CURRICULUM CORNER

What's Your RQ (Relational Intelligence)?

By: Liza Pringle, Curriculum + Instruction Specialist

In her fascinating new book *Love to Learn*, Isabelle Hau describes how current brain research indicates that learning is a lot more relational than previously thought. Hau and her colleagues at Stanford's Accelerator for Learning hope to use cognitive science to create a paradigm shift toward relationship-centered teaching and learning.

In the book, she shares many examples of how learning outcomes are shaped by what she calls "micro-moments of positive connection." Her findings highlight the importance of RQ, or relational intelligence - a "sister concept" to EQ (emotional intelligence), which focuses on relationships with others. She lays out why, especially in the early years, classrooms need to serve as "relational hubs." She makes the case that this is increasingly crucial now when children are spending 60% less time with friends than they did a decade ago. Both adults and children are looking at screens for so much of their days, which feeds into what some are calling our current "loneliness epidemic" and what Hau calls an alarming "social recession."

If you are interested but don't have time to read the book, you can listen to her on this thought-provoking episode of The 1000 Hours Outside Podcast.