

# Emotional Intelligence

*Our Best Hope for Safe, Caring, and Effective Schools*



**RULER**

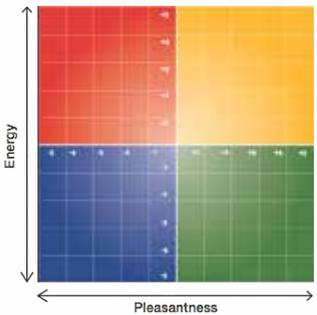
**Marc A. Brackett**  
 Director, Yale Center for Emotional Intelligence

EMAIL: marc.brackett@yale.edu  
 WEBSITE: ei.yale.edu  
 TWITTER: @marcbrackett @rulerapproach  
 FACEBOOK: TheRULERApproach  
 APP: moodmeterapp.com  
 EMOTION REVOLUTION: emotionrevolution.org

*“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”*

MAYA ANGELOU

## INTRODUCTIONS



## EMOTIONS MATTER

**Emotions influence:**

- Attention, memory, and learning
- Decision making and judgment
- Relationship quality
- Physical and mental health
- Everyday effectiveness



## WHAT IS EMOTIONAL INTELLIGENCE?

The attitudes, knowledge, and skills associated with:

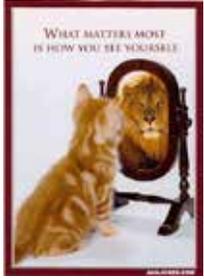
- Recognizing emotions
- Understanding emotions
- Labeling emotions
- Expressing emotions
- Regulating emotions

## MEASURING EMOTIONAL INTELLIGENCE

Self-knowledge is limited, particularly in the domain of emotional skills

*How many of you have received feedback on these skills?*

Even in other domains where feedback is received like 'g' the correlation between self-ratings and objective measures is low



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### STUDENT WITH HIGHER EI

 Have less anxiety.	 Have less depression.
 Are less likely to abuse drugs, alcohol, and cigarettes.	 Are less aggressive and less likely to bully others.

### STUDENT WITH HIGHER EI

 Have greater leadership skills.	 Are more attentive and less hyperactive in school.
 Perform better academically.	

### TEACHERS WITH HIGHER EI

 Are more positive about teaching.	 Receive more support from their principals.
 Report greater job satisfaction, less stress and have less burnout.	

### CLASSROOMS RATER HIGHER IN EI

 Are more engaged in learning.	 Have better quality relationships with their teachers.
 Demonstrate increased prosocial behavior.	 Perform better academically.

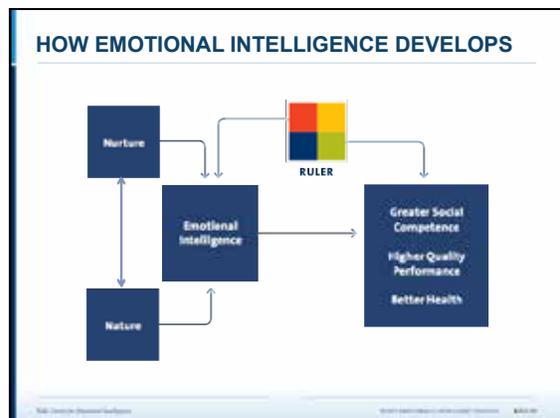
### LEADERSHIP AND EMOTIONAL INTELLIGENCE

**Leaders with higher EI**

- Have greater sensitivity and empathy
- Are rated as more effective
- Receive higher performance ratings
- Create healthier school climates

**Teams with higher EI**

- Have faster cohesion
- Are more supportive of each other
- Communicate more effectively
- Are better at problem-solving and decision-making



### RULER is for "Everyone with a Face"

EI Skills and Anchor Tools are taught to all stakeholders

**Emotional Intelligence Charter**  
As a class, we want to feel...  
In order to have these feelings consistently, we will...  
We will prevent and manage conflict by...

**The Mood Meter**  
How do you feel?

**Take a Meta-Moment**

**Take problems with The Blueprint**

**EMOTIONAL INTELLIGENCE FOR SCHOOL LEARNING**

**EMOTIONAL INTELLIGENCE FOR EDUCATORS**

**EMOTIONAL INTELLIGENCE FOR STUDENTS (K-12)**

**EMOTIONAL INTELLIGENCE FOR FAMILIES**

**ONLINE SUPPORT, EDUCATIONAL AND LEARNING COMMUNITIES**

### Advanced RULER

**The Feeling Words Curriculum (K-8)**

- One "feeling word" is integrated into the core curriculum every two weeks using a 5-step process
  - Personal Association, Academic Link, School-Home Partnership, Creative Connection, & Strategy-Building Session

**Optimizing Intelligences (High School)**

- Two courses, beginning with a vision & action plan for achieving goals in high school and culminating with a future vision for life after high school
- Students explore themselves through lessons on:
  - Mindset, visioning, goal setting, motivation, well-being, personality, the mind-body connection, creativity, flow, critical thinking, and emotional intelligence

### Too Many Rules, Not Enough Feelings

Building a Positive Culture and Climate with the Charter

**respected supported**

**5th CLASS CHARTER**

**THE CHARTER**  
RESPECTFUL, SUPPORTED, CONFIDENT, AND SPIRITED

### Name it to Tame It; Feel it to Heal it

Building Self- and Social Awareness

<b>ENRAGED</b> USE POSITIVE SELF-TALK LEAVE THE SITUATION	<b>SURPRISED</b> THINK ABOUT SOMEONE WHO INSPIRES YOU LISTEN TO MUSIC	<b>ECSTATIC</b>
<b>DISGUSTED</b> PUT A DIFFERENT SPIN ON IT TALK TO A FRIEND	<b>SAD</b> TAKE A WALK DO A BREATHING EXERCISE	

Energy ↑

Pleasantness ← →

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### EI Tools Enhance Teacher Effectiveness

**CCT Rating**

**Domain 2.d. Maximizing instructional time by effectively manage routines and transitions**

**CCT Rating Attribute**

**Time spent on routines and transitions appropriate to the purpose and the needs of the students**

Pleasantness ← →

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### El Tools Align with Common Core

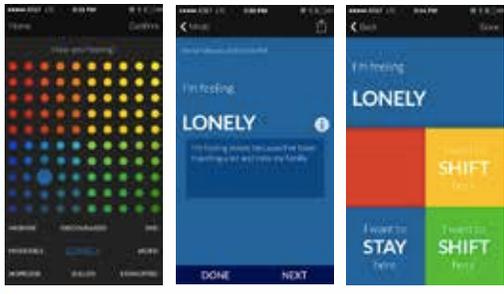


**SL.2:** Integrate and evaluate information presented in diverse media and formats, including visually, quantitatively, and orally.

**SL.4:** Present information, findings, and supporting evidence such that listeners can follow the line of reasoning and the organization, development, and style are appropriate to task, purpose, and audience.

**RI.1:** Read close to determine what the text says explicitly and to make logical inferences from it; cite textual evidence when writing or speaking to support conclusions drawn from the text.

### www.moodmeterapp.com



### www.moodmeterapp.com



*“Between stimulus and response, there is a space. In that space lies our freedom and power to choose our response. In our response lies our growth and freedom.”*

**VIKTOR E. FRANKL**

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### Take a Meta-Moment



1. Something happens
2. Sense
3. Stop
4. See your best self!
5. Strategize
6. Succeed!

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### Effectiveness of RULER

**Students:**

- Less anxious and depressed
- Better problem solvers; self-managers
- Greater leadership skills
- Fewer attention, learning, and conduct problems
- Better academic performance

**Teachers:**

- More supportive; higher effectiveness

**Classrooms/Schools:**

- Have more positive climates
- Less Bullying



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A joint initiative between the Yale Center for Emotional Intelligence & Born This Way Foundation.

The goal is to drive the national conversation that encourages schools to integrate social and emotional learning (SEL) and build more positive school climates.

We are launching with a national survey of high school students:  
[emotionrevolution.org](http://emotionrevolution.org)

The summit will feature Lady Gaga and Yale President Peter Salovey, among many other major stakeholders. Most importantly, it will offer youth the opportunity to share their ideas for creating improved learning environments with key educators, academics, and policy makers.

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### SUMMARY

- Emotions Matter!
- Key questions for you: How are my feelings influencing my performance, my leadership? What are my triggers? What effective strategies can I incorporate into my life? What's my best self?
- Emotional intelligence is a real intelligence that predicts outcomes of great importance for students, educators, and schools
- There are research-based tools to develop emotional intelligence such as the Mood Meter and Meta Moment
- Children are "wired for good" - schools can either nurture or neglect their social and emotional development
- Integrating EI into your school can make a real difference in the academic, social, and emotional growth of all stakeholders
- Leaders set the "emotional climate" of their schools

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**Thank you!**

EMAIL: [marc.brackett@yale.edu](mailto:marc.brackett@yale.edu)  
 WEBSITE: [ei.yale.edu](http://ei.yale.edu); [ruler.yale.edu](http://ruler.yale.edu)  
 TWITTER: @marcbrackett @rulerapproach  
 FACEBOOK: the RULER Approach  
 APP: [www.moodmeterapp.com](http://www.moodmeterapp.com)

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