

JESSICA HOFFMAN

Jessica Hoffmann, Ph.D. is an associate research scientist at the Yale Center for Emotional Intelligence, and a licensed clinical psychologist.

She serves as project director for the Center's high school initiatives including RULER for high schools and inspirED. Both programs help bring social and emotional learning to high school students and educators to promote safe, nurturing environments where everyone can reach their full potential. Jessica received her B.A. in psychology and sociology from Brandeis University, and her M.A. and Ph.D. degrees in clinical psychology from Case Western Reserve University where she was awarded the Schubert Center for Child Studies, Cora Unger Brisky Endowment for her research on school-based interventions to enhance children's creative thinking and promote adaptive coping. Her current research focuses on adolescent emotions; specifically, the impact of social and emotional learning on school climate, creative problem solving, and emotion regulation ability. Jessica has collaborated with colleagues from Italy, Spain, and Mexico, and published in journals such as *Creativity Research Journal* and the *Journal of Cross-Cultural Psychology*. Outside of the Center, Jessica is an avid horseback rider competing in regional and national horse shows.

Teaching emotion and creativity skills through the arts at the Botin Center

Emotion skills, such as channeling inspiration or managing anxiety enhance creativity. In return, engaging in creative acts builds emotion skills, such as frustration tolerance and persistence. Most importantly, both creativity and emotion skills can be taught and applied in life. To apply this, we developed four courses teaching creativity and emotional intelligence skills through engagement in visual art. One course each for adults, children, adolescents, and families were tested at the Botin Center, establishing that this unique combination of skills taught has profound impact on participants. Among many positive outcomes, children reported increased knowledge of techniques for creative thinking, families expressed increased appreciation of their family members' creativity, and adolescents described greater ability to express their emotions. With high satisfaction reported across all of the courses, this research project demonstrates the exponential effects of teaching emotion and creativity skills in tandem while harnessing the power of visual art.