



Great SEL programs target 5 Domains

We target the big 5 (self awareness, self management, social awareness, relationship skills, responsible decision making), but we go beyond!

- The big 5 SEL Domains
- Defining a purpose
- Destroying limiting beliefs
- Fostering a Growth Mindset
- Sparking intrinsic motivation
- Mastering happiness
- The science of self-belief

Multiple Individual and Social Benefits

A 2015 national study published in the American Journal of Public Health found statistically significant associations between SEL skills in kindergarten and key outcomes for young adults years later in:



Source: American Journal of Public Health

Our curriculum explicitly teaches students Socioemotional Learning (SEL) skills, supports the discovery of their life's purpose, and helps them develop empowering beliefs, such as the Growth Mindset. The term, Emotional Intelligence (EI), was first made famous by author, researcher, and famous New York Times Science Journalist, Daniel Goleman and since his famous book with the respective title, other cognitive scientists have confirmed that these EI attributes are a better than IQ at determining a child's success in their academics, career and overall life: Self Awareness, Self Management, Social Awareness, Social Management (relationships skills), and Responsible Decision Making.

In addition, Stanford researcher Carol Dweck and University of Pennsylvania's Angela Duckworth have presented a powerful case for embracing a Growth Mindset and Grit, respectively, and its impact on student motivation, academic achievement, confidence, wellbeing, and resilience.

Stanford professor, William Damon, spearheaded the famous Youth Purpose Project study surveying thousands of students ages 12-22 to find out how they view purpose. He found that only about 20% of students actually have a defined life's purpose. An abundance of research confirms that individuals who cultivate a meaningful sense of direction for themselves tend to live longer, experience better physical and mental health, and enjoy happier and more satisfying lives (Diener, Fujita, Tay, & Biswas-Diener, 2012; Hill & Turiano, 2014; Kim, Sun, Kubzansky, Park, & Peterson, 2013)