HOW ARE YOU FEELING TODAY?

EMOTION REVOLUTION

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EMOTIONS MATTER
ATTENTION, MEMORY, AND LEARNING
DECISION MAKING
RELATIONSHIP QUALITY
PHYSICAL AND MENTAL HEALTH
EVERYDAY EFFECTIVENESS

OUR VISION:
TO USE THE POWER OF EMOTIONAL INTELLIGENCE
TO CREATE A HEALTHIER AND MORE COMPASSIONATE
SOCIETY SO EVERYONE REACHES THEIR FULL POTENTIAL

Yale Center for Emotional Intelligence
EMC Survey

HOW DO STUDENTS FEEL IN OUR SCHOOLS?

22,000 STUDENTS

DIVERSE SAMPLE

HOW DO STUDENTS FEEL AT SCHOOL?
Among the top 10 emotions named, 8 were negative and 2 were positive.

There are two types of stress:

**Good Stress** (Positive Challenge)
- Motivates us
- Promotes well-being
- Enhances performance

**Bad Stress** (No Relief in Sight)
- Makes us physically sick
- Weakens the immune system
- Impairs performance

How do students feel at school?

- TIRED
- BORED
- STRESSED

70% of the time TIRED, 80% of the time STRESSED

How do students want to feel at school?

- HAPPY
- EXCITED
- ENERGIZED

How do students’ experiences at school relate to their feelings?
STUDENTS WHO SAID...

Other people have been mean or cruel to me
tend to feel more

Lonely  Fearful  Hopeless

What I’m learning is relevant to my goals in life
tend to feel more

Interested  Respected  Happy

STUDENTS WHO SAID...

In my school, teachers deliver engaging and interesting lessons
tend to feel

Less bored  More respected  Happier

THERE IS A GAP
BETWEEN

HOW STUDENTS FEEL AT SCHOOL & HOW THEY WANT TO FEEL AT SCHOOL

WE NEED AN...
WE NEED TO CLOSE THE GAP

WE NEED TO MAKE SCHOOLS PLACES WHERE ALL STUDENTS FEEL...

HAPPY . EXCITED . ENERGIZED . INSPIRED
SAFE . COMFORTABLE . VALUED . RESPECTED
CONNECTED . SUPPORTED
BALANCED . CONTENT
EMPOWERED . MOTIVATED
PASSIONATE . PURPOSEFUL

THE JOURNEY BEGINS TODAY WITH
YOUR VOICE
YOUR WISDOM
YOUR HARD WORK
AND LOTS OF FUN!

EMOTION REVOLUTION
THE TIME IS NOW!