

Boulder Creek High School works hard to develop your child's I.Q. (Intellectual Quotient) by providing a strong academic experience for all students. E.Q. (Emotional Quotient) also plays a part in how students manage their studies and handle stress. Our E.Q. affects our overall performance in school and/or in our jobs. Studies link high emotional intelligence to higher life and job satisfaction.

Boulder Creek implements All Things E.Q. (ATEQ) because their insights support rather than interfere with academic instruction. All Things E.Q. encourages critical thinking and focuses on four questions:



HOW AM I SHOWING UP?

- 1 How are my thoughts influencing how I feel?
- 2 How are my feelings influencing how I act?
- 3 Are my actions helpful?
- 4 Am I focusing on solutions or problems?

 All Things E.Q.
The Discovery of You
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Each week we focus on a weekly motto that helps students think critically about the questions above. To create a shared vocabulary on campus we send weekly insights to our students. You can receive the free weekly insights at the same time as your students here: [Weekly E.Q. Insights](#)

Feel free to email danna@allthingseq.com with any questions. We look forward to a fantastic school year!