Marc Brackett, Ph.D., is Director of the Yale Center for Emotional Intelligence and Professor in the Child Study Center at Yale University. His grant-funded research focuses on the role of emotional intelligence in learning, decision-making, relationship quality, well-being, performance, and organizational climate. Marc is the lead developer of RULER, an evidence-based approach to social and emotional learning that has been adopted by over 1000 public, charter, and private schools across the United States and in other countries, including Australia, England, Italy, Mexico, and Spain. RULER infuses emotional intelligence into the fabric of a school through training for school leaders, educators and staff, students, and families, and has been shown to enhance well-being, academic performance, and school climate.

The Center for Educational Leadership located at the Putnam | Northern Westchester BOCES, provides high quality, professional development, training programs and services that are economical, flexible and cutting-edge. All offerings are anchored in the current realities of school leadership. Additionally, this initiative is supported by the Guidance and Child Study Center; leaders in supporting the social and emotional well-being of students in the region. We are excited about our collaboration with the Yale Center for Emotional Intelligence which brings Dr. Marc Brackett and his outstanding team to our region and allows districts to engage in a wide range of activities to acquire the resources and skills to support emotional development within their schools.

“We must figure out how to create school environments, curricula, and other related tools to help students feel more positive emotions.”

MARC BRACKETT

To request an application packet please contact:
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The Yale Center for Emotional Intelligence in Collaboration with Putnam | Northern Westchester BOCES Center for Educational Leadership

Emotions drive learning, decision-making, creativity, relationships, and health. The well-being and sustainability of our society depends on each of us using our emotions intelligently. The Yale Center for Emotional Intelligence conducts rigorous research on the power of emotions and teaches people of all ages how to develop and tap into their emotional intelligence and acquire the skills necessary to succeed at home, at school, at work, and in their communities.
RULER Institute: Creating Emotionally Intelligent Schools
Cohort 4

This highly interactive Institute led by trainers from the Yale Center for Emotional Intelligence kicks off with a two-day training which provides school leaders and educators with the foundational skills and tools to bring RULER to their school and district. RULER is a CASEL Select, evidence-based approach for social and emotional learning developed by Marc Brackett Ph.D. and colleagues at the Yale Center for Emotional Intelligence. RULER helps students, educators, and families develop the emotional intelligence skills needed to make sound decisions, foster healthy relationships, enhance well-being, and achieve desired outcomes at school, home, and in the workplace.

In the first year of the RULER Institute, teams develop the skills and tools of emotional intelligence to begin implementation in their schools. Year 2 and Beyond offers support for implementation in the classroom. With district-level support and development opportunities provided for school leaders, this partnership aims to see large-scale positive shifts in the culture of the district, schools, and broader community.

Benefits of RULER

- Improved leader and teacher effectiveness and overall retention
- Increased attendance, engagement, academic performance, and graduation rates
- Better-quality relationships; reduced bullying and discipline referrals
- Enhanced decision-making; reduced drug and alcohol problems
- Less stress and anxiety; greater health and well-being

Institute Includes

- Two full-day trainings on June 30 & July 1, 2020. This customized training for implementation teams (includes a building-level leader and 4 additional members) focuses on learning the skills of emotional intelligence, receiving an overview of RULER, engaging with the RULER Anchor tools, and on implementation guidance.
- The 45-minute online or phone coaching sessions to be used during the 2020-2021 school year. The RULER staff will work with implementation teams to model Anchor tools and provide overall guidance and support.
- Three 45-minute online or phone coaching sessions to be used during the 2020-2021 school year. The RULER staff will work with implementation teams to model Anchor tools and provide overall guidance and support.
- RULER Implementation Conference on March 9, 2021 (Snow date March 10, 2021). Three members from each team are invited to attend. This full-day session allows participants to network, refresh their knowledge of RULER, and to learn engaging and innovative approaches to sustain RULER in their lives and school communities.
- National RULER Implementation Conference March 9, 2021 (Snow date March 10, 2021). Three members from each team are invited to attend and learn innovative approaches to sustain RULER in their lives and school communities.
- Access to RULER’s robust online community and learning platform for the 2020-2021 school year. This site includes comprehensive curricular resources, modules, videos, webinars, online courses, extensive lesson plans, and more.
- One online webinar focusing on classroom implementation.
- Monthly newsletters provided by Yale to share the latest research and practices.

Where do we go from here? To continue building on the training provided during Year 1, we offer “Implementation Support: Year 2 and Beyond” to all schools that have participated in the initial Institute at PNW BOCES. This service provides additional training, overall guidance and support and coaching in the ongoing RULER implementation process.

Program Includes

- One network support session with Yale CEI Trainers on October 8, 2020. A half-day session will be assigned as a refresher for implementation teams and as an opportunity to receive additional support.
- RULER Implementation Conference on March 9, 2021. As three members from each team are invited to attend, this full-day session allows participants to network, refresh their knowledge of RULER, and to learn engaging and innovative approaches to sustain RULER in their lives and school communities.
- Access to RULER’s robust online community and learning platform for the 2020-2021 school year. This site includes comprehensive curricular resources, modules, videos, webinars, online courses, extensive lesson plans, and more.
- One online webinar focusing on classroom implementation.
- Monthly newsletters provided by Yale to share the latest research and practices.

Program Dates at a Glance

**Cohort 4**

- **June 30, 2020** RULER Institute, Day 1
- 8:30 am – 3:00 pm
- **July 1, 2020** RULER Institute, Day 2
- 8:30 am – 3:00 pm
- **October 8, 2020** Support Network Session
- 8:30 am – 11:30 am
- **March 9, 2021 (Snow date March 10, 2021)**
- 8:30 am – 3:30 pm
- **May 14, 2021**
- Support Network
- 8:30 am – 11:30 am
- **Spring 2021 TBA**
- National RULER Implementation Conference
- 8:30 am – 3:30 pm

Program Dates at a Glance:

**Year 2 and Beyond**

- **October 8, 2020** Support Network Session
- A half-day session will be assigned
- **March 9, 2021 (Snow date March 10, 2021)**
- RULER Implementation Conference
- 8:30 am – 3:30 pm
- **Spring 2021 TBA**
- National RULER Implementation Conference

**Implementation Support: Year 2 and Beyond**

**Cost:** $2,500 per school team (up to 3 members)

**Open to school teams that took part in the past cohorts of the Yale RULER Program at PNW BOCES.**

**Awareness Session Cohort 5**

- **March 9, 2021 (Snow date March 10, 2021)**
- 4:00 pm – 5:30 pm

An introduction offered for districts interested in joining the training in the 2021-2022 school year. Thirty new schools will be admitted.

**Cost:** Free of charge. **Registration required.**