

# ***How Does Sonoran Foothills Develop Both I.Q. and E.Q. in Their Students?***

*Find out in the Questions and Answers with All Things E.Q. Founder, Danna Evans*

## **Question: What does the E.Q. stand for?**

*Danna: E.Q. stands for Emotional Quotient. Most of us have heard of I.Q. or our Intelligence Quotient, but E.Q. is becoming more well-known as more and more research is available regarding the importance of our E.Q. or our social-emotional skills.*

## **Question: How does All Things E.Q. teach Social Emotional Learning in school?**

*Danna: By involving everyone! Teachers, Parents and of course Students all participate in the program. The Teachers at Sonoran Foothills continually deliver academic excellence year after year. What they do is incredible.*

*Our job, at All Things E.Q., is to support the teacher's work, not interfere with it and we do this by allowing them to participate in the program rather than requiring them to plan for an EQ lesson on top of all they already do. We ensure our E.Q. insights support and reinforce academics by teaching students' how to approach their studies and help them make the most of the many opportunities they have at Sonoran Foothills.*



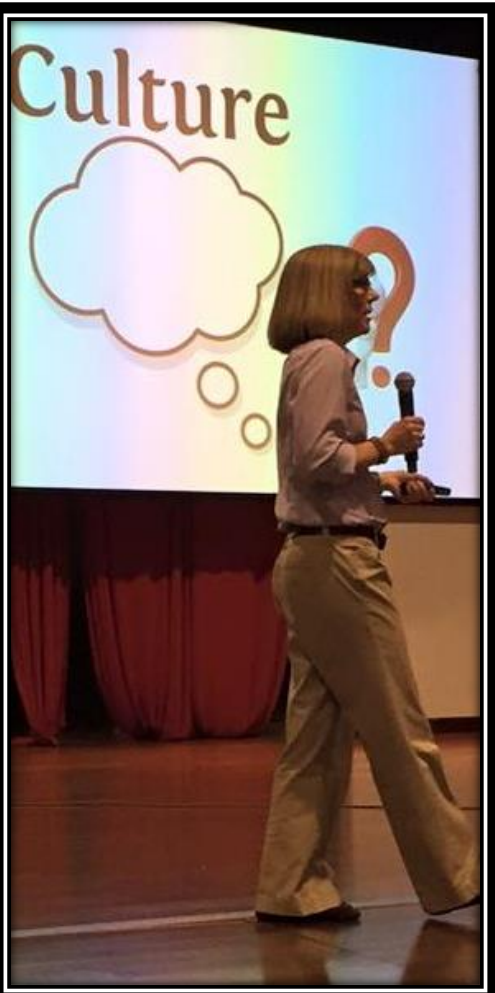
*The students receive our E.Q. insights each week and interact with the material via the videos, journals and eventually through the E.Q. Ambassador Leadership program on campus. We piloted the program last year at Sonoran Foothills with the seventh graders, and due to their success and willingness to contribute to their school, we are bringing an improved program to our sixth graders this year. Thanks go to the current eighth graders of Sonoran Foothills because they have left a positive wake that will benefit future students.*

*Finally, and most importantly, we involve the parent community because as a parent of three myself, it is important to me that I am informed about what is being shared with my children in school especially regarding social-emotional learning. I want the opportunity to discuss the material with my kids myself and share my own insights and experiences with them as they learn and grow.*

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*After all, parents know what their children need better than anyone, which is why our parent inclusion program is so important to me. I was thrilled one day when I was visiting an All Things E.Q. school and a father who was a small business owner himself, shared with me how much he enjoyed getting the All Things E.Q. parent insights each week. He said it gave him topics to share with his son and explain how he uses the insights himself, at work. He said they now have more things to talk about with one another and it helped his son become more interested in his work.*

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### **Question: Why did you create All Things E.Q.?**

*Danna: First, as a teacher, I knew that when you create a safe, caring culture where everyone respects one another, students try harder in school and enjoy school more.*

*Second, as a business owner, I often have to be a problem-solver. Problem-solving requires E.Q. skills, and when I began to build a work team, I quickly realized just how important it was that everyone has strong EQ skills and that our work culture was inclusive and valued all members of the team.*

*As I saw the importance of E.Q. skills both in school and at work, I become very interested in teaching my own children social-emotional skills, and at the request of their elementary school principal, we began to build a social-emotional program that worked for schools.*

*At the end of our first year, we interviewed over forty teachers from three different schools and learned what worked and what we needed to improve to increase the quality of the program.*

*We call that process “KEEPS & STARTS,” by the way, and we teach this skill to students too! It’s a great way to get students comfortable with getting feedback. Instead of focusing the conversation on what isn’t working, you begin by talking about what is working and what you want to keep doing.*

*After you know what you want to keep, then you talk about what you can start doing to improve. “KEEPS & STARTS” make getting and giving feedback easier and are especially handy when working with student-athletes. Rather than talk about what they are doing wrong, consider pointing out what they are doing well and then what they can start doing to get even better. It feels more like progress rather than setbacks, and it keeps students more motivated to make improvements.*

**Question: What's next for All Things E.Q.?**

*Danna: I will try to be more succinct, but I get excited about social, emotional skills because I truly believe they not only determine our future success, but they also play a significant role in how much we enjoy our journey.*

*We are expanding into more schools, and we have begun working with Boulder Creek High School. We are excited to be able to work with high school students and carry this material on because so much of who we are is a habit and building positive habits when we are young can be valuable later in life when we are faced with new challenges.*

*For example, it's easy for many adults to slip into a sort of "survival mode" and focus on simply getting through each day. Once we do this often enough, it becomes a habit, and our life turns into a waiting game where we put our happiness on hold because we are waiting until the workday ends, waiting until it's Friday, waiting until retirement, etc.*

*Rather than getting through each day, what if we focused on enjoying each day instead? What if we knew what we were going to enjoy each day of our lives? It often doesn't take much to enjoy our day, it could be as little as catching up with our kids at the end of the day or curling up on the couch to watch TV as a family, but it does take KNOWING what we are going to enjoy each day.*

*That's what All Things E.Q. is all about, developing positive habits that will help us make the most of each day and of every opportunity that comes our way.*



**Question: Any last message for parents?**

*Danna: Well, with two already in college and one beginning high school I can say that parenting was harder than I thought, and it goes by faster than I thought! I can also say that the old saying about parenting that says it is the longest days, but the shortest years makes a lot of sense. I felt so exhausted each night, but now I wonder how it all went so fast.*

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*Note: Sonoran Foothill's parents, if you are not receiving the free parent updates and would like to, simply email [info@allthingseq.com](mailto:info@allthingseq.com), and they will be sure to include you.*