

HIGH SCHOOL RULER OVERVIEW

RECOMMENDED ROLLOUT PLAN

(THREE PHASES)

PHASE

1

ADULT DEVELOPMENT

- Training for an implementation team comprised of faculty and staff, delivered through a combination of RULER online courses, 2-day Anchors Institute at Yale, and four remote coaching sessions per school.

Content

- Theory and research on the significance of emotions and emotional intelligence in attention, memory, learning, decision-making, relationships, and wellbeing
- How to use the Anchor Tools (Charter, Mood Meter, Meta-Moment, Blueprint) with staff and students
- How to build RULER skills (Recognizing, Understanding, Labeling, Expressing, & Regulating emotions) with staff
- Implementation with all faculty/staff during academic year (through PD and/or staff meetings)

Content

- Introduction to emotional intelligence, and why emotions matter for learning
- Creation of a staff/faculty Charter
- Introduction to and practice using the Mood Meter, Meta-Moment, and Blueprint
- Access to the RULER online community, including scripted adult development activity sheets to support the implementation team with staff development

PHASE

2

"YEAR 1 RULER" FOR STUDENTS

- Grade-wide or school-wide Charter is created before beginning Year 1 curriculum with students
- 20-lesson course with teacher guide and PowerPoint implemented in class (typically advisory, health, or another relevant block presented once per week over the year or more often as semester course offering)
- End-of-year goal: Anchor Tools have been integrated into school community (e.g. Charters posted and referenced regularly; Mood Meters, Meta-Moment and Blueprint used in and out of school)

PHASE

3

ADVANCED RULER COURSE FOR STUDENTS

- Additional training for teachers/administrators
 - Focused on grade-specific content for sophomores, juniors, and seniors, and the science of adolescent learning
 - New staff oriented through online course, summer institute, and/or staff PD and meetings
- Implementation: Freshmen receive the Year 1 RULER course; all other grades receive grade-specific content (see next page)

HIGH SCHOOL RULER OVERVIEW

GRADE-LEVEL CONTENT

20 lessons per grade: session guides, PowerPoint slides, worksheets

INTRODUCTORY COURSE (YEAR 1 RULER / FRESHMAN COURSE)

- Emotional intelligence and why it matters
- RULER skills (Recognizing, Understanding, Labeling, Expressing, and Regulating)
- Anchor tools (Charter, Mood Meter, Meta-Moment, and Blueprint)

SOPHOMORE COURSE

- Fixed versus growth mindset
- Visioning, goal setting, and action planning
- Personality and advanced emotional intelligence skills
- Mind-body connection (nutrition, sleep, exercise, stress)

JUNIOR COURSE

- Revisit visioning/goals/planning
- Critical thinking
- Creativity and flow
- Emotionally intelligent leadership
- College/career readiness

SENIOR COURSE

- College/career transition
- Visioning/goals/planning for after high school
- Topics around mental health (mood, trauma, advocacy)
- Stigma and implicit bias
- Relationships (forming, maintaining, peer pressure, dating)