



Emozi High School

The Constructed View of Emotion and Its Connection to Character Development

1. The Constructed View of Emotion: A Quick Primer

Traditionally, emotions were seen as automatic 'reactions', anger, sadness, fear, that simply happen to us. The constructed view of emotion challenges that idea:

- Emotions are constructed, not hardwired. The brain interprets body signals, past experiences, and context to create emotions in the moment.
- Context matters. A racing heart could be excitement, fear, or frustration, depending on interpretation.
- Language and concepts shape emotions. The richer a student's emotional vocabulary, the better they can name, regulate, and manage feelings.

2. Character Development in High School

Character development means building the values and habits that prepare students for life beyond school. Emozi High School focuses on:

- Resilience – pushing through setbacks
- Responsibility – owning actions and commitments
- Integrity – making ethical choices
- Empathy & Perspective-Taking – understanding others' experiences
- Perseverance – sticking with challenges
- Self-Management – regulating emotions, stress, and impulses

3. Where the Two Meet, and How Emozi Integrates Them

The constructed view of emotion provides the foundation for Emozi High School's lessons, which teach students how to recognize, interpret, and shape their emotional experiences. Emozi integrates this through:



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- Building Emotional Vocabulary, Lessons expand beyond 'mad, sad, happy' to include nuanced emotions like anxious, determined, or optimistic.
 - Decision-Making with SCOPE-IT, Students learn to pause, check in with their emotions, and make values-based choices.
 - Reframing for Resilience, Activities teach students to reinterpret nervousness as excitement or setbacks as growth opportunities.

4. The SCOPE-IT Strategy (Self-Regulation in High School)

Emozi High School uses SCOPE-IT as its anchor self-regulation routine:

- S – Stop: Pause before reacting; breathe.
- C – Consider: Notice feelings, context, and values.
- O – Options: Generate possible responses.
- P – Plan: Choose the best course of action.
- E – Evaluate: Reflect on what worked.
- I – Insights: What did you learn about yourself or others?
- T – Transform: Apply your learning to future situations.

This expanded strategy deepens reflection and transformation, aligning with high school students' cognitive and social development.

5. Why This Matters for High Schoolers

Adolescence is a period of rapid identity development. Students are forming core values while facing intense academic, social, and digital pressures.

By teaching that emotions are constructed, and can be influenced, Emozi High School empowers students to:

- Take ownership of emotional responses
- Make ethical, values-based decisions with SCOPE-IT
- Strengthen resilience, empathy, and responsibility
- Build lifelong skills for college, career, and citizenship



✓ When science and skill-building meet, we give high schoolers the tools not just to feel, but to choose and transform. That is the heart of Emozi High School.