferent, or complacent.
- Stay in comfort zone.
- Fail to care or show interest.
- Act careless, distant, or aloof.
- Appear cold and detached.
- Lack the ability to sustain focus and attention.
- Look for short cuts.
- Avoid work, effort, and exertion.

Why does Motivation matter?

- Motivation is what propels us to action. Without motivation, we do nothing. With it, we put ourselves in motion and believe we can achieve many things.
- Motivation creates the future because we believe in what's possible and work towards it.
- Through motivation, we are able to solve problems, help ourselves, and help others.
- Through motivation, we discover, invent, and innovate.

Development Tips & Techniques

To increase your performance on this dimension, apply these best-practice tips and techniques:

- Find a cause or mission that you believe in.
- Create a vision of your life.
- Set worthy, achievable goals.
- Measure your efforts and progress.
- Eliminate the distractions from your life.
- Stop wasting time. For example, watch less TV.
- Identify your talents and passions and pursue them.
- Complete things you start. Uncompleted projects are highly de-motivating.
- Identify the rewards you want and identify the path that leads to them.
- Do work that you find intrinsically meaningful.
- Try new things to discover where you have high and low motivation.
- Connect with other people. Human interaction is a natural motivator.
- Serve other people. Service creates its own, self-sustaining motivation.
- Study and observe the lives of people who sustain their motivation to achieve extraordinary things.

Individual Dimension Results and Improvement Strategies Example