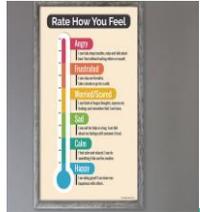


Emotional Literacy: Equipping Students with Skills

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Emotional intelligence skills can be taught...

While some students being served in special education might not be able to pick up the social cues, they can be taught emotional intelligence skills.

Equip students with the skills by teaching them to name and express emotions.

2

SEL as a foundation...

Schools have begun utilizing **Social Emotional Learning (SEL)** as a foundation for integrating all students back into the classroom this year.

Students can begin to learn to empathize, control impulses, communicate clearly, solve problems, and build friendships (Frye, 2018).

Key Benefits:

- Positive academic outcomes and improved behavior
- Higher attendance
- Improve economic mobility
- Improves lifetime outcomes

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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).

Marc Brackett, Ph.D., is the Founder and Director of the Yale Center for Emotional Intelligence and a Professor in the Child Study Center of Yale University. He is the lead developer of RULER, an evidence-based approach to social and emotional learning and serves on the Board of Directors for the Collaborative for Academic, Social, and Emotional Learning (CASEL).

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Emotional Scientist (Skill Set)

- Recognize our own emotions (including facial expressions, body language, vocal tones, and other nonverbal signals)
- Understand feelings (source and behaviors)
- Label emotions with a specific vocabulary
- Express our feelings (inform and invite empathy from the listener)
- Regulate emotions

(Brackett, 2019)

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Building Social Intelligence: Understanding Mirror Neurons

• A type of brain cell that respond equally when we perform an action and when we witness someone else perform the same action.

Mirror neurons allow us to learn through imitation.

- Enable us to reflect body language, facial expressions, and emotions.
- Play an essential part in our social life, relationships, and education.

Ex. When you see someone smile, for example your **mirror neurons** for smiling fire up, too, creating a sensation in your own mind of the feeling associated with smiling. Go try it!

Literally, play with it...okay, it might be harder during COVID. Have students become aware of how their feelings impact others (and vice versa). Students need to understand the mirror neurons in the brain when someone smiles and someone reciprocates (Lauri, 2018).

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Building Emotional Intelligence: Understanding Empathy

The Negative Effects of a Lack of Empathy
The lack of empathy to criminal behaviors such as stealing, drug dealing, and murder is clear.

Our prisons are full of people who lack empathy. These criminals don't care or didn't take the time to understand what their victims were feeling. Having empathy might have prevented them from the acts that put them in prisons in the first place.

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

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

Goleman 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 (Goleman, 2013).

If your emotional abilities aren't in hand, if you don't have self-awareness, if you are not able to manage your distressing emotions, if you can't have empathy and have effective relationships, then no matter how smart you are, you are not going to get very far. -Daniel Goleman

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How I BUILD Relationships with students

Educators Know This...

- Connect with students
- Be aware of nonverbal cues
- Great students
- Know their names
- Build a community

Naming emotions can be a foundation for relationship building (Votmer & von Salisch, 2019)

Teach your students how... be explicit with emotions

Source: <https://www.researchgate.net/publication/356811660/figure/fig/1/figure-fig1/1527202010.png>

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