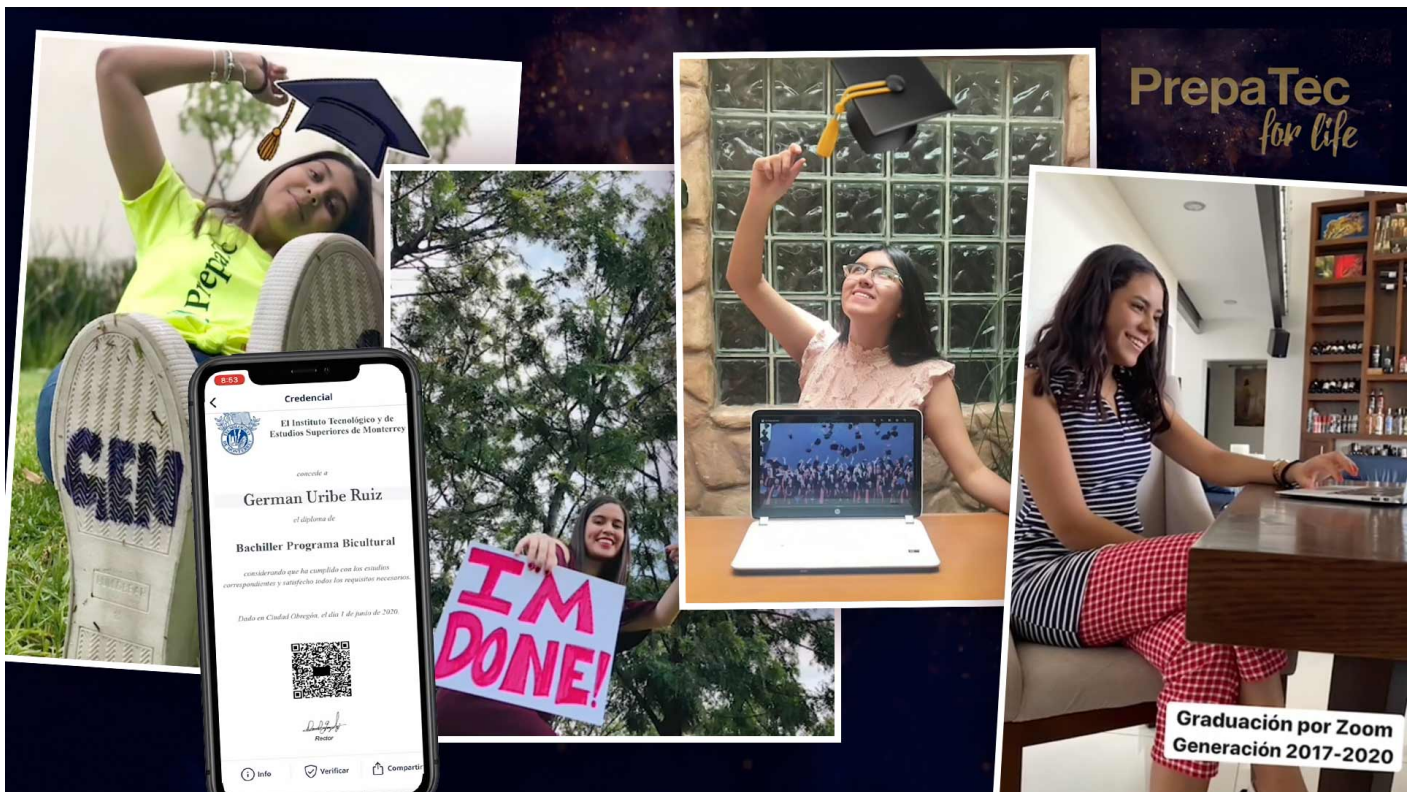


“It’s important to learn how to manage your emotions”: Marc Brackett



The **7,886 students** from the class of 2020 at the 37 **PrepaTec** throughout Mexico, the high schools of Tecnológico de Monterrey, joined the PrepaTec For Life virtual experience to celebrate the end of courses.

Due to the situation of the pandemic, which (as in all schools) necessitated the conclusion of courses online, the virtual ceremony brought together students, parents, head teachers, and special guests.

Salvador Alva, President of Tec de Monterrey, congratulated the students, who also received a message from **Marc Brackett, founder and director of the Yale Center for Emotional Intelligence**.

“Give yourself the opportunity to experience your feelings in this new stage that you’re about to experience.

“Remember: it’s important that you know how to recognize your emotions, because as you progress to the next stage in your career and your life, it will be important that you learn how to manage your abilities to improve decision-making,” he said, especially for those who graduated from high school this year.



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The **RULER system**, created by **Brackett** at **MIT** to teach young people emotional intelligence and how to manage emotions, is used at the 37 PrepaTecs in Mexico.

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Previously, President of Tec de Monterrey Salvador Alva urged students to face up to the challenges ahead wisely.

“We’re currently living in unprecedented and historic times. Despite the physical distancing, the truth is that we are united.”

*“This is a historic ceremony and you will surely never forget it, so I would like to offer you some advice: **Put aside your worry, live in the moment, and fight for your dreams.**”*

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Paulino Bernot, national dean of **PrepaTec**, said that the **2017-2020 generation** embodies the spirit of the **six formative skills** of the educational model.

“Self-management, collaboration, communication, innovation, critical thinking, and exemplary personal and social responsibility.”

“Congratulations PrepaTec graduates! We love and admire you a great deal,” he said.

Students from this generation, as well as **parents**, gave messages on behalf of their classmates at each of the ceremonies.

A video was also transmitted in which the **teachers** recognized their students.

BLOCKCHAIN DIPLOMA

This year, high school graduates received their diplomas through **Blockchain**, a cutting-edge technology that facilitates verification of the authenticity of academic documents. The **Tec has pioneered the use of this tool**.

This semester began onsite, but **it was decided** in the middle of March [to continue online](#) due to the **pandemic**. **Onsite graduations** have been **postponed**, and will be held when the health authorities allow this.

With information from Marlene González, Karla Escobar, Alicia Flores, and Laura Martínez.

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