

---

**Mailing address**

PO Box 208376  
New Haven, CT 06520

**Street Address**

340 Edwards Street  
New Haven, CT 06511

## **Your district is invited to partner with the Yale Center for Emotional Intelligence and receive RULER at no cost!**

**What is RULER?** The Yale Center for Emotional Intelligence developed RULER as a whole-school approach to integrating social emotional learning (SEL) practices into schools. RULER includes four primary tools: the Charter, Mood Meter, Meta-Moment, and Blueprint. Each is based on scientific research and helps children and adults develop their emotional intelligence skills. To find out more, visit [ei.yale.edu](http://ei.yale.edu).

### **What it means to be a RULER research partner:**

You are interested in the opportunity to bring RULER to your school/district, and are willing to participate in a study to further assess the programs impact

### **Why be a RULER research partner?**

You receive RULER at no cost - you only need to provide the time and space for teacher training

### **How do I become a research partner?**

The superintendent (or principal) provides a letter of support on your school letterhead. This letter states that you understand the proposed study and would be willing to be research partner should the study get funded. [Click here for a](#)

### **Study overview & timeline**

The study will take 4 years to complete, and schools will be randomly assigned to either start training on RULER at the beginning or at the end of the study. All Research Partner schools will receive RULER by the end of the study period.

The National Institutes of Health will notify funded studies by January 2016. We will begin to work with our research partners in August 2016 for baseline data collection and professional development planning in Fall 2016. We anticipate starting professional development for randomly selected schools in Winter 2016-2017 with the intention of rolling out RULER to students in Fall 2017. Towards the end of the grant period in 2019, all participating schools will receive RULER professional development.

Best,

The Yale Center for Emotional Intelligence team

### **Contact Information:**

Kate Hathaway  
Project Coordinator  
(203) 432-4225  
[kate.hathaway@yale.edu](mailto:kate.hathaway@yale.edu)