

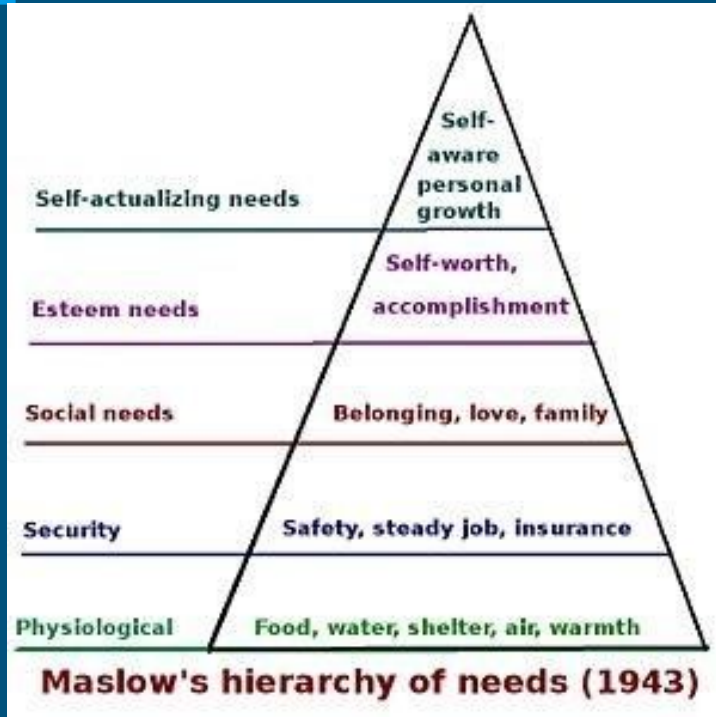


Researching Solutions

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There are needs before academics



- Social
- Familial
- Emotional
- Behavioral

When lower needs are not being met, how can we expect students to be fully engaged in their academics and education?

How can these impact our 9th graders?

- Behavioral issues/acting out (Ahmadi, 2015)
- Less socializing with peers (Blonk, 2021)
- Lower self esteem (Bird et. al., 2014)
- Lower grades
- Truancy or dropout

Proven programs for social-emotional skills

7 MINDSETS

Teaching Mindsets. Changing Lives.

RACHEL'S
Challenge
start a chain reaction



Teaching Mindsets. Changing Lives.

Based on a three year study that shows “that happiness and success is not predicated on what we know or where we come from, it is predicated on how we think” (*7 Mindsets*, 2022)

- Everything is possible
- Passion first
- We are connected
- 100% accountable
- Attitude of gratitude
- Live to give
- The time is now

7 MINDSETS

Teaching Mindsets. Changing Lives.

- Comprehensive curriculum
 - Mainly web-based
 - Paper tools included
- Professional development
 - All staff, not just teachers
 - Positive environment and changes need to have staff on board
 - Coaching included to increase teacher efficacy
- Resources to include community and families
 - Family support shows increase in results
 - Easily adaptable for different schools, ages, and scenarios



Teaching Mindsets. Changing Lives.

Independent research on effectiveness

- Crabapple Middle School, 2010: 250% academic improvement on state standardized test, including IEP students
- Dr. Mimi Gamel, 2014: Improved grit and resiliency in long-term doctoral dissertation study
 - Decreased dropout rate noted
- Riverside, 2022: Improved student body well-being
 - Referrals for mental health counseling decreased



Teaching Mindsets. Changing Lives.

Cost

- 7 Mindsets consultant will help find the best price based on school size and needs
- Usually \$5-\$10 per student

Professional Development

- Tailored to each school's need, but a few half day PDs recommended



- Began by the family of a Columbine victim
- Vision: "Rachel's Challenge envisions schools full of hope, free from harassment, violence, and self-harm, where teachers are free to teach and students are inspired to learn" (*Rachel's Challenge*, 2022)
- Students and staff work together to find the root cause of bullying and violence to change the school environment to one of acceptance and support. No child should be isolated



(www.rachelschallenge.org)

"People will never know how far a little kindness can go."
-Rachel Joy Scott



- Live assemblies to kick start
- Interactive digital resources
- Student leadership support
- Full school challenges and support
- Staff and school leadership support to implement in classrooms and in full school settings
- Programs available for all ages, K-12



Independent Research

- Decrease in school violence (*Rachel's Challenge, 2022*)
- Increase in student inclusion and decrease in truancy (Conrad et. al., 2022)
- Increase partnership with students and staff, with positive impact on school environment (Hollingshead et. al., 2009)
- School autonomy seen in all research



Cost

- Work with schools to find grants and financial support to keep costs minimal or free for schools and districts

Time

- Dependant on the school
- Puts a lot of the decisions in the hands of the students

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