



RULER 2020:

**From Everyday Practice to
Systemic Change**

March 2 & 3, 2020

National RULER Implementation Conference
The Omni New Haven Hotel at Yale

 **RULER**

Yale Center for Emotional Intelligence

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Map of the Omni Hotel	Back Cover

Thank You for Attending



Welcome to New Haven, CT and the 2020 National RULER Implementation Conference! We are inspired to bring together RULER voices from across the nation, and the globe, to network and exchange ideas about creating healthier and more equitable, innovative, and compassionate school communities.

We chose **From Everyday Practice to Systemic Change** as our conference theme, as this is the goal of RULER. Making RULER “a way of being” in a school community takes patience, creativity, and persistence. Over the next two days, we will connect and share the ways in which we may take the everyday practice of RULER and create the systemic change we seek.

We are deeply grateful for the important work you do to grow your own emotion skills, model these skills, and create communities where emotions matter for students. The YCEI Leadership team extends our appreciation to:

- David Brooks
- Dr. James Comer
- Our conference session, panel, and poster presenters
- Our featured RULER Demonstration Schools
- The RULER School Relations & Implementation Team
- Yale Center for Emotional Intelligence staff volunteers
- And finally, thank you to all of you! The National RULER Implementation Conference would not be possible without your presence.

Dr. Marc Brackett, *Director*

Scott Levy, *Executive Director*

Dr. Dena Simmons, *Assistant Director*

Dr. Robin Stern, *Associate Director*

Jennifer Allen, *Director of School Relations & Implementation*

General Information

Conference Badges

Please wear your conference badge at all times. Your badge is required to enter the conference sessions. If your badge requires corrections, please go to the check-in table in *Church* for assistance.

Wi-Fi

Wi-Fi access is available for the duration of the conference in the conference areas. We hope that this helps you to stay connected as needed.

Wi-Fi Network: Omni Meeting Network

Wi-Fi Password: ruler2020

Social Media

Don't forget to join the conversation on Twitter (@rulerapproach), Facebook (@rulerapproach), and on Instagram (@ruler_approach) using the conference hashtag #RULER2020.

Conference Photography/Filming

There will be professional photography/filming at this event. If you are in the vicinity of a photographer at the event and you wish not to be photographed/filmed, please let them know.

Lost & Found

Misplaced items can be turned in and claimed at the conference check-in table in *Church*.

Lactation Room

A lactation room is available upon request. Please see a representative at the check-in table in *Church* for details.



Conference Attractions

RULER Online Genius Bar (Days 1 & 2)

Main Hallway

Do you have RULER Online questions? Ask the experts at the RULER Online Genius Bar.

RULER Research Table (Days 1 & 2)

Main Hallway

Learn more about research being conducted at the Yale Center for Emotional Intelligence.

Power-Up Charging Station (Days 1 & 2)

Main Hallway

Battery running low? No problem. Visit the main hallway to power up your electronics at our conference charging station.

Mood Meter Art (Days 1 & 2)

College

Shift into a creative mood and contribute to a group Mood Meter painting (all artistic skill levels welcome).

Best Self Photo Booth (Day 2)

Crown

Get your colleagues together and pose for your official conference photo with our *best self* photo booth.

Poster Session & Raffle (Day 2)

College

Learn more about implementation topics at your fellow RULER schools with the poster session. Drop off your raffle ticket during this session for a chance to win a 1-year RULER Subscription or a 1-hour virtual session with Dr. Marc Brackett.

YCEI Leadership



Dr. Marc Brackett

Director

Marc Brackett, Ph.D., is founding director of the Yale Center for Emotional Intelligence and professor at the Child Study Center, Yale School of Medicine at Yale University. In addition to being the lead developer of RULER, Marc conducts grant-funded research focused on: (1) the role of emotions and emotional intelligence in learning, decision making, creativity, relationship quality, and mental health; (2) the measurement of emotional intelligence; and (3) the influences of emotional intelligence training on children's and adults' health, performance, and workplace performance and climate. He is a distinguished scientist on the National Commission on Social, Emotional, and Academic Development and on the board of directors for the Collaborative for Academic, Social, and Emotional Learning (CASEL). Marc recently published "Permission to Feel" (Celadon/Macmillan), a book that chronicles his experience with emotions and how RULER came to be.



Scott Levy

Executive Director

Scott Levy is executive director at the Yale Center for Emotional Intelligence. He oversees the strategy, management, and operations of the Center. Scott is deeply committed to education and children's health. He recently completed a Senior Research Fellowship in public education policy at the Harvard Kennedy School of Government and served as Chairman of the Byram Hills Education Foundation. He is an elected member of the Byram Hills School District Board of Education and serves as a Director of the Westchester Putnam School Boards Association. Scott is Vice Chairman of Blythedale Children's Hospital and Chairman of the Hospital's Investment Committee.

YCEI Leadership



Dr. Dena Simmons
Assistant Director

Dena Simmons, Ed.D., is the assistant director at the Yale Center for Emotional Intelligence. She oversees training, coaching, and education initiatives at the Center. Prior to her work at the Center, Dena served as an educator, teacher educator, diversity trainer, and curriculum developer. Her primary research interest focuses on assessing teacher preparedness to address bullying in the K-12 school setting. Dena brings with her a wealth of knowledge on teacher education and pedagogy and has published several popular articles on teacher education, social justice pedagogy, education reform, and bullying. She has been invited to speak nationally, including a talk at the United Nations, two TEDx talks, and a TED talk on Broadway. Dena has been profiled in the AOL/PBS project, MAKERS: Women Who Make America, and a Beacon Press Book, "Do It Anyway: The New Generation of Activists."



Dr. Robin Stern
Associate Director

Robin Stern, Ph.D., is the co-founder and associate director at the Yale Center for Emotional Intelligence and an associate research scientist at the Child Study Center at Yale. She is a licensed psychoanalyst with 30 years of experience treating individuals, couples and families. Robin is the co-developer of RULER and regularly works with schools nationally and across the globe. She also consults with large companies, including Facebook and Google on best practices for integrating the principles of emotional intelligence into training and product design. Her work is frequently published in popular media outlets, such as Psychology Today, The Huffington Post, Time.com, The Washington Post, The Hill, and Harvard Business Review. Robin is a member of the Emotional Intelligence Consortium for Research in Emotional Intelligence and serves on the advisory board for several organizations including UN Women for Peace, Crisis Text Line, I'll Go First, Think Equal and Her Wisdom. She is the author of "The Gaslight Effect" and "Project Rebirth."

YCEI Leadership



Jennifer Allen

***Director of School Relations
& Implementation***

Jennifer Allen is the director of school relations and implementation at the Yale Center for Emotional Intelligence. She has served as a high school English teacher and assistant principal and twice as a middle school principal, all in suburban settings. Jennifer served as director of education and of secondary school redesign at two prominent national organizations whose work was focused on social and emotional learning, consulting with public and independent schools across the country and internationally and publishing a number of related articles. She has served as the executive director of professional learning and the chief talent officer in the Hartford, Connecticut Public Schools and later as the director of secondary education in the Westport, Connecticut Public Schools. At the center of Jennifer's extensive work in schools – public, private, suburban, and urban – has always been the understanding that school climate and culture have a fundamental and inextricable impact on students' well-being and achievement.

School Tours

RULER school tours will be hosted the morning of Day 1 (March 2). Please note that only individuals who registered for the school tour via Eventbrite can attend. We are unable to accommodate last-minute substitutions or additions.

Please be sure to check in prior to attending your tour. Check-in will be held in *Church* on the mezzanine level of the Omni Hotel starting at 7:30am. You will need to bring the tour ticket you received at conference check-in to board the bus or enter your session.

Elementary School Tour

Shepherd Glen Elementary School - Hamden, CT

Travel time to and from the school is 20 minutes.

Buses will begin loading at 8:45am and will depart from the Omni Hotel promptly at 9:10am. The bus will depart from the school at 11:30am and drop you off at the Omni Hotel.

Middle School Tour

King Philip Middle School - West Hartford, CT

Travel time to and from the school is 45 minutes.

Buses will begin loading at 8:00am and will depart from the Omni Hotel promptly at 8:25am. After the tour, the bus will depart from the school at 11:30am and drop you off at the Omni Hotel.

High School

We are bringing four RULER high schools to you as a part of an immersive experience. Please meet us at 8:45am, in *Temple* on the 2nd floor of the Omni Hotel. Attendees will participate in a presentation and Q&A session with leaders, teachers, and students from the High School of Fashion Industries in New York, NY, New Canaan High School in New Canaan, CT, Bridgeport Central High School in Bridgeport, CT, and Joel Barlow High School in Redding, CT. This session will run from 9:00am - 11:00am.

Conference Agenda

Day 1: Monday, March 2

7:30am - 8:30am Registration Opens

8:30am - 12:30pm Optional School Tour
(must register in advance)

1:00pm - 2:30pm Registration

1:15pm - 2:15pm Optional Yale Tour
(starts and ends at the Omni
Hotel - no registration needed)

2:30pm - 4:00pm Opening Remarks

- Dr. Marc Brackett
- Scott Levy
- David Brooks – Keynote

4:15pm - 5:15pm Breakout Session #1

5:30pm - 7:00pm Fiesta Dinner & Cash Bar

Conference Agenda

Day 2: Tuesday, March 3

- | | |
|--------------------------|---|
| 7:30am - 8:30am | Registration & Breakfast |
| 8:30am – 9:00am | Morning Welcome <ul style="list-style-type: none">• Dr. Marc Brackett |
| 9:15am – 10:15am | Breakout Session #2 |
| 10:15am - 11:00am | Poster Session, Networking,
& Raffle |
| 11:15am – 12:15pm | Breakout Session #3 |
| 12:15pm – 1:15pm | Lunch |
| 1:15pm – 2:00pm | Interview with Dr. James Comer <ul style="list-style-type: none">• Dr. Dena Simmons |
| 2:15pm – 3:15 pm | Breakout Session #4 |
| 3:30pm – 4:00pm | Closing Remarks |

Keynote Speaker



David Brooks

David Brooks is a columnist for The New York Times, a position he began in September 2003, as well as Chair of Weave: The Social Fabric Project at the Aspen Institute. He is a commentator on “The PBS Newshour,” NPR’s “All Things Considered” and NBC’s “Meet the Press.” Mr. Brooks’s most recent book, “The Second Mountain,” was released in the spring of 2019. He is also the author of “The Road to Character,” “Bobos In Paradise: The New Upper Class and How They Got There” and “The Social Animal: The Hidden Sources of Love, Character, and Achievement.” Mr. Brooks is on the faculty of Yale University, and is a member of the American Academy of Arts & Sciences. Follow David Brooks on Twitter at @nytdavidbrooks.

Special Guest



Dr. James Comer

James Comer, MD, MPH is the Maurice Falk Professor of Child Psychiatry at the Yale University Child Study Center. Dr. Comer has concentrated his career on promoting a focus on child and adolescent development as a way of improving schools. In 1968 he founded the Comer School Development Program that promotes the collaboration of parents, educators, and community to improve social, emotional, and academic outcomes for children that, in turn, help them achieve greater school success. He has improved the educational environment in more than 1,000 schools throughout the U.S. He has authored numerous publications and received many awards for his work, including 49 honorary degrees. In 2014 President Barack Obama appointed Dr. Comer to his Advisory Commission on Educational Excellence for African Americans, and in 2017 was named Honorary Co-Chair of Aspen Institute's National Commission on Social, Emotional, and Academic Development. Dr. Comer received an M.D. from Howard University. He is a member of the National Academy of Medicine and the American Academy of Arts and Sciences.

Marvin Maurer Award



Over thirty years ago, a teacher named Marvin Maurer struggled with teaching a “boring, lifeless” middle school Social Studies curriculum in New York. Mr. Maurer realized that in order to energize his students to learn, he needed to connect their feelings to the people and events encountered in academic lessons. He developed a wildly successful method of teaching Social Studies using feeling words. He quickly realized that this “Feeling Words Curriculum” not only helped students to learn better, but also helped them to understand their own and others’ feelings more effectively.

Decades later, in collaboration with Dr. Marc Brackett, Mr. Maurer’s original approach to teaching feeling words acts as a key component of all of the student approaches encompassed by RULER. What was once a curriculum implemented in one classroom in upstate New York is now integrated into tens of thousands of classrooms throughout the United States and abroad.

The Marvin Maurer Award recognizes an educator who embodies Mr. Maurer’s belief in the importance of connecting personal experiences to academic material and exhibits outstanding teaching practices of emotional intelligence.

Day 1: Breakout Session #1

Authentically Embedding Social Emotional Learning into the Classroom

Chapel B-C

In this session, participants will have the opportunity to participate in discussions surrounding the importance of embedding social emotional learning authentically into state mandated classroom curriculum. Through analyzing curriculum across the content areas, participants will find opportunities to naturally integrate the RULER Tools into best teaching practices. Sample lesson designs will be shared and time will be provided to create more personalized lesson plans so participants can leave with concrete ideas of how they can implement the learned strategies into their own classrooms.

*Weston Intermediate School, Weston, CT
Adrienne Dunn, 5th Grade Teacher*

Enhancing RULER Implementation with RULER Online

Temple

Participants will explore how to use the RULER Online platform to engage school staff in RULER-related professional development and classroom instruction. This session will cover an overview of how the RULER Online platform's features can be used to support RULER implementation, as well how to take advantage of brand-new features for community collaboration. Participants will also be provided with "tips and tricks" for encouraging staff participation and accessing usage statistics for their school.

*Yale Center for Emotional Intelligence
Mariam Korangy, Instructional Technology Specialist
Susan Riello, Program Manager*

Day 1: Breakout Session #1 Cont.

Implementing Complex Instructional Strategies

Chapel A

Utilizing findings from original research intended to better understand the implementation of complex instructional strategies in schools, this session will engage participants in conversation about the challenges that schools and districts face when implementing programs like RULER. This implementation study uncovers challenges like unclear messaging and poor definitions about the program being implemented, underestimating or totally discounting the impact of context, and the impact of leadership on implementation. The intent of this session is to leave participants with considerations to explore before and during the implementation of RULER, as well as strategies to support deep implementation.

Academy District 20, Colorado Springs, CO

Dr. Jim Smith, Assistant Superintendent for Administrative Services



Day 1: Breakout Session #1 Cont.

RULER & Restorative Practices:

Putting Emotions First

Wooster

RULER and Restorative Practices are complementary approaches to student wellbeing. Both philosophies operate with the fundamental understanding that emotions must be expressed freely. In this session, Rebecca from the Yale Center for Emotional Intelligence will discuss how the two approaches are varied applications of shared research and assumptions and how RP informed some of the recent programmatic decisions within RULER. Melissa Currier, principal at Mathewson Elementary in Milford, CT will share how her school has made connections to restorative work, using RULER as the foundation for supporting the emotional well-being of all students. The session will conclude by inviting educators to participate in a restorative Blueprint conference, applying both approaches to the work of conflict resolution. Get ready to circle up and explore how to put emotions at the forefront of student learning.

Mathewson Elementary School, Milford, CT

Melissa Currier, Principal

Yale Center for Emotional Intelligence

Rebecca Rubin, Program Manager

Day 1: Breakout Session #1 Cont.

RULER is Contagious in Preschool: Teachers, Children and Parents

Whitney

Stepanski Early Childhood Center is in our 4th year of RULER implementation. In this session, participants will learn how we created our staff and classroom Charters, visuals, books for read aloud, a social story, engaging activities, child-driven strategies for moving around on the Mood Meter, and a lot of fun stories out of the mouths of young children. We will share our tools for keeping RULER alive which include school year themes, parent workshops and the journey we have been on to support parents and children in recognizing understanding, labeling and regulating their own emotions and understanding that emotions matter!

Stepanski Early Childhood Center, Waterford Township, MI

Catherine Force, Principal

Julie Allinder, Teacher

Tracy Herman, Teacher



Day 1: Breakout Session #1 Cont.

Panel: Best Practices in District-Wide Implementation

George B

This panel discussion will focus on two school districts and their journey to maintain a clear vision and systemically roll-out the RULER approach in their districts. In addition to the district-wide view of implementation, this session will explore the successes and challenges of roll-out at the school building level to include engagement with faculty and staff, students, families and the community. Participants will discuss district-wide implementation, and review ways to use helpful tips and resources in their own schools and districts.

Panel Moderator: Kari Olsen, Program Manager, Yale Center for Emotional Intelligence

Suffern Central School District, Suffern, NY

Kelly Benadi, Principal, RP Connor Elementary School

Dr. Lisa Castaldo, Assistant Superintendent for Pupil Personnel Services/Student and Family Supports

Sybil Flynn Jeffs, Assistant Principal, Suffern Middle School

Melanie O'Keefe, Psychologist

Westport Public School District, Westport, CT

Dr. Valerie Babich, Coordinator of Psychological Services

Janna Sirowich, Principal, Coleytown Elementary School

Day 1: Breakout Session #1 Cont.

Panel: Infusing RULER into Multi-Tiered Systems of Support

George A

RULER is designed to capitalize on the existing structures in schools so that everyone in the school community can build the skills of emotional intelligence and reap the benefits. The question then becomes: How do schools create comprehensive systems of supports that integrate RULER and enhance existing practices and supports? Panelists will share concrete strategies and examples of ways that RULER can be integrated with established school supports, how school-wide practices can be aligned with RULER, and how schools can use RULER to support at-risk and diverse learners.

Panel Moderator: Elisa Laudati, Program Manager, Yale Center for Emotional Intelligence

Scotts Ridge Middle School, Ridgefield, CT

Lisa Frese, Assistant Principal

Keira Kowalczyk, Teacher

Tim Salem, Assistant Principal

Willamina Elementary School, Willamina, OR

Brent Murrell, Vice Principal

Sarah Norwood, Principal

Day 1: Breakout Session #1 Cont.

Panel: RULER Best Practices in Independent Schools

Whalley

What brings RULER to life? Three thoughtful, independent school educators - from the smallest school (155 students) to the largest (3,700 students) - will go to the heart of what outstanding implementation of RULER can look like. Hear how one school created their own RULER infused webinar for parents, another made a remarkable discovery through research, and how one teacher's entire perspective shifted about what great teaching and classroom management can be. Join us for inspiring stories, rigorous data, concrete strategies, and lively conversation about how developing the skills of emotional intelligence as an essential aspect of human development has enhanced relationships, deepened excellence, and widened the webs of care within these diverse communities.

Panel Moderator: Kathryn Lee, Director of RULER for Families, Yale Center for Emotional Intelligence

Trinity Episcopal School, Austin, TX

Jennifer Dugan, Counselor

Punahou School, Honolulu, HI

Dr. Maureen MacLeod, Co-Chair for Support & Wellness

La Pietra Hawaii School for Girls, Honolulu, HI

Alia Pan, Teacher

Day 1: Breakout Session #1 Cont.

Panel: RULER Best Practices in Public Schools

York

What does RULER look like in public schools across the country that have been implementing for several years? This panel will bring to attendees practical ideas, tips, and tools on how to engage faculty, staff, students, and parents. School leaders and teachers will cover topics such as setting up non-negotiable expectations, planning a parents Charter night, training new teachers, healing with the Blueprint, and transitioning to middle school with Mood Meter and Meta Moment.

Panel Moderator: Mela Waters, Program Manager, Yale Center for Emotional Intelligence

Chinook Trail Elementary, Colorado Springs, CO

Christy Helton, Teacher

Charis Johnson, Teacher

Patrick Schumaker, Principal

Mott Haven Academy Charter School, New York, NY

Gabriella McBride, Director of Social Services

Jessica Naiuokas, Head of School

Wright City East & West Elementary Schools, Wright City, MO

Dawn Hickman, Principal

Pat Wallace, Principal

Day 2: Breakout Session #2

Day 2 9:15am-10:15am

Integrating RULER into Trauma Informed Care & Crisis Response

Temple

One need only to hear the latest news of the day to know that many people in our country are living with high stress and trauma on a daily basis. In this interactive presentation, participants will learn the basics of what trauma and high stress do to our bodies and minds, and how the skills of emotional intelligence can ameliorate those effects. This session will pay particular attention to helping participants identify best practices for a safe and kind classroom environment to build skills and strategies on the individual level, and establish routines and environmental cues to help students to feel safe and calm on a daily basis. Participants will learn about available crisis response resources, and share feedback regarding future offerings.

Yale Center for Emotional Intelligence

Dr. Robin Stern, Associate Director

Kari Olsen, Program Manager

Moving Across the Mood Meter: Tools for Your Classroom

Whitney

If you are looking for ways to help your students regulate their emotions, optimize their ability to focus and learn, and move them from the edges of the Mood Meter to the middle, then this workshop is for you. Through guided breathing exercises, chair yoga, circles, and music, participants learn to move across the red, yellow, blue, and green and walk away with real tools they can use in their classroom the next day.

Middlebrook School, Wilton, CT

Christine Hruska, Teacher

Day 2: Breakout Session #2 Cont.

The Meta-Moment: Infusing Movement, Music, & Mindfulness

Whalley

Day 2 9:15am-10:15am

Emotion Scientists have developed the skills to pause and take a moment to think about how to best respond when challenging situations arise. The Meta-Moment is a tool to help us react in a way that our *best selves* would. In this fun, interactive workshop, participants will experience innovative ways to infuse movement, music, and mindfulness into lessons when teaching the 4 steps of the Meta-Moment tool. Throughout this session, participants will engage in activities that can be immediately integrated into their elementary classroom to build community, self-awareness, and develop the skill of regulating emotions with students.

*West Haverstraw Elementary, West Haverstraw, NY
Reyna "Ruby Sneakers" Texler, SEL Teacher*

The Schools Where It Happens: Creativity, Sustainability, & Innovation With RULER

Chapel A

Sustainability of any pursuit always presents a challenge. How does one continue to fan a spark and build it into a flame? As educators continue along with RULER after the first few years, it is important to maintain the commitment of staff and students. This workshop will explore how RULER can be continued through the use of creativity and research-based practices to keep everyone interested, committed, and renewed in their spirit regarding the importance of the fact that "emotions matter." Through the use of one school's journey over several years, discussion will press upon staff buy-in, student-driven projects, community engagement, and parent participation.

*Shepherd Glen, Hamden, CT
Valerie LaRose de Sousa, School Psychologist*

Day 2: Breakout Session #2 Cont.

Weaving RULER into Your Community: Utilizing RULER in Innovative Ways

Chapel B-C

RULER provides tools that will improve every school, but not every school environment is the same. This workshop will explain how your school can infuse your own voices, creativity, needs, and goals into RULER. We will share numerous examples from our own DK-8th grade school that run the gamut from creative to curricular to interpersonal. The workshop will highlight the particularly effective ways our community has found to extend the anchor tools using multi-media, small group blueprints, music integration, and much more.

Day 2 9:15am-10:15am

The Willows Community School, Culver City, CA

Lisa Rosenstein, Founder

Christina Kim, Director of Student Life

Steve Futterman, Teacher

Andrea Passarella, Teacher

Lily Solomon, Teacher



Day 2: Breakout Session #2 Cont.

Panel: Building Adult Buy-In

Wooster

Day 2 9:15am-10:15am

One of the very first tasks for a newly minted RULER Implementation Team is to return to their school and share what they've learned with their colleagues. Some peers jump aboard the "RULER Bus" immediately, while others are more skeptical. This session will present stories from three schools: (1) learn how a motley crew of educators came together to map and lead a powerful adult learning experience that laid the foundation for a school-wide implementation of RULER; (2) hear from a team of administrators about 10 challenges they faced and the 10 successful hacks they used; (3) discover how another team ignited change through "tipping point" concepts like The Law of the Few, The Stickiness Factor, and the Power of Context.

Panel Moderator: Dr. Jessica Hoffmann, Director of High School Initiatives, Yale Center for Emotional Intelligence

Briskin Elementary School, Los Angeles, CA

Dr. Hannah Bennett, Principal

Jessie Heller, Teacher

Rich Komar, Director of S.T.E.M.

Valhalla Middle High School, Valhalla, NY

Steve D'Ascoli, Teacher

Kevin Martins, Counselor

West Haverstraw Elementary School, West Haverstraw, NY

Mary Esposito, Principal

Day 2: Breakout Session #2 Cont.

Panel: Implementing RULER Tools to Create a Strong Culture

York

Join preK-12 educators from across the country to examine the journey of using RULER to positively impact school culture. Panelists will share the processes they use and the impact of RULER they observe at their schools. Panelists will share their unique reasons and motivations for implementing RULER, as well as discuss the different challenges they each face and how they navigate these. Audience members will be able to make connections to their own school settings and goals for RULER implementation.

Panel Moderator: Julie McGarry, Program Manager, Yale Center for Emotional Intelligence

Council Oak Elementary, Tulsa OK

Aubrey Flowers, Principal

Carrie Jones, Exceptional Student Support Teacher

Cranbrook Schools, Bloomfield Hills, MI

Autumn DeGroot, Dean of Students, Middle School for Girls

Michael Roche, Dean of Students, Middle School for Boys

Marilynn Roche, Teacher, Brookside School

Grossmont High School, El Cajon, CA

Jeremy Hersch, Teacher

Megan Long, Teacher

John Philip Sousa Elementary School, Port Washington, NY

Jennifer Biblowitz, School Counselor

Maria Buffolino, Teacher

Marisa Johnson, Teacher

Suzy Potucek, Teacher

Day 2 9:15am-10:15am

Day 2: Breakout Session #2 Cont.

Panel: RULER Research & Measurement

George A

Day 2 9:15am-10:15am

This session will showcase findings from two complimentary district-grown approaches to measuring RULER implementation and its effects on students, their teachers, and school culture. Each district, one national and one international, will present their comprehensive model for RULER evaluation, including examples of how the evaluation and findings evolved over the phases of implementation. These presentations will be followed by a discussion moderated by YCEI's director of research regarding lessons learned from the presented case-studies, expectations for implementation effects, and RULER measurement best-practice.

Panel Moderator: Dr. Chris Cipriano, Director of Research, Yale Center for Emotional Intelligence

Academy District 20, Colorado Springs, CO

Dr. Susan Field, Assistant Superintendent for Learning Services

Dr. Jim Smith, Assistant Superintendent for Administrative Services

University of Florence

Dr. Laura Artusio, RULER Coordinator for Italy and Director of the Psychology, Emotions & Research Laboratory (PER Lab) of the University of Florence

Day 2: Breakout Session #2 Cont.

Panel: Strengthening Your RULER Charter

George B

Creating and maintaining a positive school climate requires creativity, coordination, and leadership. In this panel, attendees will hear from seasoned RULER principals and educators who have been able to shepherd their schools and classrooms through the process of consistently revisiting and living their Charters. Learn more about how, as a community, these schools overcame failed attempts, naysayers, and coordination of large student bodies, and honed their strategies to improve their Charter process. Participants will leave this session with new strategies to revitalize the importance of the Charter tool in their RULER implementation.

Panel Moderator: Dr. Craig Bailey, Director of RULER for Early Childhood, Yale Center for Emotional Intelligence

*Barkhamsted School, Barkhamsted, CT
Kristen Plocki, Principal*

*Cider Mill School, Wilton, CT
Lauren Catalano, Assistant Principal
Jill Koleszar, Special Ed Paraprofessional*

*Northwestern Middle School, Winsted, CT
Fran Amara, Principal*

Day 2 9:15am-10:15am

Day 2: Breakout Session #3

Acceptance and Commitment Therapy (ACT) & RULER: Connections and Commonalities

Chapel B-C

Acceptance and Commitment Therapy (ACT) is an empirically-based psychological intervention used in various settings that connects with many core concepts of RULER - recognition and understanding of emotions, values and value led choices.

In this session, participants will learn some processes and strategies from ACT to support, strengthen, and deepen their implementation of RULER.

NDSEC, Roselle, IL

Melinda "Mindy" Alston, Licensed Social Worker

Integrating RULER into Leading and Coaching

Wooster

A recent national study by Yale Center for Emotional Intelligence and New Teacher Center uncovered the protective factor that healthy relationships provide to educators, who identify stress, frustration, and overwhelm as the top three emotions experienced regularly at school. School leaders and coaches can help reduce stress and increase overall health and well-being by fostering respectful and caring relationships among staff members. Integrating RULER tools and practices within 1:1 coaching sessions, meetings, and professional development will support educators in developing their own social and emotional learning competencies, while demonstrating how to integrate social and emotional learning within the context of everyday instruction.

New Teacher Center, New Brighton Middle School, Capitola, CA
Wendy Baron, Co-Founder, Chief Officer, SEL, Emerita

Day 2: Breakout Session #3 Cont.

Supporting Students Across the Day Using the RULER Approach

Whitney

This session is designed for classroom teachers and after-school program providers to explore techniques and strategies for approaching their specific content areas with RULER. Teachers and extended-day providers are often willing and hopeful to increase student access to social and emotional learning, and create learning spaces that welcome and support all students. This is based on the knowledge that people benefit in academic growth, personal and social development, and college and career readiness when they are able to share in a sense of belonging in their learning environments. However, schools and programs struggle in providing systemic, evidence based, social emotional learning supports. When you combine that with a natural worry of “getting it wrong,” there can be obstacles that prevent folks from doing their best work. This session is designed to support educators facing those obstacles.

Sandy Point Elementary, Seattle, WA

Bryan Manzo, School Counselor

R&R: RULER and Responsive Classroom Together in the Classroom

Temple

This workshop will highlight how to incorporate the RULER and Responsive Classroom practices in an elementary classroom setting. Many schools that adopt RULER have Responsive Classroom practices already in place. This workshop will give teachers a blueprint for how they can work in unison for practical daily application.

The Center for Early Education, West Hollywood, CA

Shoshana Ross, Teacher

Melissa Gheen, Teacher

Day 2: Breakout Session #3 Cont.

Panel: Promising Practices in Middle School Implementation

George A

In this session, three schools from the New England area will share the challenges and triumphs of implementing RULER at the middle-school level. Hear real-life examples of how to identify and address the social and emotional needs of faculty, staff, and students, as well as how build stronger relationships using RULER. Participants will receive ideas and resources to begin laying out plans for their own schools/classrooms.

Panel Moderator: Nikki Elbertson, Director of Content & Communications, Yale Center for Emotional Intelligence

*John F. Kennedy Middle School, Southington, CT
Kara Sievel, Literary Specialist*

*Manchester-Essex Regional Middle School, Manchester-by-the-Sea, MA
Joanne Maino, Principal*

*New World Preparatory Charter School, Staten Island, NY
Amanda Diario, School Counselor
Demetrius Dotson, Dean of Students and Coordinator of School Safety*

Day 2 11:15am-12:15pm

Day 2: Breakout Session #3 Cont.

Panel: RULER Implementation Focused on Diversity and Equity

York

Teaching and learning are not neutral activities. Join us as we explore how RULER provided three different schools with opportunities to engage in dialogue around diversity, equity and school culture. We often say that RULER is not a “one-size fits all” approach to social and emotional learning, and these schools have been responsively adaptive in leveraging their community’s strengths to adjust RULER implementation in a way that addresses each site’s unique qualities. Join us as we hear the engaging and inspiring narratives of how one school implemented RULER in the face of tragedy, while another school leveraged the Physical Education Department’s influence, and yet another grappled with how to best honor the parent community’s funds of knowledge to partner in this important work.

Panel Moderator: Miriam Miller, Consultant, Yale Center for Emotional Intelligence

*Council Oak Elementary, Tulsa OK
Aubrey Flowers, Principal*

*Hinsdale High School, Hinsdale, IL
Stephanie Fox, Teacher
Megan Parker, Teacher
Lisa Tazelaar, Teacher
Mia Tritch, Teacher*

*Highline Public Schools, Burien, WA
Dr. Douglas Judge, Director of SEL
Erika Hubbard, SEL Specialist*

Day 2 11:15am-12:15pm

Day 2: Breakout Session #3 Cont.

Panel: RULER Internationally

Whalley

This panel will offer participants a chance to see RULER through an expanded lens, meet implementers from beyond the United States, and think about RULER in a more global sense. Learn how fellow educators overcome challenges and creatively adapt in order to successfully implement RULER in schools in Europe, Australia and Mexico. This panel is for everyone who would like to think about implementing in a more broadened sense, not just those implementing abroad.

Panel Moderator: Mariam Korangy, Instructional Technology Specialist, Yale Center for Emotional Intelligence

Girton Grammar School, Victoria, Australia

Joanne Gech, Head of House

ITESM Prepa Tec

Rafael Abrego, National Leader of Innovation and Strategic Projects

PrepaTec Tecnológico de Monterrey, Mexico

Ruth Escudero, Teacher Trainer

University Camilo Jose Cela

Dr. Ruth Pilar Castillo Gualda, RULER Coordinator and Consultant for Spain and Mexico. Professor at Faculty of Education and Health, University Camilo Jose Cela

University of Florence

Dr. Laura Artusio, RULER Coordinator for Italy and Director of the Psychology, Emotions & Research Laboratory (PER Lab) of the University of Florence

Day 2: Breakout Session #3 Cont.

Panel: The Role of District-Wide Leadership in RULER Implementation

George B

How can district leaders promote effective and equitable system-wide implementation of RULER? Leaders from two larger RULER districts—Highline in Washington State and District 20 in Colorado Springs--will describe both the successes and the challenges during their journeys over the course of multiple years of implementation. They will share common themes along the way, including realistic timelines, leadership development, adult learning, cultural responsiveness, ongoing sustainability, and succession planning. Attendees will be offered concrete takeaways that will support them in their own district-wide planning.

Panel Moderator: Jennifer Allen, Director of School Relations & Implementation, Yale Center for Emotional Intelligence

Academy District 20, Colorado Springs, CO

Dr. Susan Field, Assistant Superintendent for Learning Services

Maureen Lang, Executive Director for Learning Services

Highline Public Schools, Highline Public Schools, Seattle, WA

Dr. Laurie Morrison, Executive Director of Instructional Leadership

Seattle-Area Schools

Dr. Kimberly Kinzer, Executive Director of Teaching and Learning

Day 2: Breakout Session #4

How to Measure the RULER Approach at Your School: Recommendations and Best Practices

York

This session will walk participants through the RULER theory of change and articulate how to best measure RULER implementation and effects for schools, teachers, and students. Participants who attend the session will learn to how to identify data they already have in their school/district that can be meaningful to understanding RULER impact. Through an interactive demonstration YCEI research staff will demonstrate how to identify, access, and deliver available measures to support assessment of RULER implementation effects at their school. All participants will be provided with access to recommended available measures for use.

*Yale Center for Emotional Intelligence
Dr. Chris Cipriano, Director of Research*

Repairing Relationships with RULER (Adaptable to All Ages)

Wooster

Effective repairs of ruptures in relationships are essential to maintaining healthy attachments. This session will begin with attention to our own somatic/emotional responses to conflict. We will explore how our own awareness impacts our choices as we facilitate others making relationship repairs. Knowledge about the sequential development of empathy and perspective-taking will inform our conversation about how to intervene. Participants will use scenarios to practice supporting children and adults to make making satisfying repairs, using RULER strategies.

*Friends Center for Children, New Haven, CT
Therese Luetzendorf, Emotional Well-Being Coordinator
Bonnie Muller, Emotional Well-Being Coordinator
Miriam Johnson, Emotional Well-Being Coordinator*

Day 2: Breakout Session #4 Cont.

RULER + Out-of-School Time = Perfect Together

Whitney

How and why are schools and out-of-school time (OST) improving and aligning with social and emotional learning experiences? How can we support young people's comprehensive growth and development across settings? These questions and more are the focus of The Wallace Foundation's Partnerships for Social and Emotional Learning Initiative (PSELI) grant. This session will dive into how RULER enhances school and OST collaboration, alignment, and learning environments.

The Opportunity Project, Tulsa, OK

Jahaziel Hiriart, Associate Director for SEL & Impact

Paige Kennedy, Senior Manager for Professional Learning

An Overview of RULER's New Early Childhood Curriculum

Whalley

In this session, Dr. Bailey will walk participants through the newest iteration of RULER's feeling-word focused curriculum specifically designed for use in preschool classrooms. Dr. Bailey will show how each unit incorporates best practice and provides guidance on how to use personal stories, storybooks, extension activities, and family engagement to teach new emotion vocabulary to young children, enhancing their emotional intelligence. Dr. Bailey will also discuss how the curriculum aligns with state and national standards, as well as the later grades.

Yale Center for Emotional Intelligence

Dr. Craig Bailey, Director of RULER for Early Childhood

Day 2: Breakout Session #4 Cont.

Explore RULER for Elementary Schools: How We Got Here & How to Make it Work for Your School

Temple

RULER for Elementary Schools (k-5) is the newest expansion of our RULER curricular offerings. The developmentally appropriate curriculum aims to contextualize and build students' emotional intelligence within their experiences of the world. The comprehensive new offerings provide varied methods by which educators may both explicitly teach the skills and knowledge of emotional intelligence as well as seamlessly embed opportunities for practice into daily goings-on within the classroom. This session will illuminate the intentional design of the curriculum, provide an in-depth explanation of the varied provided resources that comprise the curriculum, explain how to navigate the resources on RULER.online, deliver an overview of a recommended scope and sequence for implementing the multiple components, offer a discussion of alternative modes of implementation, and conclude with time for educators to consider their unique rollout plan.

*Yale Center for Emotional Intelligence
Rebecca Rubin, Program Manager*

Day 2: Breakout Session #4 Cont.

RULER at Home: Successfully Engaging Families

George B

Children watch their family members manage their feelings (or not!) and interact with other family members with emotional intelligence (or not!), they are learning from what they see. But what are they actually learning? To support the development of children's social and emotional skills, all adults, including families, need opportunities to understand, learn and practice these skills themselves.

This interactive workshop will help bring RULER home. In this workshop we will: 1) discuss how to engage families in RULER, 2) explore our online resources, and 3) create a plan for deepening family engagement at your school.

Yale Center for Emotional Intelligence

Kathryn Lee, Director of RULER for Families

Elisa Laudati, Program Manager



Day 2: Breakout Session #4 Cont.

RULER for High School: Planning for Student Implementation

George A

RULER for High School offers a flexible curriculum that can be adapted to your school's structure, schedule, and courses. This session will review the structure and content of the high school curriculum, describe points of consideration when planning for student rollout, connect best practices for school-wide implementation to your setting, and identify ways to amplify student voice and engage faculty, staff, and families beyond the RULER lessons. Participants will leave the session with a thorough understanding of all RULER for High School has to offer.

Yale Center for Emotional Intelligence

Dr. Jessica Hoffmann, Director of High School Initiatives

Julie McGarry, Program Manager

Kari Olsen, Program Manager

What's New for RULER in Middle Schools: Overview and Q & A

Chapel B-C

In this session, Nikki Elbertson will present the latest RULER resources for middle schools. She will show the core routines, RULER tool lessons, and project-based learning units on RULER Online and explain how everything fits together. Participants will discuss with the presenter and each other questions and ideas around RULER implementation in middle schools.

Yale Center for Emotional Intelligence

Nikki Elbertson, Director of Content & Communications

Day 2: Poster Session



Achieving Equity: Developmentally Integrating RULER to Counteract Legacies of Trauma

Ellen Bergman

Shawn Marshall

Hawthorne Cedar Knolls, Hawthorne, NY

Applying CASEL Competencies to Existing Character and Climate Data for Schools

Dr. Jim Smith

Academy District 20, Colorado Springs, CO

The Charter Grounds Students and Us!

Gabriella McBride

Mott Haven Academy Charter School, Bronx, NY

Building a Positive Scholar Community with RULER at PrepaTec

Nayeli del Carmen Rodríguez

PrepaTec, Tecnológico de Monterrey, Monterrey, Nuevo Leon, Mexico

Building Bridges: Developing a Home & School Connection

Henry DelAngelo

Joel Barlow High School, Redding, CT

Day 2: Poster Session



Making Time for RULER: One School's Story

Michael St. John

Christine Madigan

Lotte Petricone

Felix Festa Middle School, West Nyack, NY

MATATENA: Creating Emotional Experiences Through Traditional Games

Karla Villagran

Tecnológico de Monterrey Campus Santa Fe, Col. Santa Fe, Delegacion Alvaro Obregon, Mexico

P.S. 124's Rainbow Connection

Alice Hom

Yung Wing Elementary PS 124, New York, NY

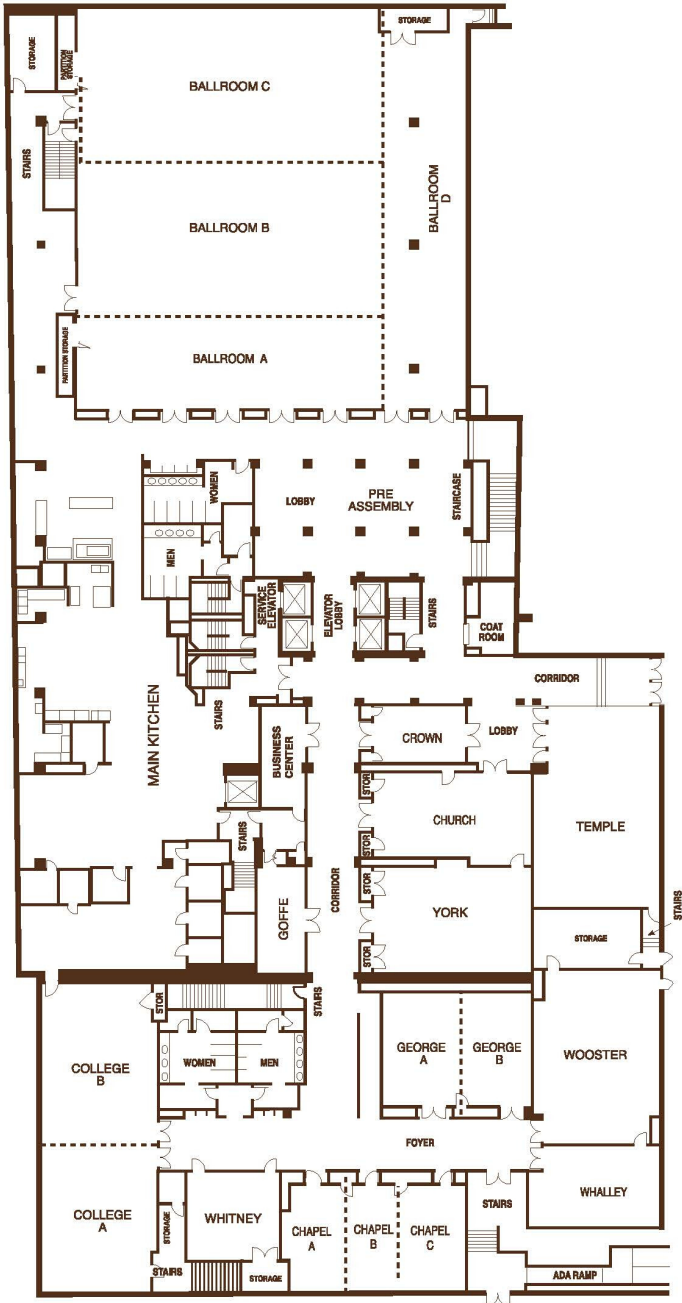
Pathway

Alejandra Villagran

Tecnológico de Monterrey Campus Santa Fe, Col. Santa Fe, Delegacion Alvaro Obregon, Mexico

Omni Hotel New Haven

New Haven at Yale





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Upcoming Trainings & Events:

