

Curriculum Vitae

NICOLE (KATULAK) ELBERTSON

1113 Townsend Avenue, New Haven, CT, 06512
nicole.elbertson@yale.edu, (203) 641-0440

WORK EXPERIENCE

Director of Product Development and Implementation, 2023-present

Yale Center for Emotional Intelligence (YCEI)

- Leads the strategic development and management of YCEI's products and services and corresponding staff and technology, including training, coaching, and content creation and delivery
- Serves as a lead trainer, coach, and presenter for conferences and events for schools and districts and the fields of education and psychology
- Supervises a team of seven, including associate director and program managers of training and implementation, technology managers, and event/project coordinators
- Serves as a member of the Center's executive team and the board of the Social and Emotional Learning Provider Association (SELPA; board president 2023)

Director of Content and Communications, 2017-2023

Yale Center for Emotional Intelligence

- Led Center content creation, communication, and technology strategies for preK-12 social and emotional learning (i.e., RULER) curricular content, school training and resource platforms, [Center](#) and [RULER](#) websites, course offerings, social media outlets, and all internal and external correspondence and outreach assets (e.g., newsletters, videos, brochures, presentations)
- Supervised a team of six, including manager of technology and instructional design, communication manager, communications coordinator, and a postgraduate associate
- Created a six-week virtual training (RULER Institute Online) in 2019 for school leaders and educators that enrolls thousands of individuals from 500+ schools per year
- Led and developed a team of 12 training facilitators for quarterly RULER Institute Online offering
- Ensured strategic alignment of preK-12 curricular, staff development, and family engagement content
- Led the development and launch of international Coursera course called "Managing Emotions in Times of Uncertainty and Stress" that has enrolled over 300,000 users
- Co-led Center diversity, equity, and inclusion subcommittee; served as our Center's representative on the Collaborative for Academic, Social, and Emotional Learning (CASEL) Provider Council, including serving on advocacy committee and being elected to their 9-person steering committee

Project Manager, RULER Trainer, 2007-2016

Yale Center for Emotional Intelligence (formerly Health, Emotion and Behavior Laboratory)

- Managed data collection, project coordination, and large staff of studies examining the impact of the RULER Approach to social and emotional learning in schools

- Led the development of a social and emotional learning curriculum for high school students, which focuses on identity, motivation, creativity, critical thinking, and physical and mental health
- Co-authored curricular and training materials, peer-reviewed papers, book chapters, and presentations
- Provided large and small group training and coaching to superintendents, principals, and educators from preK-12 on RULER through training institutes and training and coaching sessions
- Incorporated educational practices and policies (Common Core Standards, state and national curricular requirements for professional development and academics, etc.) into the development of curricula as well as training and coaching
- Determined staffing needs; recruit, screen, interview, hire, and train staff
- Developed and prepared budgets
- Ensured compliance with university and external policies

Research Associate and Laboratory Manager, 2004-2007

Yale University, Health, Emotion, and Behavior Laboratory

- Co-authored curricular and training materials, peer-reviewed papers, and presentations
- Managed and coordinated studies on emotional intelligence, emotional literacy, health behavior motivation involving smoking cessation, fruit and vegetable consumption, mammography use, and cancer clinical trial participation
- Contributed to design, development, and modification of research procedures, survey instruments, and experimental materials
- Hired, trained, and supervised research assistants and undergraduate students

Research Assistant and Clinician, 2002-04

Yale University, Health, Emotion, and Behavior Laboratory

Yale University School of Medicine, Division of Substance Abuse

- Conducted telephone and in person interviews to screen study participants and collect data
- Co-authored and edited curricular and training materials, proposals, progress reports, and publications
- Assisted in development of study procedures and materials
- Performed administrative duties of lab

Research Assistant, 2000-02

Wright State University, Social/Health Psychophysiological Laboratory

- Conducted research investigating the motivation of illness detection and prevention behaviors
- Reviewed relevant literature for research planning
- Aided in design of experimental procedures and materials
- Collected and analyzed psychological and physiological data using SPSS

Student Intern, 1998-99

Market Research and Analysis Department, Cinergy Corp., Cincinnati, OH

- Designed programs for encouraging participation in renewable power programs and predicting consumer behavior
- Developed brochures and questionnaires for various studies
- Conducted focus groups and formulated reports based on company research data and library research
- Served as liaison between Spanish-speaking customers and Cinergy employees

EDUCATION

M.Ed., Framingham State University, 2017

B.S., Psychology, Wright State University, Dayton, OH, 2002

Summa Cum Laude, G.P.A. 3.98/4.00, Minors: Spanish and Business

PUBLICATIONS (in reverse chronological order)

Elbertson, N., Brackett, M. A., Irby, T. A., & Smith, K. L. (2023). Ensuring All Children Succeed with Social-Emotional Learning. *The Economics of Equity in K-12 Education: Connecting Financial Investments with Effective Programming*, 177-194.

Brackett, M. A., **Elbertson, N.**, Simmons, D. N., & Stern, R. S. (2019). Implementing Social and Emotional Learning (SEL) in Classrooms and Schools. National Professional Resources, Inc.

Brackett, M. A., **Elbertson, N.**, & Rivers, S. E. (2015). Applying theory to the development of approaches to social and emotional learning. In Durlak, J., Gullotta, T., Domitrovich, C., Goren, P., & Weissberg, R. (Eds.), *Handbook of Social and Emotional Learning*. New York: Guilford Press.

Brackett, M.A., Bertoli, M., **Elbertson, N.**, Bausseron, E., Castillo, R., & Salovey, P. (2013). Emotional Intelligence: Reconceptualizing the Cognition-Emotion Link. In M.D. Robinson, E.R. Watkins, & E. Harmon-James (Eds.), *Handbook of Cognition & Emotion* (pp. 365-380). New York: Guilford Press.

Brackett, M., & **Elbertson, N.** (2012). Emotional Intelligence. In Changiz Mohiyeddini Michael Eysenck and Stephanie Bauer (Eds.), *Psychology of Emotions*. Nova.

Rivers, S. E., Brackett, M. A., Reyes, M. R., **Elbertson, N.**, & Salovey, P. (2012). Improving the social and emotional climate of classrooms with emotional literacy skill building: A clustered randomized control trial of the RULER Approach. *Prevention Science*. doi: 10.1007/s11121-012-0305-2

Reyes, M. R., Brackett, M. A., Rivers, S. E., & **Elbertson, N. A.** (2012). The interaction effects of program training, dosages, and implementation quality on targeted student outcomes for The RULER Approach to Social and Emotional Learning. *School Psychology Review*, 41(1), 82-99.

Brackett, M. A., Reyes, M. R., Rivers, S. E., **Elbertson, N.**, & Salovey, P. (2012). Assessing teachers' beliefs about social and emotional learning. *Journal of Psychoeducational Assessment*, 30, 219-236. doi: 10.1177/0734282911424879

Brackett, M. A., **Elbertson, N. A.**, Alster, B., Kremenitzer, J. P., & Caruso, D. (2011). Emotionally literate teaching. In M.A. Brackett & J. P. Kremenitzer with M. Maurer, M. Carpenter, S. E. Rivers, & **N. Elbertson** (Eds.), *Creating emotionally literate classrooms: An introduction to The RULER Approach to social and emotional learning*. Port Chester, New York: National Professional Resources.

Brackett, M. A., & Kremenitzer, J. P., with Maurer, M., Carpenter, M., Rivers, S. E., & **Elbertson, N.** (Eds.). (2011). *Creating emotionally literate classrooms: An introduction to The RULER Approach to social and emotional learning*. Port Chester, New York: National Professional Resources.

Brackett, M. A., Maurer, M., Rivers, S. E., **Elbertson, N.**, Kremenitzer, J. P., et al. (2011). Emotional literacy for students: The Feeling Words Curriculum. In M.A. Brackett & J.P. Kremenitzer, (Eds.) with M. Maurer, M. Carpenter, S.E. Rivers, & **N. Elbertson**, *Creating emotionally literate classrooms: An introduction to The RULER Approach to social and emotional learning* (pp. 23-48). Port Chester, New York: National Professional Resources.

Brackett, M. A., Rivers, S. E., Maurer, M., & **Elberston, N.** (2011). Creating emotionally literate learning environments. In M.A. Brackett, J.P. Kremenitzer, M. Maurer, M. D. Carpenter, S. E. Rivers & N. Elberston (Eds.), *Creating emotionally literate classrooms: An introduction to The RULER Approach to social and emotional learning*. Port Chester, NY: National Professional Resources.

Elbertson, N., Rivers, S. E., Voyce, C., & Brackett, M. A. (2011) Integrating the RULER Approach into Your School: Guidelines for effective implementation of the student programs. In M. A. Brackett & J. P. Kremenitzer, (Eds.) with M. Maurer, M. Carpenter, S. E. Rivers, & **N. Elbertson**, *Creating emotionally literate classrooms: An introduction to The RULER Approach to social and emotional learning* (pp. 89-106). Port Chester, New York: National Professional Resources.

Brackett, M. A., Reyes, M. R., Rivers, S. E., **Elbertson, N.** & Salovey, P. (2011). Classroom emotional climate, teacher affiliation, and student conduct. *Journal of Classroom Interaction*, 46, 27-36.

Elbertson, N., Brackett, M. A., & Weissberg, R. (2010). School-based social and emotional learning (SEL) Programming: Current perspectives (pp. 1017-1032). In A. Hargreaves, M. Fullan, D. Hopkins, & A. Lieberman (Eds.). *The second international handbook of educational change*. New York: Springer.

Williams-Piehot, P., Latimer, A., **Katulak, N.**, Cox, A., Silvera, S.A.N., Mowad, L., & Salovey, P. (2009). Tailoring messages to individual differences in monitoring-blunting styles to promote fruit and vegetable intake. *Journal of Nutrition Education and Behavior*, 41, 398-405.

Brackett, M. A., Patti, J., Stern, R., Rivers, S. E., **Elbertson, N. E.**, Chisholm, C. & Salovey, P. (2008). A Sustainable, Skill-Based Approach to Building Emotionally Literate Schools. In M. Hughes, J. Bradford Terrell, & D. Thompson (Eds.), *The Handbook of Developing Emotional and Social Intelligence—Best practices, Case Studies, and Tools*. New York: Wiley & Sons.

Latimer, A. E., Rench, T., Rivers, S. E., **Katulak, N.**, Materese, S. A., Cadmus, L., Mowad, L. Z., & Salovey, P. (2008). Promoting participation in physical activity using framed messages: An application of prospect theory. *British Journal of Health Psychology, 13*, 659-681.

Latimer, A. E.; Rivers, S. E; Rench, T. A; **Katulak, N.**; Hicks, A.; Hodorowski, J; Higgins, T.; & Salovey, P. (2008). A field experiment testing the utility of regulatory fit messages for promoting physical activity. *Journal of Experimental Social Psychology, 44*, 826-832.

Latimer, A.; Williams-Piehot, P.; Cox, A.; **Katulak, N.**; Salovey, P.; & Mowad, L. (2008). Encouraging cancer patients to talk to their physicians about clinical trials: Considering patients' information needs. *Journal of Applied Biobehavioral Research, 12*, 178-195.

Latimer, A. E., Williams-Piehot, P., **Katulak, N.**, Cox, A., Mowad, L., & Salovey, P. (2008). Promoting fruit and vegetable intake through messages tailored to individual differences in regulatory focus. *Annals of Behavioral Medicine, 35*, 363-369.

Toll, B. A., **Katulak, N.**, Williams-Piehot, P., & O'Malley, S. S. (2008). Validation of a scale for the assessment of food cravings among smokers. *Appetite, 50*, 25-32.

Brackett, M. A., Alster, B., Wolfe, C. J., Fale, E., & **Katulak, N.** (2007). Creating an emotionally intelligent school district: A skills-based approach. In R. Bar-On, J. Maree, & M. Elias (Eds.), *Educating people to be emotionally intelligent*. Rondebosch, South Africa: Heinemann.

Brackett, M. A., & **Katulak, N.** (2007). Emotional Intelligence in the Classroom: Skill-based training for teachers and students. In J. Ciarrochi & J. D. Mayer (Eds.), *Applying emotional intelligence: A practitioner's guide*. (pp. 1-27). New York: Psychology Press.

Rivers, S. E., Brackett, M. A., **Katulak, N.**, & Salovey, P. (2007). Regulating anger and sadness: An exploration of discrete emotions in emotion regulation. *Journal of Happiness Studies, 8*, 393-427.

Toll, B. A., O'Malley, S. S., **Katulak, N.**, Wu, R., Dubin, J., Latimer, A., Meandzija, B., George, T. P., Jatlow, P., Cooney, J. L., & Salovey, P. (2007). Comparing gain- and loss-framed messages for smoking cessation with bupropion: A randomized controlled trial. *Psychology of Addictive Behaviors, 21*, 534-544.

Latimer, A., **Katulak, N.**, Salovey, P., & Mowad, L. (2005). Motivating Cancer Prevention and Early Detection Behaviors Using Psychologically Tailored Messages. *Journal of Health Communication, 10*. 137-155.

Toll, B. A., **Katulak, N.**, & McKee, S. A. (2005). Investigating the factor structure of the Questionnaire on Smoking Urges-Brief (QSU-Brief). *Addictive Behaviors, 31*, 1231-1239.

Williams-Piehot, P., Cox, A., Silvera, S., Mowad, L., Garcia, S., **Katulak, N.**, & Salovey, P. (2004). Casting health messages in terms of responsibility for dietary change: Promoting fruit and vegetable consumption. *Journal of Nutrition Education and Behavior, 36*(3):114-20.

PRESENTATIONS AT PROFESSIONAL MEETINGS

Brackett, M.A. & **N. Elbertson**. (November, 2024). Emotional intelligence and learning. Workshop presented at the annual conference for Learning and the Brain, Boston, MA.

N. Elbertson & Levine, J. (December, 2022). The Role of Education Service Agencies in Social and Emotional Learning. Presentation at the annual conference for the Association for Education Service Agencies, Atlanta, GA.

N. Elbertson. (May, 2017). Get Onboard with Social and Emotional Learning. Presentation at the annual conference for the Connecticut Association of Boards of Education.

Brackett, M. & **Elbertson, N.** (May, 2015). Creating Emotionally Intelligent Schools. New York State Association of Independent Schools, New York, NY.

Millstein, D. J., Brown, A., Floman, J. L., Rivers, S. E., Brackett, M. A., & **Elbertson, N.** (November, 2011). Examining the effectiveness of mood induction procedures. Poster session presented at the annual conference of the Connecticut Psychological Association, Windsor, CT.

Brackett, M. A., Reyes, M. R., Rivers, S. E., & **Elbertson, N.** (April, 2010). The social and emotional learning beliefs scale: Factor structure and its correlates. Paper presented at the annual meeting for AERA, Denver, CO.

Holzer, A. A., **Elbertson, N.**, Rivers, S. E., & Brackett, M. A. (2010). "Ensuring quality implementation and sustainability of social and emotional learning programs." Paper Presentation, National Staff Development Conference, St. Louis, MO.

Brackett, M. A., Patti, J., Stern, R., Rivers, S. E., Chrisholm, C., & **Elbertson, N.** (2009). "A sustainable approach to integrating social and emotional learning programs into schools and districts." Paper Presentation for American Education, Research Association, San Diego, CA.

Rivers, S. E., Reyes, M. R., **Elbertson, N.**, & Brackett, M. A. (2009). "Addressing the social and emotional needs of students: Links to student engagement." Paper Presentation for American Education, Research Association, San Diego, CA.

Latimer, A. E., Rench, T. A., **Katulak, N.**, et al. (July, 2006). Regulatory focus moderates the effectiveness of gain- and loss-framed physical activity messages. International Society for Behavioral Nutrition and Physical Activity, Boston, MA.

Latimer, A. E., Rench, T. A., Rivers, S. E., **Katulak, N.**, Mowad, L. Z., & Salovey, P. (November, 2006). The efficacy of gain-framed messages for promoting physical activity: Implications for Canada's Physical Activity Guide. Soci t  Canadienne D'Apprentissage Psychomoteur et de Psychologie du Sport (SCAPPS), Halifax, Nova Scotia.

Schneider, T. R., Rivers, S. E., Lyons, J. B., & **Katulak, N.** (January, 2006). Multi-level model of persuasion: The implications of challenge and threat. Poster presented at the emotions preconference at the annual meeting of the Society for Personality and Social Psychology, Palm Springs, CA.

Toll, B. A., O'Malley, S. S., **Katulak, N.**, Wu, R., Dubin, J., George, T. P., Latimer, A., Meandzija, B., Jatlow, P., Cooney, J. L., & Salovey, P. (2006, February). Message framing for smoking cessation with bupropion: A randomized controlled trial. In B. A. Toll & J. F. Etter (Co-Chairs), *Pharmacotherapy Trials and Mechanisms*. Paper session conducted at the annual meeting of the Society for Research on Nicotine and Tobacco, Orlando, Florida.

Katulak, N., Latimer, A. E., Rivers, S.E., Mowad, L., & Salovey, P. (October, 2005). Predicting Cancer Survivors' Intentions and Likelihood of Initiating a Discussion about Clinical Trials with their Physician. Poster presented at the annual meeting of the Association for the Behavioral Sciences and Medical Education.

Williams-Piehota, P., Silvera, S., Cox, A., Mowad, L., Garcia, S., **Katulak, N.**, Brackett, M., & Salovey, P. (January, 2004). *Tailoring messages to monitor-blunter coping styles for motivating health behaviors*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Austin, TX.

Katulak, N. (May, 2002) *Effective health communications: Prolonging worry about a health threat*. Poster presented at the Midwestern Psychological Association Conference, Chicago, IL.

CURRICULA and TRAINING PROGRAMS

Brackett, M.A., **Elbertson, N.**, & Pringle, Z. (2012-2014). *High School RULER: Optimizing Your Intelligences*. New Haven, CT: Yale Center for Emotional Intelligence.

Brackett, M.A., Rivers, S. E., Holzer, A. A., Shapses, S., **Elbertson, N.**, & Maurer, M. (2007-14). *The RULER Approach: Feeling Words Curriculum (Grades K to 2)*. New Haven, CT: Yale Center for Emotional Intelligence.

Brackett, M.A., Maurer, M., Rivers, S. E., & **Elbertson, N.** (2007-2014). *The RULER Approach: Feeling Words Curriculum (Grades 3 to 5)*. New Haven, CT: Yale Center for Emotional Intelligence.

Maurer, M., Brackett, M.A., Rivers, S.E., & **Elbertson, N.** (2004-2014). *The RULER Approach: Feeling Words Curriculum (Grades 6 to 8)*. New Haven, CT: Yale Center for Emotional Intelligence.

ABSTRACTS & POSTERS

Millstein, D.J., Brown, A., Floman, J.L., Rivers, S.E., Brackett, M. A., & **Elbertson, N.** (2011). Examining the effectiveness of mood induction procedures. Poster session presented at the annual conference of the Connecticut Psychological Association, Windsor, CT.

Brackett, M. A., Reyes, R. R., Rivers, S. E., & **Elbertson, N.** (2010). The social and emotional learning beliefs scale: Factor structure and its correlates. American Education Research Association, Denver, CO.

Holzer, A. A., **Elbertson, N.**, Rivers, S. E., & **Brackett, M. A.**, (2009). Ensuring quality implementation and sustainability of social and emotional learning programs. Paper Presentation, National Staff Development Conference, St. Louis, MO.

Brackett, M. A., Patti, J., Stern, R., Rivers, S. E., Chrisholm, C., & **Elbertson, N.** (2009). A sustainable approach to integrating social and emotional learning programs into schools and districts. Paper Presentation for American Education, Research Association, San Diego, CA.

Rivers, S. E., Reyes, M. R., **Elbertson, N.**, & Brackett, M. A. (2009). Addressing the social and emotional needs of students: Links to student engagement.” Paper Presentation for American Education, Research Association, San Diego, CA.

Katulak, N., Latimer, A., Williams-Piehot, P., Cox, A., Silvera, S., Mowad, L., & Salovey, P. (2005). Tailoring health information for motivating fruit and vegetable consumption. *Annals of Behavioral Medicine*, 29, s082.

Latimer, A., Cox, A., Williams-Piehot, P., Brackett, M., **Katulak, N.**, Mowad, L., & Salovey, P. (2005). Encouraging individuals with cancer to discuss randomized controlled trials with their physician: An important role for tailored messages. *Annals of Behavioral Medicine*, 29, s057.

Williams-Piehot, P., Cox, A., Silvera, S., Mowad, L., Garcia, S., **Katulak, N.**, & Salovey, P. (2004). Casting health messages in terms of responsibility for dietary change: Promoting fruit and vegetable consumption. *Annals of Behavioral Medicine*, 27, s151.

CERTIFICATIONS AND HONORS

MOSSA and Body Training Systems, Group Fitness Certifications, 2008-current
USF's Diversity, Equity, and Inclusion in the Workplace Certification, 2021
AFAA Personal Training Certification, 2015
Health Coach Certification, 2014
Wright State University Honors Research Colloquium Award, 2002
Wright State University Honors Grant for Independent Scientific Research, 2001
Harry N. Davis, Jr. Memorial Full-Tuition Psychology Fellowship, 2000-02
Harry Jeffrey Honors Scholarship, 2000-02
Member and Treasurer of Psi Chi, National Psychology Honors Society, 2000-02
Carl H. Lindner Full-Tuition Honors Scholarship, 1997-99