SCHOOL CLIMATE AND EMOTIONAL INTELLIGENCE

SOCIAL EMOTIONAL LEARNING AND STUDENT ACHIEVEMENT

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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
WHY DOES DEVELOPING EMOTIONAL INTELLIGENCE IN SCHOOL MATTER?

• Increased attention, memory and learning
• Better decision-making
• Improved relationship quality
• Improved physical and mental health
THE RESEARCH IS OVERWHELMING

- Yale Center for Emotional Intelligence [http://ie.yale.edu](http://ie.yale.edu)
- Collaborative for Academic, Social and Emotional Learning (CASEL) [http://www.casel.org](http://www.casel.org)
HOW DO WE BEGIN TO NURTURE A SCHOOL CLIMATE AT POCANTICO THAT IS EMOTIONALLY INTELLIGENT?

• Consistency of rituals and routines
• Staff development on Social Emotional Learning (SEL) that includes
  • RULER and the Anchors of Emotional Intelligence
  • Project Adventure
  • Playworks
COMPONENTS OF THE ANCHORS OF EMOTIONAL INTELLIGENCE

- Building/Classroom Charter
- RULER
- Mood Meter
- Meta Moment
- The Blueprint
At Pocantico we want to feel:
Valued
Respected
Inspired
Connected
Successful

We promised to …
Lean into struggle, recognizing that mistakes are proof you are trying.
Embrace our differences and celebrate our diversity.
Recognize that a warm smile is the universal sign of kindness.
Show the respect you expect to receive in return.
And, never hesitate to choose to help one another.

When we fall short we will …
Consider speaking to a trusted friend.
Recognize that our judgment improves with daily practice; success is a result of lessons learned from mistakes and temporary setbacks.
Use “I” statements to own our words and actions.
Accept apologies that are genuine and move forward with kindness and optimism knowing that the past doesn’t define our future.
And, agree that we are all responsible for the culture and climate we envision and work towards.
MOOD METER
ENERGY (BODY) & PLEASANTNESS (MIND)

<table>
<thead>
<tr>
<th>Enraged</th>
<th>Panicked</th>
<th>Stressed</th>
<th>Jittery</th>
<th>Shocked</th>
<th>Surprised</th>
<th>Upbeat</th>
<th>Festive</th>
<th>Exhilarated</th>
<th>Ecstatic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Livid</td>
<td>Furious</td>
<td>Frustrated</td>
<td>Tense</td>
<td>Stunned</td>
<td>Hyper</td>
<td>Cheerful</td>
<td>Motivated</td>
<td>Inspired</td>
<td>Elated</td>
</tr>
<tr>
<td>Fuming</td>
<td>Frightened</td>
<td>Angry</td>
<td>Nervous</td>
<td>Restless</td>
<td>Energized</td>
<td>Lively</td>
<td>Enthusiastic</td>
<td>Optimistic</td>
<td>Excited</td>
</tr>
<tr>
<td>Anxious</td>
<td>Apprehensive</td>
<td>Worried</td>
<td>Irritated</td>
<td>Annoyed</td>
<td>Pleased</td>
<td>Happy</td>
<td>Focused</td>
<td>Proud</td>
<td>Thrilled</td>
</tr>
<tr>
<td>Repulsed</td>
<td>Troubled</td>
<td>Concerned</td>
<td>Uneasy</td>
<td>Peeved</td>
<td>Pleasant</td>
<td>Joyful</td>
<td>Hopeful</td>
<td>Playful</td>
<td>Blissful</td>
</tr>
</tbody>
</table>

| Disgusted | Glum | Disappointed | Down | Apathetic | At Ease | Easygoing | Content | Loving | Fulfilled |
| Pessimistic| Morose | Discouraged | Sad | Bored | Calm | Secure | Satisfied | Grateful | Touched |
| Alienated | Miserable | Lonely | Disheartened | Tired | Relaxed | Chill | Restful | Blessed | Balanced |
| Despondent | Depressed | Sullen | Exhausted | Fatigued | Mellow | Thoughtful | Peaceful | Comly | Carefree |
| Despair   | Hopeless | Desolate | Spent | Drained | Sleepy | Complacent | Tranquil | Cozy | Serene |
WE DON’T ALL NEED TO BE EXPERTS IN EMOTIONAL INTELLIGENCE

BUT

WE ALL NEED TO BE CHAMPIONS OF EMOTIONAL INTELLIGENCE
Managing Complex Change

- Vision + Skills + Incentives + Resources + Action Plan = Change
- Vision + Skills + Incentives + Resources + Action Plan = Confusion
- Vision + Skills + Incentives + Resources + Action Plan = Anxiety
- Vision + Skills + Incentives + Resources + Action Plan = Resistance
- Vision + Skills + Incentives + Resources + Action Plan = Frustration
- Vision + Skills + Incentives + Resources + Action Plan = False Starts