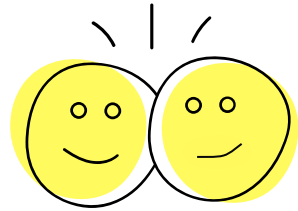




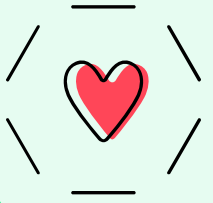
An Overview



Next



It's all about
RELATIONSHIPS



Connection



7 Categories

Next



The **Why**

3 Reasons this Work Matters



3 Reasons this Work Matters

1

Improved Academics

Addressing social and emotional competencies increased students' academic performance by *11 percentile points*.

3 Reasons this Work Matters

2

Improved Behavior

Students participating in life skills programs also showed improved classroom behavior, an increased ability to manage stress and depression, and better attitudes about themselves, others, and school.

3 Reasons this Work Matters

3

Families & Educator Belief

A survey of teachers commissioned by McGraw Hill found 93% of teachers want a greater focus on life skills in schools. 81% of parents believe that life skills are just as important as academic learning.

OUTCOMES



Well-Being



Belonging



Engagement



Well-Being



Belonging

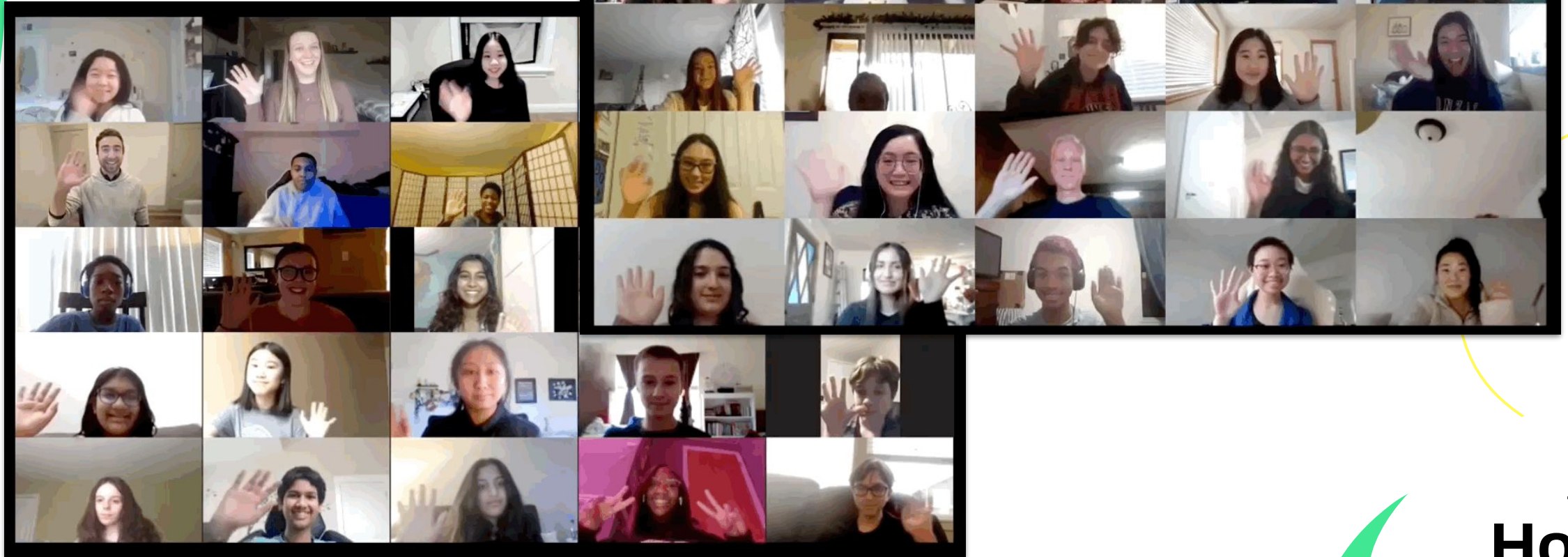


Engagement

The **How**

3 things to know about the curriculum

Character
Strong



The
How

*Character
Strong*



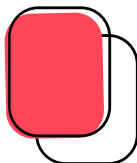
Welcome



Community



Content



Character



Closure

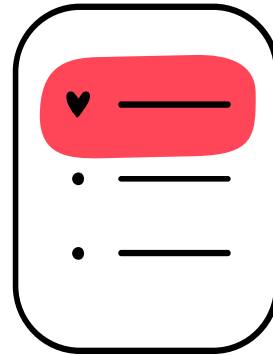


The
How

*Character
Strong*



Character in Action



The
How

How You Can Support



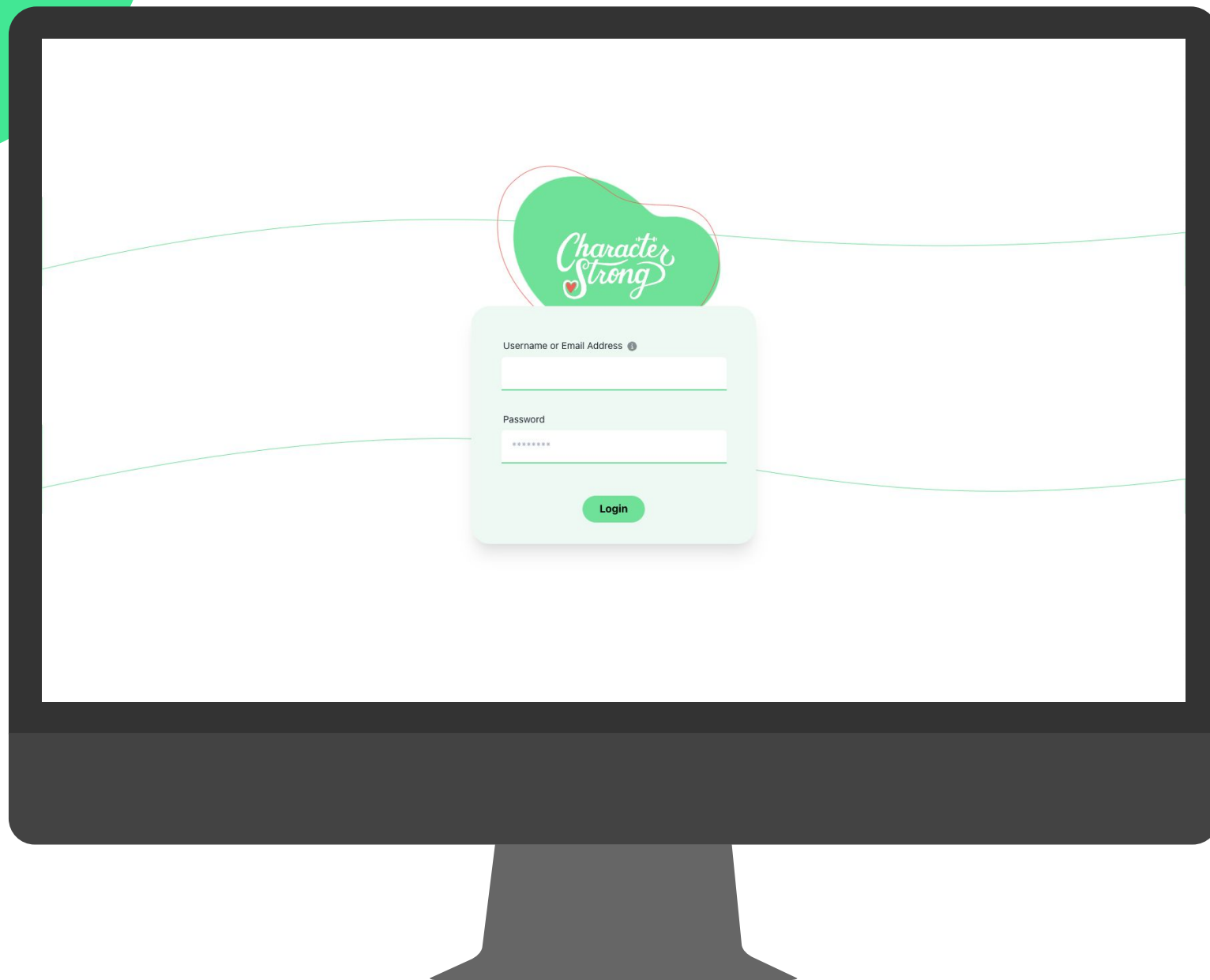
The Next **5 Steps**



The Next 5 Steps

- ☐ **Step 1:** Login ([click here](#)). If this is the first time you are logging in, you will be asked to set up your account! (2-4 minutes)
- ☐ **Step 2:** Visit the Getting Started page ([click here](#)). Explore the different links available (try clicking on the 5 icons for Videos 3-7!). This is a resource for you with reminders and best practices. The end of every video has a letter that contributes to unlocking a secret page. Take note of one video you want to watch later. (2-4 minutes)
- ☐ **Step 3:** Explore The Research ([click here](#)), Relational Activities ([click here](#)), and Additional Resources ([click here](#)) to get a sense of some of things you will find in the "Resources" dropdown. Write down 1 thing that stood out to you. (3-5 minutes)
- ☐ **Step 4:** Get the hang of things! Navigate to the grade level you will primarily be working with and select Session 10. Spend some time getting familiar with how to use the page by completing these 5 actions (7-10 minutes):
 - ☐ Read the At-A-Glance information
 - ☐ Toggle to the Overview video and play it for 1 or 2 minutes
 - ☐ Expand the session to full screen by clicking the 3 dots at the bottom of the slide
 - ☐ Try clicking the different icons to jump to various parts of the session
 - ☐ Explore the Community Building menu and navigate "back" using the top left icon
- ☐ **Step 5:** Join forces! Get into a group of about 3-5 people who will be teaching sessions from the same grade level as you. With this team, review Session 1 from the relevant grade level. You can use any strategy you like to prep here, but here are a few favorites (30-40+ minutes):
 - ☐ **Jigsaw:** Each group member takes a section of the session, reads through it a few times, and then walks the rest of the group through that portion
 - ☐ **Running Commentary:** Walk through each slide together as a group and discuss questions that come up, best practices to think about, and adaptations you might make for your group
 - ☐ **First Impressions:** Spend time scripting out how you want the first 5 minutes of the session to go and rehearse. Then, have 1 volunteer lead the rest of the group in the session

Character
Strong



The
Next 5



MS SEL

HS SEL

SSEL Update

Getting Started

Resources

Grade 9

Grade 10

Grade 11

Grade 12

Leadership

PurposeFull People

CharacterStrong Gym

On Demand PD

Implementation Roadmap

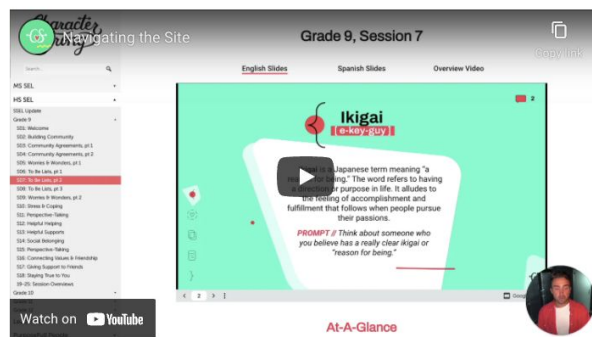
Courses

Curriculum Samples

My account

Getting Started

These short videos are designed to help make implementation easier and more effective. They answer frequently asked questions, share more about *why* and *how* we built MS SEL, and discuss some best practices for different components of each session. Enjoy!



1. Navigating the Site

This first video provides you with an overview of how to navigate the site including what you can expect on every session's page and what you can click on inside the session slides (9 minutes)

2. Session Structure Overview

This video provides a high level overview of some of the research behind the content and talks through each of the 5





- MS SEL
- HS SEL
- SSEL Update
- Getting Started
- Resources
 - Relational Activities
 - Assessment Resources
 - Additional Tools
 - The Research**
 - FAQ
 - Grade 9
 - Grade 10
 - Grade 11
 - Grade 12
- Leadership
- PurposeFull People
- CharacterStrong Gym
- On Demand PD
- Implementation Roadmap
- Courses
- Curriculum Samples
- My account

The Research

We believe that great SEL curriculum needs to be relevant AND research-driven. Before we began our revision, we spent months digging into the most up-to-date research alongside our Director of Research, Dr. Brian Smith, to understand the content areas, topics, skills, attitudes, and norms that best lead to the outcomes that we and schools want. Then, we partnered with over 70 students and 25 educators to build sessions that felt authentic, engaging, and practical.

At-A-Glance

```

graph LR
    subgraph KNOWING
        KU[Emotion Understanding  
How We Feel]
        E[Empathy  
What We Understand]
        V[Values  
Who We Are]
        G[Goals  
The Dreams We Have]
        L[Leadership  
Developing Agency]
    end
    subgraph DOING
        ER[Emotion Regulation  
How We Act]
        C[Compassion  
How We Care]
        P[Purpose  
What We Do]
        H[Habits  
The Actions to Get There]
        T[Teamwork  
Working Together]
    end
    subgraph OUTCOMES
        WB[Well-being]
        B[Belonging]
        ENG[Engagement]
    end
    KU --> ER
    E --> C
    V --> P
    G --> H
    L --> T
    DOING --> OUTCOMES
  
```



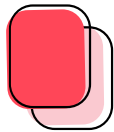

Read the At-A-Glance information



Toggle to the Overview video and play it for 1 or 2 minutes



Expand the session to full screen by clicking the 3 dots at the bottom of the slide

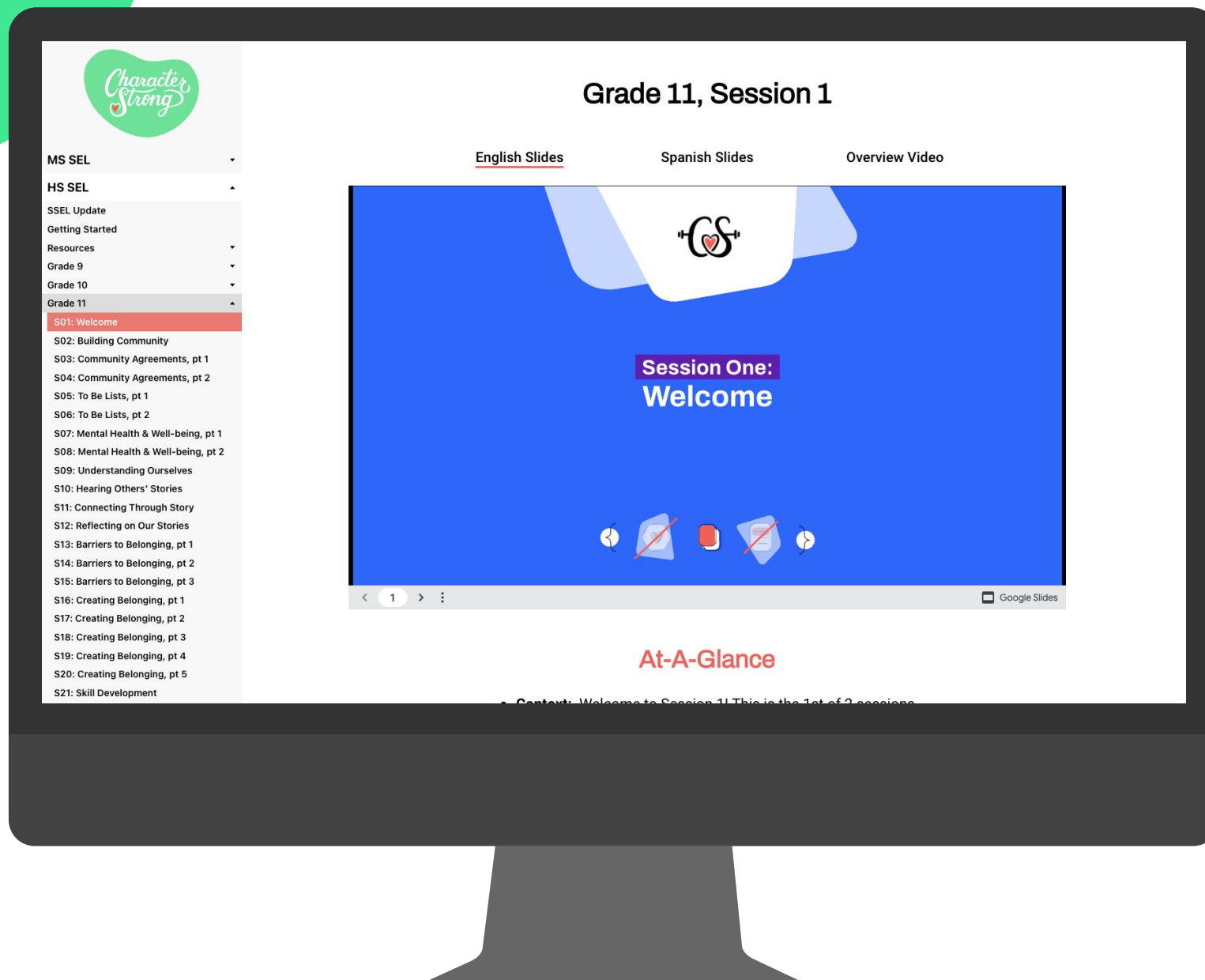


Try clicking the different icons to jump to various parts of the session



Explore the Community Building menu & navigate “back” using the top left icon

Character
Strong



The
Next 5



Processing Options

Jigsaw: Each group member takes a section of the session, reads through it a few times, and then walks the rest of the group through that portion.

Running Commentary: Walk through each slide together as a group and discuss questions that come up, best practices to think about, and adaptations you might make for your group.

First Impressions: Spend time scripting out how you want the first 5 minutes of the session to go and rehearse. Then, have 1 volunteer lead the rest of the group in the session.

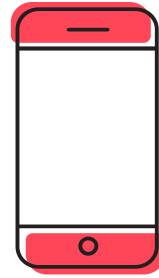


An Overview



7 Categories

Choose 1 of the **7 categories**. Next, choose 1 of the 3 numbers that appear. That number will lead you to a question.



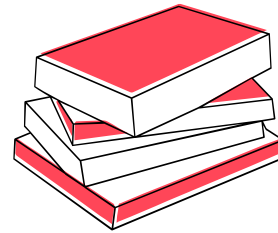
Media



Rather?



Dreams



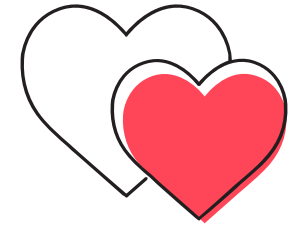
Learning



Identity



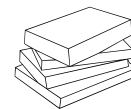
What If?



Feels

Back

Category: Media



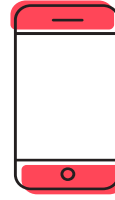
1

2

3

Back

Category: Media



1

2

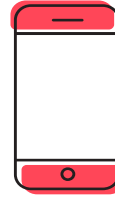
3

1

What is your
current favorite
musical group,
artist, or
podcast? Why?

Back

Category: Media



1

2

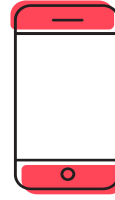
3

2

Who is your
favorite character
from a TV show
you watch? Why?

Back

Category: Media



1

2

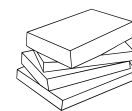
3

3

What is your
favorite childhood
movie that you
still like to watch?
Why?

Back

Category: Rather?



1

2

3

Back

Category: Rather?



1

2

3

1

Would you rather be
able to teleport
anywhere or be able
to read minds?
Why?

Back

Category: Rather?



1

2

3

2

Would you rather know the history of every object you touched or be able to talk to animals? Why?

Back

Category: Rather?



1

2

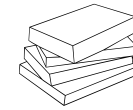
3

3

Would you rather go back to 6th grade with everything you know now or currently know everything your future self will learn? Why?

Back

Category: Dreams



1

2

3

Back

Category: Dreams



1

2

3

1

What is your
dream day? Why?

Back

Category: Dreams



1

2

3

2

What is your dream family trip? Why?

Back

Category: Dreams



1

2

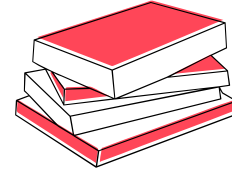
3

3

What is your dream superpower? Why?

Back

Category: Learning



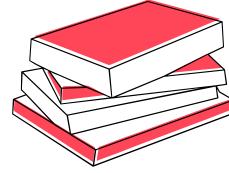
1

2

3

Back

Category: Learning



1

2

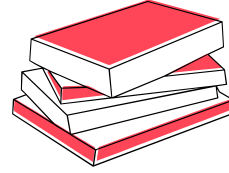
3

1

If you could learn any language, which language would you choose to learn? Why?

Back

Category: Learning



1

2

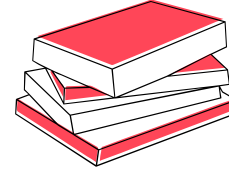
3

2

If you could learn any skill in a single day, what would you choose to learn? Why?

Back

Category: Learning



1

2

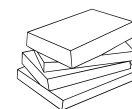
3

3

What is a culture or country you want to learn more about?
Why?

Back

Category: Identity



1

2

3

Back

Category: Identity



1

2

3

1

What is your
strongest skill?
Why?

Back

Category: Identity



1

2

3

2

What part of your culture or family history makes you unique?

Back

Category: Identity



1

2

3

3

What is
something brave
you have done?
Why do you think
it was brave?

Back

Category: What If?



1

2

3

Back

Category: What If?



1

2

3

1

If you could have any view from a window, what would it be? Why?

Back

Category: What If?



1

2

3

2

If you could choose to be any age, what age would you choose to be? Why?

Back

Category: What If?



1

2

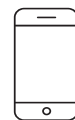
3

3

If you could have any superpower, what would you choose? Why?

Back

Category: Feels



1

2

3

Back

Category: Feels



1

2

3

1

What motivates
you to work hard?
Why?

Back

Category: Feels



1

2

3

2

What/who makes
you laugh out
loud? Why?

Back

Category: Feels



1

2

3

3

Who is someone
you look up to?
Why?