

Follow-Up Meeting Questionnaire

Holding a follow-up meeting within two weeks of completing the EQ lessons you've conducted is a powerful way to reinforce and sustain the new skills and ways of thinking students have learned. It will help students retain the knowledge they've gained and will help them make using their EQ skills a habit. This meeting will also show students that they have your ongoing support as they continue working on these skills individually. The following questions can serve as guidelines or starting points for your follow-up meetings. However, feel free to adapt these or add other questions based on your knowledge of your students and the lessons you've conducted.

After you work through these questions, communicate clearly with the student about what will happen next. Will you meet again, and if so, when? What ongoing support will you provide beyond these meetings? Will you send the student reminders to use his or her EQ skills, including any that the student may need extra practice in? To the extent that it is possible, proactive follow-up will greatly support students' ongoing progress. Even simple reminders and prompts from you and other adults at school to use positive self-talk, breathing exercises, ESP, and other techniques you taught them will go a long way toward helping students use their EQ skills every day, which benefits them and others.

If feasible, you can hold these meetings periodically on an ongoing basis and can use them to assess students' progress over time. File these forms for your reference, ensuring their confidentiality within the guidelines discussed in the beginning of the book. (See page 16.)

How have things been going since the last time we met?

What do you most remember from what we learned?

Which skill do you use most out of all the skills we talked about? When do you think this skill is most useful?

What situations have you found most challenging since we last spoke? What has been challenging about them? How have you tried to cope with them? How successful do you feel you have been?



Which skill do you find most challenging to use? Why do you think this is?

How do you feel about yourself when you are using the skills?

What changes have you noticed in your relationships, school experience, or other areas of life since you began using your emotional intelligence skills more? What are some situations that you think went well because you put your EQ skills into action, and what happened? Were there times when you could have used EQ skills but didn't? If so, what happened in those situations?

Which EQ skills do you want to keep working on? How can you do this?

Who can you go to for support as you continue to practice and strengthen these skills?

Other: _____?