

## **Emotional Intelligence and Wellness for Improved Learning**

**LAUSD Course #NA-08-13**

**Approved for 3 Salary Points (LAUSD-Specific)**

### **Brief Overview**

This course addresses the emotional health of our students, and how to teach in such a way that fosters emotional intelligence and well-being, for improved relationships and learning. Emotions are vital information for us and our students to learn to manage, and are inextricably involved in the learning process.



This course covers 10 main topics related to emotions in the context of learning: 1) The Neuroscience of Emotions (Emotions and the Brain) 2) Emotions and physical health – viewing the WHOLE emotional person and how emotions affect the body; 3) Emotional well-being for SOCIAL health – for success in school and beyond; 4) Emotional well-being and learning, including capitalizing on students’ emotions by connecting teaching and learning affectively to students’ passions and interests; 5) Lowering students affective filter for maximized learning; 6) Creating an environment and inner state within students that are conducive to learning by guiding students to recognize, understand, label, express, and regulate (R-U-L-E-R emotions; 7) Heightening our students’ “Emotional Quotient” (EQ) through specific practices, skills, and lessons we can teach within core content instruction every day; 8) Fostering emotional agility and resiliency for each student’s fulfillment of his/her learning potential and success; 9) Applying R-U-L-E-R of emotions specifically to ourselves the teaching profession, for increased satisfaction, manageability, success and longevity in our demanding jobs as educators; 10) Building Capacity as a School for Emotional Health & Emotional Intelligence: Schoolwide policies and practices to improve emotional wellness and emotional intelligence in the school community and beyond.

## Outline of Course

Unit I: Introduction

Unit II: The Neuroscience of Emotions (Emotions and the Brain)

Unit III: Emotions and Physical Health

Unit IV: Emotional well-being for SOCIAL health – for success in school and beyond

Unit V: Emotional well-being and learning

Unit VI: Lowering students affective filter for maximized learning

Unit VII: Applying R-U-L-E-R (Brackett, 2019) for Students to Thrive in School

- A) Recognizing Emotions
- B) Understanding Emotions
- C) Labeling Emotions
- D) Expressing Emotions
- E) Regulating Emotions

Unit VIII: Heightening our students “Emotional Quotient” (EQ)

Unit IX: Fostering emotional agility and resiliency for each student’s fulfillment of his/her learning potential and success

Unit X: Building Capacity as a School for Emotional Health & Emotional Intelligence

Unit XI: Applying R-U-L-E-R (Brackett, 2019) of emotions specifically to ourselves in order to thrive in the teaching profession

Unit XII: Course Conclusion & Final Project

## Description of Activities

For each module please expect the following activities:

- Read through the lesson/session contents (including articles) and watch videos
- Take a short quiz on the material presented
- Complete a written assignment with open-ended responses
- Post your written responses on a discussion forum for interaction with others

## Have Questions?

Email our Help Desk at [help.ed4equity@gmail.com](mailto:help.ed4equity@gmail.com)