

Free Course!

Social and Emotional Learning in Times of Uncertainty and Stress: Research-Based Strategies

Yale *Center for Emotional Intelligence*



As the adults in schools, how do we care for our own well-being so that we can show up as our best selves for our students in these times of change and uncertainty?

Thanks to a unified movement across CT, starting this fall, all early childhood through high school, including afterschool program, staff will have the opportunity to take the course. This course will be delivered by leading experts in the fields of psychology, education, and research at the Yale Center for Emotional Intelligence. There is no course fee due to a generous grant from Dalio Education.

Course Information

- Enhance your skills related to identifying and managing difficult emotions
- Gain a deeper understanding of the science of stress and trauma
- Learn strategies for achieving and maintaining greater well-being
- Explore the intersection of race, bias, identity, and social and emotional learning
- Practice key steps for helping students manage their emotions
- Create a concrete action plan for the best possible school year

After school program staff register at www.ctafterschoolnetwork.org/selcourse/



No course fee



Complete at your own pace



Yale certificate of completion

Join us for a live opening session with Dr. Marc Brackett and other CT education leaders and staff on August 25 at 4pm ET. by tuning into our [YouTube channel](#).

This course is not a substitute for a whole-school approach to SEL. If you are interested in a comprehensive approach, learn more about RULER at www.rulerapproach.org.