

SEI-YV YOUTH EMOTIONAL INTELLIGENCE ASSESSMENT

The SEI-YV is intended to help youth grow and thrive. It is suitable for education, counseling, and research.

The report is written to facilitate discussion between adults and youth about the child's current emotional intelligence strengths and challenges. The goal is to help the young person create an action plan to develop effective skills and behaviors at home, at school, and at play.

A classroom or school group report is also available to guide instruction and measure SEL program efficacy.

The SEI-YV includes 74 items assessing the Six Seconds Emotional Intelligence Model, 25 items assessing "Life Barometers," as well as positive impression and mood items.

The SEI-YV norm group is 5,700 and growing, including youth from around the world.

The SEI-YV web page is www.6seconds.org/tools/sei/sei-yv/



The Youth Version begins with an assessment of five life outcomes called "Barometers of Life" (Good Health, Relationship Quality, Life Satisfaction, Personal Achievement, Self-Efficacy). These provide a context and reason for discussing the youth's EQ.

The EQ scores in the SEI-YV predict 59% of the variation in these Barometer scores. To increase success in these outcomes, then, a practical approach is to develop the learnable, measurable skills of emotional intelligence following the guidance provided by the SEI-YV.



Youth Version

EQ and Life Barometers for 7-18