THE YALE CENTER FOR EMOTIONAL INTELLIGENCE: WHAT’S NOW AND WHAT’S NEXT

Christina Cipriano, Ph.D.

Prepared for the Meeting of the Center for Curriculum Redesign
Harvard Graduate School of Education
November 28, 2018
Hi, I’m Chris

LET’S TAKE THE MOON AND MAKE IT SHINE FOR EVERYONE

Christina Cipriano, Ph.D.
How are you feeling?

https://ruler.online/mood
- meter/plot/group/efe8ea63-e730-4f8c-a014-4b2b213d1217

Let’s take the MOON and make it SHINE for everyone.

www.drchriscip.com @drchriscip Christina Cipriano, Ph.D.
OUR VISION

TO USE THE POWER OF EMOTIONS TO CREATE A HEALTHIER AND MORE EQUITABLE, INNOVATIVE, AND COMPASSIONATE SOCIETY

Let’s take the MOON and make it SHINE for everyone.

Christina Cipriano, Ph.D.

www.drchriscip.com
@drchriscip
SOCIAL AND EMOTIONAL LEARNING

A systemic approach to social and emotional learning

• Is theory-driven & evidence-based
• Provides training and support for all stakeholders
• Enhances mindsets, skills, culturally responsive pedagogy, and climate across all grade levels
• Moves away from standard piecemeal approaches (assemblies, classroom kits, “flavor of the month”)
• Infuses SEL into school mission, vision, and policies

Let’s take the MOON and make it SHINE for everyone
**THEORY OF CHANGE**

- **RULER (Skills | Tools | Pedagogy)**
  - Training for school leaders, educators, & staff
  - Classroom integration across all grades
  - Infusion into mission & schoolwide practices & policies
  - Family Education
  - After school (OST)

- **Enhanced mindset** ("emotions matter")
  - Deepened social & emotional skills
  - Healthier emotional climates in schools and homes

- **Improved leader & teacher effectiveness & retention**
  - Increased engagement, attendance, & academic performance
  - Better relationships; reduced bullying
  - Enhanced decision making; reduced drug, alcohol & discipline problems
  - Less stress & anxiety; greater health & wellbeing

Let’s take the **MOON**
And make it **SHINE** for everyone

www.drchriscip.com
@drchriscip Christina Cipriano, Ph.D.
Let’s take the MOON and make it SHINE for everyone.

RULER

Yale Center for Emotional Intelligence
HOW EDUCATORS FEEL AT SCHOOL (N= 6,000)

Let's take the MOON and make it SHINE for everyone

www.drchriscip.com @drchriscip Christina Cipriano, Ph.D.
We should can and will do something. More. Better. Everything.

Let's take the MOON and make it SHINE for everyone

@drchriscip Christina Cipriano, Ph.D.
CLIMATE, TEACHER EMOTIONS, KEY OUTCOMES

Greater Negative Affect

Unhealthy School Climate

Greater Burnout
Stress-related Absences
Sleep Troubles
Mental Health Problems
Body Mass Index (BMI)
Let’s take the **MOON**
And make it **SHINE** for everyone

@drchriscip Christina Cipriano, Ph.D.
Relationship quality shapes social and academic development across the lifespan.
EMOTIONS MATTER

ATTENTION, MEMORY, AND LEARNING

DECISION MAKING

RELATIONSHIP QUALITY

PHYSICAL AND MENTAL HEALTH

PERFORMANCE AND CREATIVITY

Let’s take the
MOON
And make it SHINE for everyone

www.drchriscip.com
@drchriscip Christina Cipriano, Ph.D.
EMOTIONAL INTELLIGENCE

- Recognizing emotions in self and others
- Understanding the causes and consequences of emotions
- Labeling emotions accurately
- Expressing emotions appropriately
- Regulating emotions effectively

Let’s take the MOON and make it SHINE for everyone.
ANCHORS OF EMOTIONAL INTELLIGENCE

As a group, we want to feel...

We will help each other to have these feelings by...

Let’s take the MOON and make it SHINE for everyone

www.drchriscip.com
@drchriscip Christina Cipriano, Ph.D.
RULER ROLLOUT

Introduce RULER to Key Stakeholders

1. Train District & School Leaders & Create Steering Committee
2. Develop / Train School-based Implementation Teams
3. Train Educators, Staff, Students, & Families
4. Teach Students, & Family Engagement
5. Embed RULER into Mission, Curriculum, & Behavior Support Policies
6. Teach Students, & Family Engagement

Let's take the MOON and make it SHINE for everyone

Christina Cipriano, Ph.D.
www.drchriscip.com @drchriscip

Yale Center for Emotional Intelligence
Let’s take the MOON and make it SHINE for everyone.

@drchriscip Christina Cipriano, Ph.D.
FOR TEACHERS

Teachers who participate in RULER demonstrate

- Increased educational efficacy. *(I believe I make a difference in student lives by teaching)*
- Improved attitudes. *(I like my job)*
- More engagement with peers and parents.

Let’s take the MOON and make it SHINE for everyone.

@drchriscip Christina Cipriano, Ph.D.
For students

Students who participate in RULER

Have less anxiety and depression. → Are more attentive and less hyperactive in school.

Perform better academically and socially. → Are less aggressive.
For classrooms

Classrooms who participate in RULER

- Are more engaged in learning.
- Have better quality relationships between students and teachers.
- Demonstrate increased prosocial behavior and decreased bullying.

Let’s take the MOON and make it SHINE for everyone.

@drchriscip Christina Cipriano, Ph.D.
To educate the whole child, we need to start with sel.

Let’s take the MOON and make it SHINE for everyone.

www.drchriscip.com @drchriscip Christina Cipriano, Ph.D.
Let’s take the MOON and make it SHINE for everyone. www.drchriscip.com @drchriscip Christina Cipriano, Ph.D.
SCHOOL CLIMATE TOOL

Outside of School
Entrance of School
Hallway/Stairway/Elevator
Bathrooms
Lunchrooms/Break
Classrooms

Institutional Environments
Teaching and Learning
Interpersonal Relationships
Safety

Let's take the MOON SHINE for everyone
www.drchriscip.com
@drchriscip Christina Cipriano, Ph.D.
School Climate Tool

• School Climate Tool Quick Stats:
  • 4 domains
  • 11 dimensions
  • 61 indicators
  • 26 items on General Survey capturing overall feel of school on climate indicators

• Item Validation and Tech development underway
• Psychometric Validation 2019-20 School Year

Let’s take the MOON And make it SHINE for everyone
What do educators want to know about children’s development of emotion regulation skills?

There are a myriad of different emotion regulation strategies that could be effective and the “best” strategy will vary between individuals and across situations.

No one assessment could capture students’ knowledge about and ability to use all of these different strategies in a sufficiently nuanced way.
Focus on children’s ability to implement cognitive reappraisal – that research shows is effective in many situations and is linked to well-being.

Goal: Establish research-based benchmarks for children’s abilities to generate and use cognitive reappraisals to regulate their emotions in preschool through HS.
EMOTION REGULATION ASSESSMENT

- **Vignettes**: Validate the benchmarks - student developmental ability to identify the ER Strategy
- **Performance Based Assessment**: Can they use the strategies to regulate when induced (sticky key)
MOMENTARY EMOTION ASSESSMENT

Can we benchmark high school student’s emotional experiences?

Can we provide in the moment intervention to support student emotion regulation?

Let’s take the MOON and make it SHINE for everyone.

Yale Center for Emotional Intelligence
TEACHER EMOTIONAL HEALTH AND WELLBEING

• What can we ask teacher’s at school about their psychosocial health?

• How can we support educators to live emotionally healthy lifestyles?

Let’s take the MOON and make it SHINE for everyone
Emotions matter.

SEL programs help students and their teachers form and sustain better quality relationships, and improve both their respective psychological health and well-being.

Let’s take the MOON and make it SHINE for everyone.

Christina Cipriano, Ph.D.

Yale Center for Emotional Intelligence
IT’S NOT MAGIC, IT’S SCIENCE.

Belfield et al., 2015; Durlack et al., 2011; Rivers et al., 2013; Finn & Rock, 1997; McWhirter et al., 2012

Let’s take the MOON and make it SHINE for everyone

Christina Cipriano, Ph.D.
SEL is pedagogical practice that shapes the child's brain and likely produces alterations that lays the foundation for promoting all future learning.

Let's take the MOON and make it SHINE for everyone.
Design with SEL.

Let’s take the MOON and make it SHINE for everyone.

Christina Cipriano, Ph.D.
@drchriscip
Design with the Learner in mind.

Let’s take the MOON and make it SHINE for everyone.
Universal Design for Learning (UDL), a framework for inclusive and personalized learning, provides an evidence-based approach to define and address unequal access to SEL programming.

(Rose & Meyer, 2002, 2006)
The underlying premise of the UDL framework is that barriers to learning do not exist solely in the capacities of the learner, rather they occur within interactions between the learner and the learning environment.
“Universal” does not mean “one size fits all”
Is RULER failing to meet the needs of the very students it matters to most?

Let's take the MOON and make it SHINE for everyone.

@drchriscip Christina Cipriano, Ph.D.
MEASURING UP RULER TO PROMOTE ACCESS AND OUTCOMES FOR STUDENTS WITH DISABILITIES

CIPRIANO, BRACKETT, EVANS, SCHLICHTMANN, & BARNES

TARGET POPULATION

SWD

INTERVENTION DESIGN

The RULER Approach

UDL PRINCIPALS

• Design
• Teacher Preparedness

PHASE I

We are here.

Let’s take the MOON and make it SHINE for everyone.
Measuring Up RULER to Promote Access and Outcomes for Students with Disabilities

Cipriano, Brackett, Evans, Schlichtmann, & Barnes

TARGET POPULATION

The RULER Approach

INTERVENTION DESIGN

UDL PRINCIPALS
- Design
- Teacher Preparedness

OUTCOMES

Proximal

Student Outcomes
- Academic Skills
- Conduct

Student SE Skills

Teacher Outcomes
- EI and Wellbeing
- Self-Efficacy
- SEL Beliefs

Classroom Climate
- Student Engagement
- Teacher-Student Relationships
- Classroom Social Processes

Distal

Teacher Outcomes
- EI and Wellbeing
- Self-Efficacy
- SEL Beliefs

Student Outcomes
- Academic Skills
- Conduct

PHASE I

PHASE II

Let’s take the MOON and make it SHINE for everyone

@drchriscip Christina Cipriano, Ph.D.
MEASURING UP RULER TO PROMOTE ACCESS AND OUTCOMES FOR STUDENTS WITH DISABILITIES

CIPRIANO, BRACKETT, EVANS, SCHLICHTMANN, & BARNES

Teacher themes and inclusion of UDL principles will be examined alongside Classroom Climate scores, Teacher, and Student measures.

Findings will provide the foundation for a systematic research investigation to develop and test the efficacy of RULER for SWD within general education classroom environments, creating artifacts and access points identifying where and how to improve SEL programming for SWD.

Let’s take the MOON and make it SHINE for everyone.

@drchriscip Christina Cipriano, Ph.D.
CONNECTICUT EI

Investing in our state- the initiative to make Connecticut the 1st Emotionally Intelligent State

Let’s take the MOON and make it SHINE for everyone

www.drchriscip.com @drchriscip Christina Cipriano, Ph.D.
CONNECTICUT EI

Legislators / Education Commissioner
Connecticut Association of Public School Superintendents
Connecticut Association of Secondary Schools
Changemaker Fellows
Superintendents of Schools
Cooperative Educational Services (RESC)

RULER Schools

Let’s take the MOON and make it SHINE for everyone
Come Learn with Us!
christina.cipriano@yale.edu
ei.yale.edu

Questions?