

North Springs High School

7447 Roswell Road, N.E.
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Naviance

Naviance's web-based software platform provides students with a variety of features, including college research and matching tools, course planning, career assessment and personality tests, and surveys to help students connect what they are doing in school to what they would like to do once they complete their education. Naviance provides additional functionality to school counselors to track the progress of individual students, communicate and collaborate with students and families, or create reports on their entire student population. Additionally, Naviance's integration with "The Common Application" facilitates the submission of college applications, as well as online submission of transcripts, school forms and recommendations through Naviance eDocs.



Naviance will be rolled out by the North Springs Guidance department after Labor Day. Orientation on Naviance will be available for students and parents alike during live sessions available starting in September and then thorough out the year.

RethinkEd

Rethink Ed SEL targets all learners, the students and the adults who support student learning. Rethink Ed SEL develops social-emotional competencies to create safe and supportive school, family and community environments where children thrive, are both respected and respectful, and where everyone engages in active learning. Social and emotional learning (SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. There are 5 key components to social emotional learning.



- **Self-awareness:** The ability to accurately recognize one's emotions and thoughts and their influence on behavior. This includes accurately assessing one's strengths and limitations and possessing a well-grounded sense of confidence and optimism.
- **Self-management:** The ability to regulate one's emotions, thoughts, and behaviors effectively in different situations. This includes managing stress, controlling impulses, motivating oneself, and setting and working toward achieving personal and academic goals.
- **Social awareness:** The ability to take the perspective of and empathize with others from diverse backgrounds and cultures, to understand social and ethical norms for behavior, and to recognize family, school, and community resources and supports.

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- **Relationship skills:** The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. This includes communicating clearly, listening actively, cooperating, resisting inappropriate social pressure, negotiating conflict constructively, and seeking and offering help when needed.
- **Responsible decision-making:** The ability to make constructive and respectful choices about personal behavior and social interactions based on consideration of ethical standards, safety concerns, social norms, the realistic evaluation of consequences of various actions, and the well-being of self and others.

The Rethink content will be rolled out to our students shortly after the school year starts. Our plan is for students to engage in these teacher led lessons in 20 minute increments, two times a week during 5th period. If you look at our weekly schedule, there is an extra 20 minutes built into 5th period to enable us to share these lessons and help our students. Each lesson takes approximately 40 minutes and is split over two days each week to help us dive deeper into this important work for our students. The weekly lessons also have parent support resources to allow our parents to help continue this work at home with our students if needed. These parent resources will be available on the school website after they are presented.

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