Emotional Literacy: Equipping Students with Skills

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1. Positive academic outcomes and improve economic mobility
   - Higher attendance

2. Mirror neurons allow us to learn through imitation.
3. Essential for smiling fire up, too, creating a type of brain cell that responds equally to the occurrences and emotions that you can figure out what you are feeling.
4. A type of brain cell that responds equally when we perform an action and when we observe someone else perform the same action.
   - Other neurons allow us to travel through experience.
5. Building Emotional Intelligence: Understanding Mirror Neurons
   - Teaching them to equip students with the skills by teaching them to name and express emotions.
6. Students can begin to learn to empathize, control emotions, communicate clearly, solve problems, and build relationships.
   - Improve academic outcomes and emotional behavior
   - Higher attendance
   - Improve academic outcomes

RULER:
The RULER Approach to Social and Emotional Learning is a school-wide approach designed for use in kindergarten through eighth grade to promote emotional literacy, which includes Recognizing, Understanding, Labeling, Expressing, and Regulating emotions (the “RULER” skills).

Building Emotional Intelligence: Understanding Empathy

The first step to developing empathy is emotional literacy: the ability to read and recognize your own emotions and the emotions of others so that you can figure out what they are feeling.

Building Emotional Intelligence: Understanding the neuroscience of emotions and building relationships

Coleman states two vital areas of the brain are involved: the amygdala which is the trigger point of emotion and arousal, and the prefrontal cortex which helps in reasoning, inhibition, and decision making (Coleman, 2013).