**Emotional Intelligence**

Our Best Hope for Safe, Caring, and Effective Schools

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**INTRODUCTIONS**

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**EMOTIONS MATTER**

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

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**WHAT IS EMOTIONAL INTELLIGENCE?**

The attitudes, knowledge, and skills associated with:
- Recognizing emotions
- Understanding emotions
- Labeling emotions
- Expressing emotions
- Regulating emotions

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**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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“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
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.

Perform better academically.

Are more attentive and less hyperactive in school.

Are less likely to abuse drugs, alcohol, and cigarettes.

STUDENT WITH HIGHER EI

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.

CLASSEROOMS 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

HOW EMOTIONAL INTELLIGENCE DEVELOPS
RULER is for "Everyone with a Face"
EI Skills and Anchor Tools are taught to all stakeholders

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

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Name it to Tame It; Feel it to Heal it
Building Self- and Social Awareness

EI Tools Enhance Teacher Effectiveness
"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

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
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

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.

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

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

Thank you!

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