



What Is Second Step[®] Middle School?

Second Step Middle School is a research-based social-emotional learning (SEL) program designed to improve students' social-emotional skills, including growth mindsets, goal-making, emotion management, responsible decision-making, and managing relationships and social conflict.

Studies show that these skills can help improve academic performance,¹ promote positive relationships,^{2,3} and reduce emotional distress³ and negative social behaviors like peer conflict.^{2,3} SEL programs can also help create positive classroom and school climates.³

-  **Unit 1: Mindsets & Goals**
-  **Unit 2: Developing a Positive Sense of Self**
-  **Unit 3: Thoughts, Emotions & Decisions**
-  **Unit 4: Managing Relationships & Social Conflict**

How do students and schools benefit from SEL?

Increase 	Decrease 
• Academic perseverance • Positive relationships • Positive school climate	• Classroom management issues • Peer conflicts • Peer rejection • Emotional distress

SEL can help instill crucial workplace skills.⁴

Workforce Readiness Skills 		
• Emotional intelligence • Complex problem-solving	• Critical thinking and analysis • Management of personnel	• Service orientation • Negotiation

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2. Cipriano, C., Strambler, M., Naples, L., Ha, C., Kirk, M., Wood, M., Sehgal, K., Zieher, A., Eveleigh, A., McCarthy, M., Funaro, M., Ponnock, A., Chow, J., & Durlak, J. (2023). *Stage 2 Report: The State of the Evidence for Social and Emotional Learning: A Contemporary Meta-Analysis of Universal School-Based SEL Interventions*. <https://doi.org/10.31219/osf.io/mk35u>
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4. World Economic Forum. (2020). *The Future of Jobs Report*. Geneva: World Economic Forum. http://www3.weforum.org/docs/WEF_Future_of_Jobs_2020.pdf