

Reflection of the RULER Program

RULER stands for recognizing emotions in self and others, understanding the causes and consequences of emotions, labeling emotions accurately, expressing emotions appropriately, and regulating emotions effectively. The RULER program is a Yale based social-emotional learning program that can be implemented in schools. The program includes incorporating emotional intelligence as part of the school curriculum through anchoring emotional intelligence within the subject area classes (Yale Center for Emotional Intelligence, 2013).

Each of the classrooms at my internship have a Mood Meter on the wall. Students are able to chart where they are on the Mood Meter based on their self-report of pleasantness and energy levels. Many of the classroom teachers have been able to creatively incorporate the use of the Mood Meter in their daily routines. The goal is to be in the “teachable” zones (yellow or green zone) as well as expand on student’s feelings vocabulary. If students are not in a teachable zone they would need to produce a strategy to get into either one of those zones. Students are also encouraged to take a “Meta Moment” and think about their words or actions before they act on them.

I have been able to utilize the Mood Meter tool with the student that I see for counseling. It has been effective because he is very familiar with it since he has been exposed to the program for two years. Since the student is communication impaired, the RULER curriculum has also been beneficial because it teaches age appropriate feelings words. Not only has the student been able to become more self-aware of his emotions, the program has helped shape and expand on his feelings vocabulary so he can appropriately express his emotions.

Yale Center for Emotional Intelligence. (2013). *RULER*. Retrieved from RULER

Overview: <http://ei.yale.edu/ruler/>