

5 Minutes with Yale Center for Emotional Intelligence

This podcast episode is 5 Minutes with the Yale Center for Emotional Intelligence. Christina Cipriano, the Director of Research at the Yale Center for Emotional Intelligence, joined us to discuss their new course on *Managing Emotions in Times of Uncertainty & Stress* that has launched on Coursera. This free, 10-hour, non credit-bearing, online course is designed for all preK-12 school and afterschool program staff.

Check out more information on the course [here!](#)

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Transcript of the podcast episode:

Gabrielle: Hello everyone and welcome to the Educating All Learners Alliance podcast and our '5 Minutes With' series. My name is Gabrielle Oates and today we're sharing 5 minutes with the Yale Center for Emotional Intelligence. I'm joined by the Director of Research at the Center, Christina Cipriano. Christina, thank you for joining us!

Christina: Thank you so much for having me.

Gabrielle: We'd love in this 5 minutes to highlight the recent course that you were telling us about, that the center has created. If you could tell us a bit about the course, and the intention behind designing it.

Christina: Sure, absolutely. Very happy to share more with all of your listeners. We know that this past year has been really hard for a lot of reasons, and thinking about how our educators are able to respond to the current times and we know that recent research has found that job satisfaction among school staff is on the decline. Burnout is actually on the rise. So at the YCEI, we wanted to find a new way to preserve the wellbeing of our nation's school staff. So experts from across our center, from a variety of fields designed this course to help school personnel better manage their emotions and support their ability to create learning environments that are truly supportive for their students. Participants in the course learn about why social emotional learning is important, what it is, and how it plays into the educational experience for themselves and their students. They then

explore how to identify and manage their emotions, including how to support others with their emotions in scientific and culturally responsive ways. Participants complete a weekly action plan that builds a comprehensive and personalized guide for lasting change in their lives. They do it throughout the course, but they take it with them after. And we really wanted our participants to take the knowledge and apply it into their personal and professional lives so it truly could endure.

Gabrielle: Absolutely. That sounds great! So what kind of people would this course be designed for? We know Yale is in Connecticut, so is it particular to Connecticut educators?

Christina: It's incredible because it's not. We initially received a research grant from Dalio Education to build the course for the state of Connecticut free of charge so they could get a certificate program. Then, with the generosity of additional donors, we were able to open up the 10 hour, non credit bearing, online course for all pre-K to 12 school and after school program staff across the nation. So that includes teachers, paraprofessionals, counselors, principals, and non teaching staff. So really, anybody who works in the schools system, as an adult who works with students in every type of setting, has access to the course now, free of charge.

Gabrielle: We know that a lot of our partners in the alliance are schools themselves, or work with schools, so this will be a great resource for them. So what steps would people need to take to enroll or complete the course?

Christina: Sure, so it's available right now on Coursera. It will close on May 8th of 2022. So you have a lot of time to go ahead and enroll. Although it certainly wouldn't take that long, just 10 hours. The participants complete the coursework at their own pace, so they have that whole time to do so and we're seeing, in the patterns of completion, that folks are really spacing it out or sometimes doing it in cohorts with their professional learning teams, through their schools, on weekends. Lots of different models of educators who are trying to find that time to invest in themselves and their ability to best support their students.

Gabrielle: Yeah, it's definitely a great investment, particularly looking back at 2020, a lot of what people will learn in this course will help them frame their mindset for their classrooms in 2021. I know you mentioned the diversity of people who have access to it, so in terms of pricing could people know the cost to complete the course?

Christina: So what's amazing is that the course is free to anyone and at the end of the course Coursera will email participants an email that includes proof that they completed the 10 hour course. So if participants want a formal certificate of completion from Coursera, there is a small fee of \$50 but there is funding available to help support in offsetting that cost.

Gabrielle: Well thank you again for joining us. We hope that you listeners found this useful. Again, you can find the course on Coursera and you can check out educatingalllearners.org, subscribe to Educating All Learners YouTube channel, and follow us on Twitter [@educateall_org](https://twitter.com/educateall_org). Until next time, this is the Educating All Learners Alliance podcast!