

[Dr. Marc Brackett](#), Director of the Yale Center for Emotional Intelligence, unveiled the results of an unprecedented online survey of 22,000 high school-age youth. The survey explored how young people currently feel and how they want to feel in school, and the possible reasons for these emotions. Dr. Brackett's presentation slides are available for download. Here are some of the highlights of the research:

- When asked how they currently feel in school, out of all the words respondents listed, approximately 75% were negative.
- The most common words these students used to describe their current emotions at school are "Tired" (39%), "Stressed" (29%), and "Bored" (26%).
- When asked how they WANT to feel in school the top three emotions that students want to experience more of are "Happy," "Energized," and "Excited"
- Students who reported that their peers had been mean and cruel to them also reported feeling greater levels of loneliness, fear, and hopelessness.
- Students who believed what they were learning was relevant and meaningful to their lives – and reported they had teachers who deliver engaging lessons – experienced more positive emotions in school like interest, respect, and happiness.