RULER Institute Online FAQs

Getting Started

Q: What is the RULER Institute Online?
A: The RULER Institute Online is an option we provide for school teams who would prefer to train remotely. Similar to our in-person institute, this is the first step for bringing RULER to a school. The six-week (1 to 2 hours per week), online training institute is designed to equip a small team from each school to lead RULER implementation. We call this team the “RULER Implementation Team.” For school-based RULER Implementation Teams, each team must include at least one school administrator (principal, assistant principal, or dean of students) plus at least two teachers or mental health professionals.

Q: How does my school team apply to attend RULER Institute Online?
A: Please select one member of your school team to complete the application. As the school's point person, they will be responsible for answering questions about your school and district, as well as the team’s contact information. Please have the team's names, roles, and emails ready for input. Click here to apply.

Q: How do I know my school's team has been accepted to RULER Institute Online?
A: The team that will be attending the RULER Online Institute will receive confirmation of their acceptance approximately 30 days prior to the start of the training session.

Q: When does RULER Institute Online training begin and end?
A: October 21st - November 26th (six weeks)

Q: How do I gain access to the RULER Institute Online after my application has been accepted?
A: You will receive an email prior to the start of training that will include how to access the RULER Institute Online portal, how to set up your profile and introduce yourself to other attendees, and a guide for how to collaborate during the training. Course content will become available on October 21st.

Q: Can I attend RULER Institute Online if I am a consultant, parent, or individual working outside of K-12 school system?
A: Our trainings designed for PreK-12 principals, educators, and mental health professionals who are currently employed in a school or district. We prioritize PreK-12 school teams that are new to RULER in our application process. At this time, we do not have the capacity to expand trainings to parents, consultants, NGOs, and professionals outside of PreK-12 education system.
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Q: Can I attend RULER Institute Online if I belong to a non-US school?
A: RULER Institute Online is for US school teams only at this time.

Online Training

Q: How does RULER Institute Online compare with the RULER Institute offered at Yale?
A: RULER Institute Online was created to offer the same quality training offered in person at Yale but with the convenience and flexibility of online access. The content presented in the online training is the same as the in-person training. The online trainers are also members of the same staff as the in-person trainers. Live sessions are offered during the online training to give the online attendees the opportunity to hear from and engage with leadership at the Yale Center for Emotional Intelligence, including Dr. Marc Brackett.

Q: Do I have to be online at the same time as the other attendees in the training?
A: The majority of RULER Institute Online work will be accomplished at a time that is convenient for you. There will be live sessions within the training that we recommend you attend at a designated time. These scheduled sessions will be communicated with you ahead of time so that you are able to plan. These sessions also will be recorded in the case you cannot attend them live.

Q: Can I complete RULER Institute Online at my own pace?
A: RULER Institute Online has been designed to leverage live sessions, community-, and project-based learning. Each week, new topics are introduced. We recommend completing the training material at the pace defined by the trainers.

Q: How many hours a week should I plan to devote to RULER Institute Online training?
A: You should plan on devoting 1 to 2 hours a week to training.

Q: Who are the trainers?
A: The trainers for RULER Institute Online are experienced staff members from the Yale Center for Emotional Intelligence.

Q: What materials are included?
A: All materials for the training will be available within the online training portal. The cost of training also includes:
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- Two web-based or phone coaching sessions per implementation team, to be used over the academic year immediately following the training
- Follow-up electronic newsletters to support with rollout of RULER at your school
- Access to the RULER Online platform for all administrators, faculty, and staff in your school for one full year

Q: Can I share the training with fellow educators not registered for training?
A: RULER Institute Online training should only be accessed by the 3 to 5 person team identified in your application. Additional support material outside of training will be provided to ensure support as your team implements RULER at your school.

Q: On what devices can I access RULER Institute Online?
A: Training attendees will need to have access to a computer or mobile device with stable Internet connection. For a full list of technical requirements and browser compatibility, please click here.

Price & Payment

Q: How much does RULER Institute Online cost?
A: $4,000 for a team of 3 (plus $1,000 per additional participant up to 5 total participants). This cost also includes:
- Two web-based or phone coaching sessions per implementation team, to be used over the academic year immediately following the training
- Follow-up electronic newsletters to support with rollout of RULER at your school
- Access to the RULER Online platform for all administrators, faculty, and staff in your school for one full year

Q: What payment options are available for the training?
A: We accept credit card and check.

Q: Can I earn CTEs upon completing RULER Institute Online?
A: We provide written confirmation which includes clock hours. Teachers have used the clock hours to fulfill PD requirements though we do not offer CTEs.

Q: Does the training come with follow-up support?
A: Training comes with a year of implementation support that includes:
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- Two web-based or phone coaching sessions per implementation team (those who attend the RULER Institute Online), to be used over the academic year immediately following the training
- Follow-up electronic newsletters to support with rollout of RULER at your school
- Access to RULER Online -- a platform with additional digital professional learning modules, resources, and tools -- for all administrators, faculty, and staff in the school for one full year

After a year, your school has the option to continue support services with a subscription. Learn more about our continued subscription.