

SEI – Youth Version

EQ and Life Barometers for ages 8 to 18



Six Seconds has developed an EQ Assessment for Youths. The Youth Version provides a clear “emotional intelligence snapshot” of youth ages 8–18 – showing how the Six Seconds’ EQ competencies link to important life outcomes predicted by the tool (Good Health, Relationship Quality, Life Satisfaction, Personal Achievement, Self-Efficacy). The report shows the Barometers, EQ skills, and how the two intersect.

(sample below).

Barometer	Most Significant EQ Contributors	Effect								
<p>Good Health</p> <p>91</p>	<p>PNG – Pursue Noble Goals 117</p> <p>ACT – Apply Consequential Thinking 105</p> <p>ICE – Increase Empathy 118</p>	<table border="1"> <caption>Effect Scores</caption> <thead> <tr> <th>Contributor</th> <th>Score</th> </tr> </thead> <tbody> <tr> <td>PNG</td> <td>117</td> </tr> <tr> <td>ACT</td> <td>105</td> </tr> <tr> <td>ICE</td> <td>118</td> </tr> </tbody> </table>	Contributor	Score	PNG	117	ACT	105	ICE	118
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The SEI-YV is intended to help youth grow and thrive. It is suitable for education, counselling, 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 behaviours at home, at school, and at play.

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 2,700 and growing, including youth from around the world (mean age 13.8 years)

The SEI-YV web page is www.6seconds.org/sei/youth.php