7 MINDSETS insights

From Measurement to Data-Driven Support

Tools that Identify Students' Needs & Build Actionable Solutions

TRANSFORMATIVE MINDSETS AND COMPREHENSIVE MENTAL HEALTH SUPPORTS

7 MINDSETS

We offer the most comprehensive multi-tiered solution available for student mindsets, mental health, and measurement.

7 Mindsets

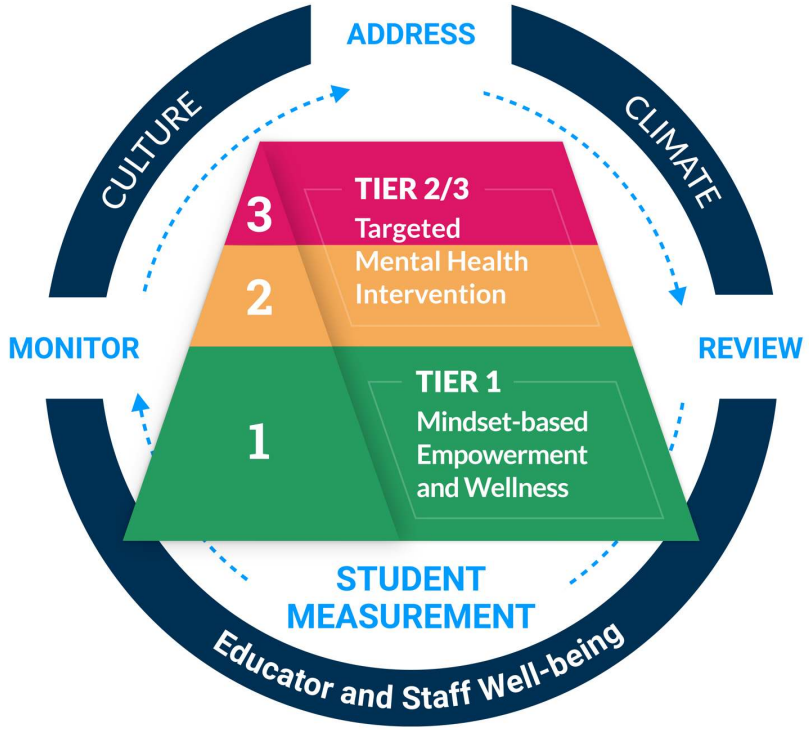
7 Mindsets Core Instruction delivers a scaffolded, teacher-led PreK-12 Tier 1 digital curriculum designed to foster resilience, motivation, and a deep sense of belonging. Through inspiring lessons and practical strategies, students build essential life skills, while professional learning and coaching empower educators to create a thriving, connected school culture.

7 Mindsets Wellness

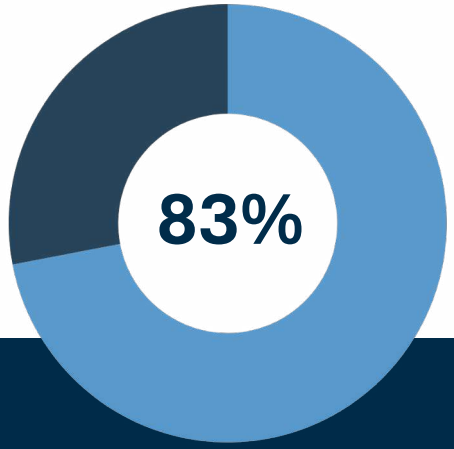
A student-centered mental health and wellness solution that offers self-guided digital lessons for grades 6–12 and facilitated learning for elementary. Designed for both Tier 1 prevention and Tier 2/3 intervention, 7 Mindsets Wellness supports emotional regulation, coping strategies, and well-being through personalized, flexible learning pathways.

7 Mindsets Insights

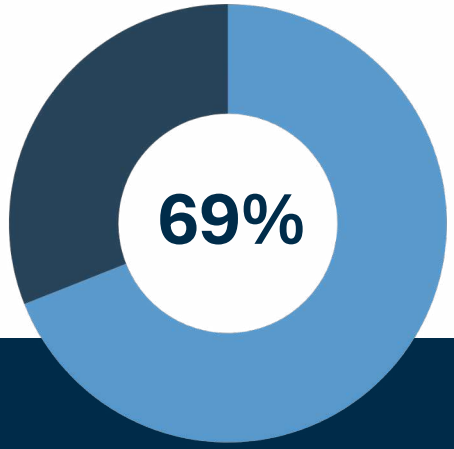
Powerful measurement tools to measure students' skills over time and inform more targeted interventions. Insights helps educators evaluate student needs, guide instruction, and monitor progress to inform multi-tiered supports.



Why Measurement Matters



72% of districts have a well-being curriculum, but only 30% have any measurement tools



69% of districts see improving students' mental health and well-being as a priority

Sources:
Tyton Partners market study, 2021

What is Insights?

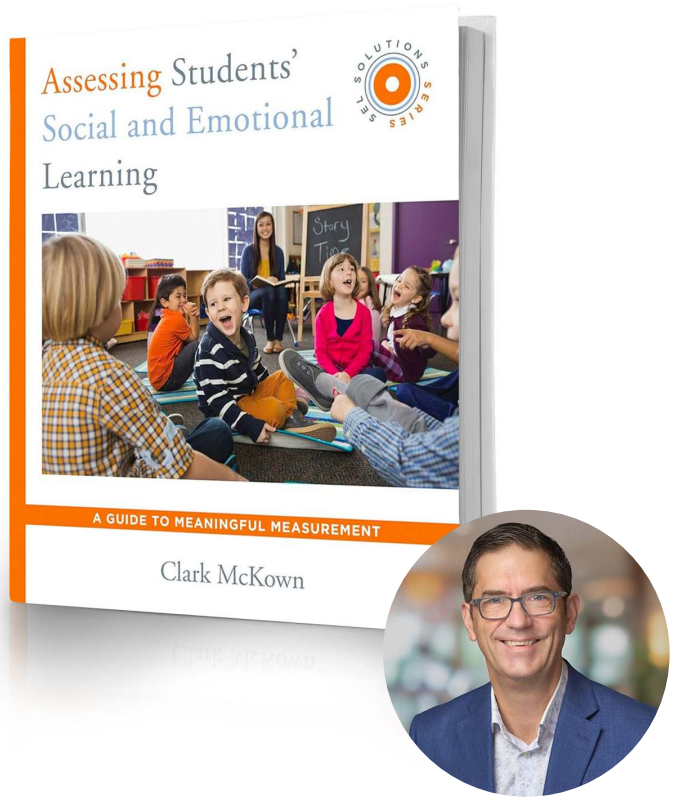
- ✓ Direct measurement for grades K-8 (most reliable method for this age band)
- ✓ Core competency measure for grades 9-12 (includes Hope and Growth Mindset)
- ✓ School climate measure for grades K-12
- ✓ Personalized learning pathways tied to identified needs
- ✓ Data review workshops and instructional resources
- ✓ Alignments to 7 Mindsets, Wellness, and 25+ commonly used programs
- ✓ Narrated and illustrated, available in English and Spanish



Insights provides the only K-8 measurement tool where students demonstrate competency through performance tasks, not self-report surveys.

Insights Creator: Dr. Clark McKown

- Professor of Behavioral Sciences at Rush University Medical Center
- Author of over 50 peer-reviewed articles, book chapters, and commissioned reports
- 2020 recipient of the CASEL's Joseph E. Zins Awards for Social and Emotional Learning Action Research
- Designed and validated our assessments via federally-funded Institute of Education Sciences Research Grants



Supported by Peer-Reviewed Research



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METHODOLOGICAL ARTICLE

WILEY

Web-based assessment of social and emotional competence in the late elementary grades

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Clark McKown and Nicole Russo-Ponsaran have financial interests in xSEL Labs, which may benefit from the results of this research.

Abstract

This paper presents evidence of the score reliability, factor structure, criterion-related validity, and measurement equivalence of a web-based assessment of several important social and emotional competencies for children in fourth through sixth grades. The assessment, SELweb LE (Late Elementary), is designed to measure children's understanding of other's thoughts and feelings, their ability to solve social problems, and their ability to engage in self-control. SELweb LE satisfies a need for a direct assessment that measures theoretically relevant social and emotional competencies specifically for youth in the late elementary grades. The competencies measured are associated with youth outcomes, are reflected in state education standards, and are the targets of instruction in widely used social and emotional learning (SEL) curricula. Analyses support SELweb LE's factor structure, score reliability, measurement equivalence, and convergent, discriminant, and criterion-related validity. More broadly, evidence supports the use of SELweb LE to characterize student competencies.

KEYWORDS

assessment, late elementary, middle childhood, social and emotional learning

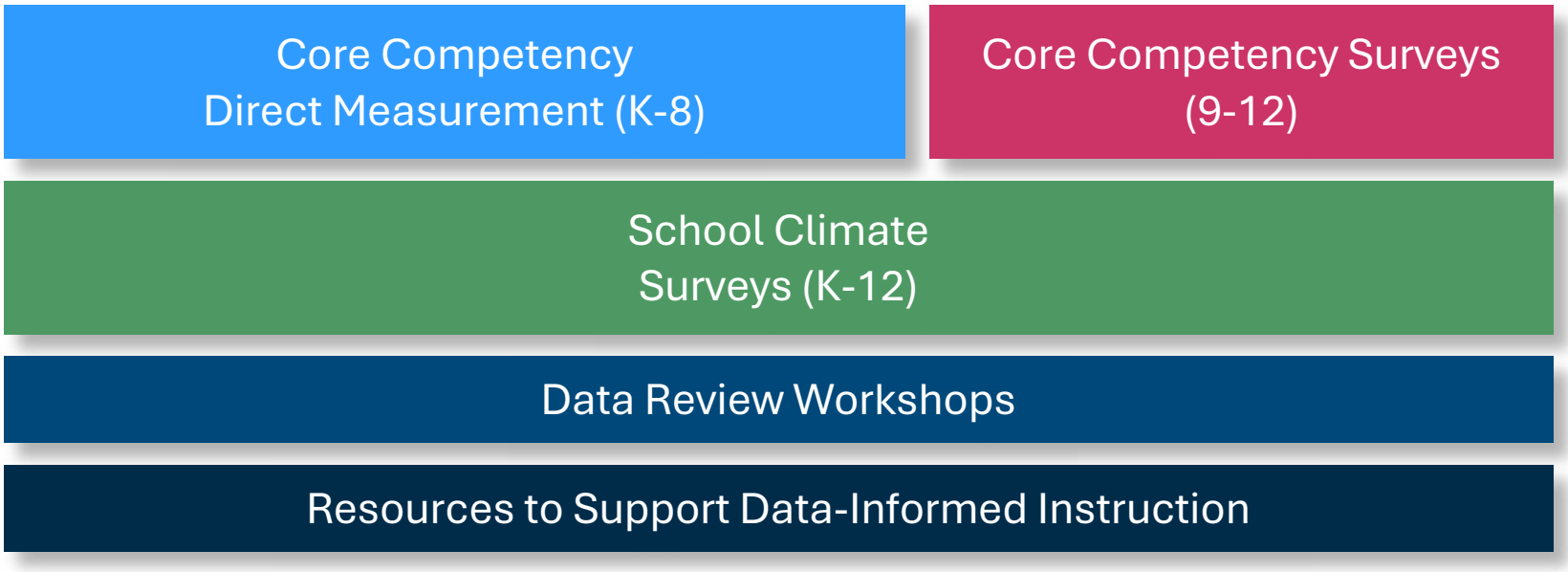
1 | INTRODUCTION

The ability to understand and effectively interact with others includes competencies such as self-awareness, self-management, social awareness, relationship skills, and responsible decision-making (https://casel.org/fundamentals-of-sel/what-is-the-casel-framework/). These social and emotional (SE) competencies are critical for academic, social, and life success (DiPerna & Elliott, 2002; Payton et al., 2008) and they can be taught (Durlak et al., 2011). Recognizing

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Measurement data based on national norms

Measurement Tools



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Grades K-3 Competency Direct Measurement

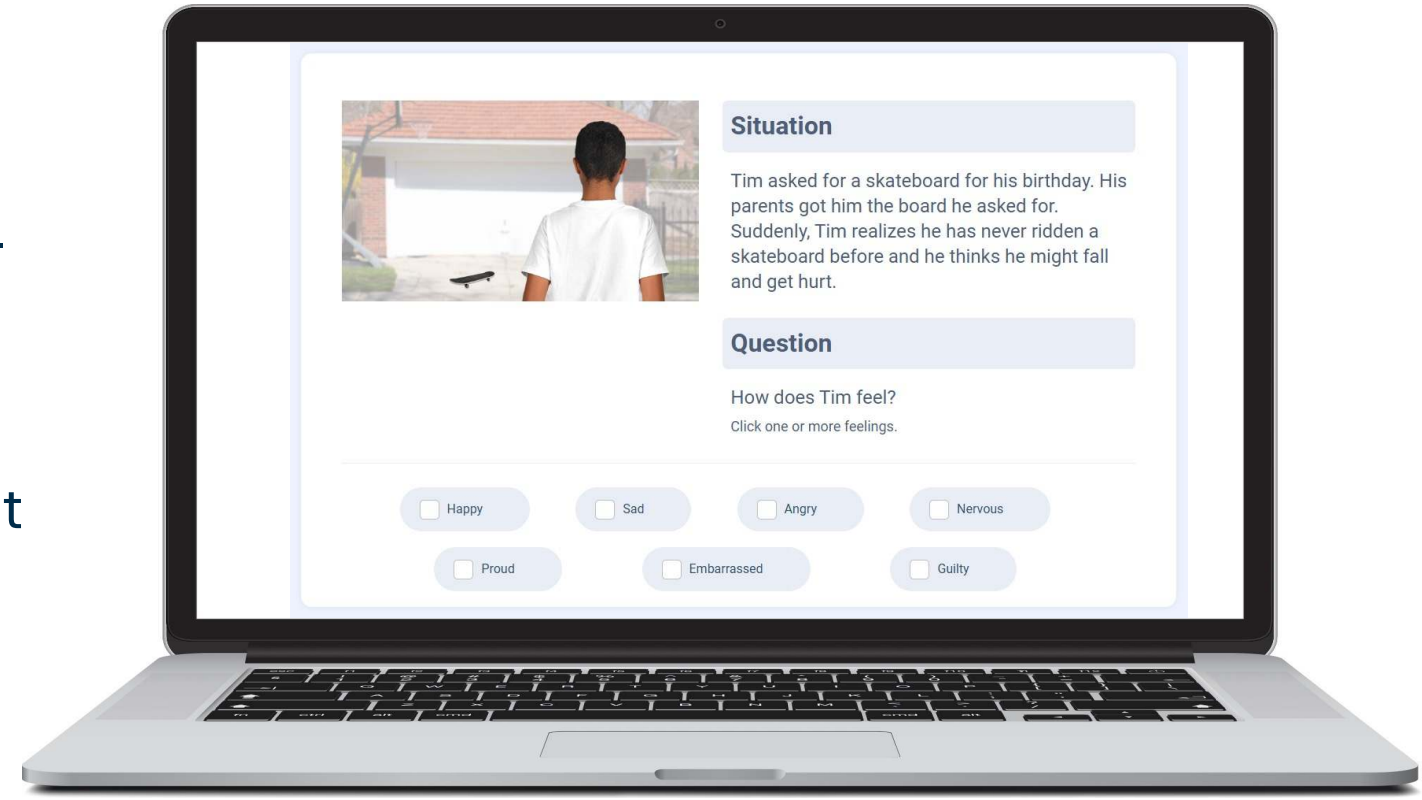
- ✓ Emotion Recognition
- ✓ Perspective-Taking
- ✓ Social Problem-Solving
- ✓ Self-Control



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Grades 4-5 Competency Direct Measurement

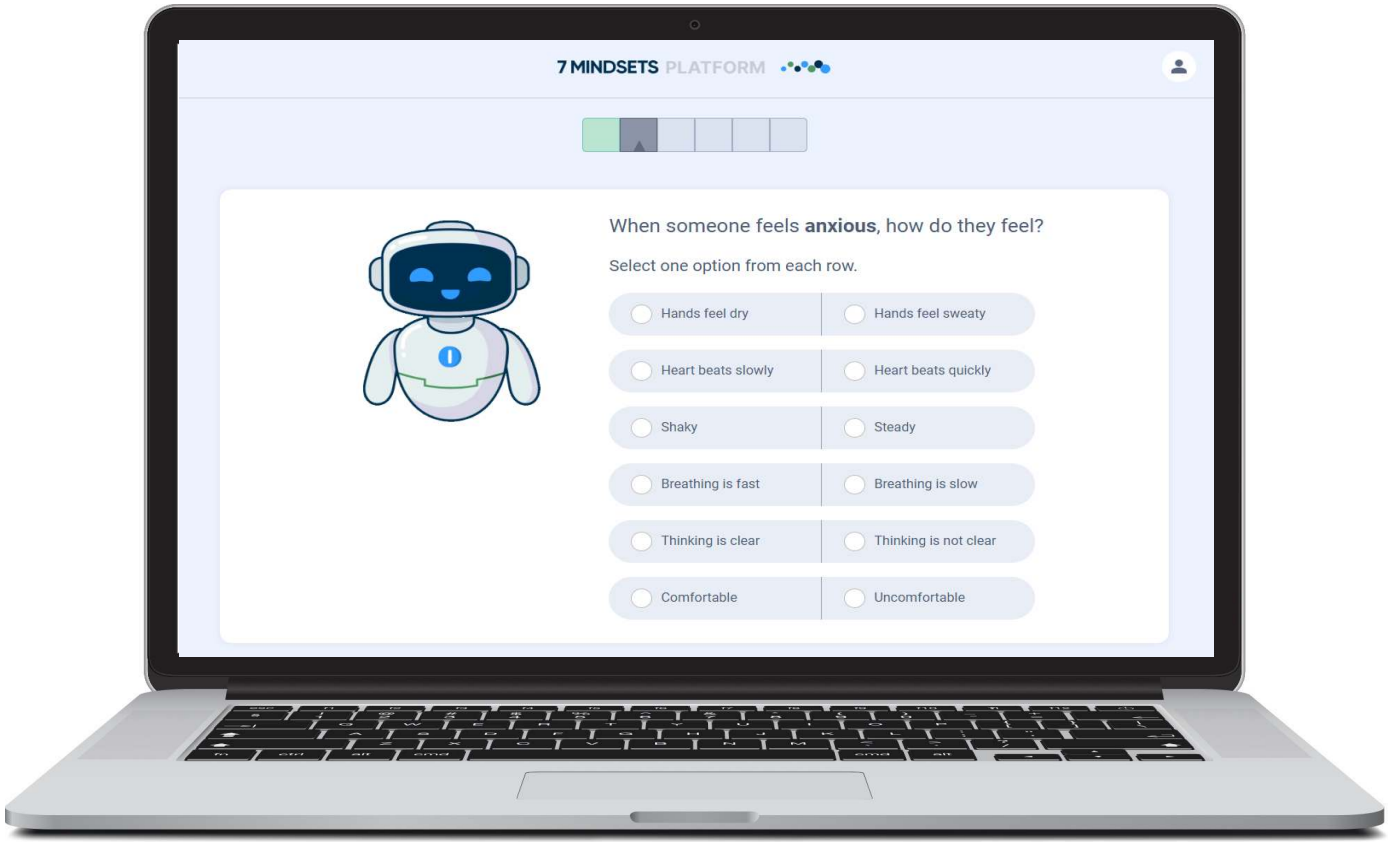
- ✓ Understanding Others
- ✓ Social Problem-Solving
- ✓ Self-Control
- ✓ Self Assessment



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Grades 6-8 Competency Direct Measurement

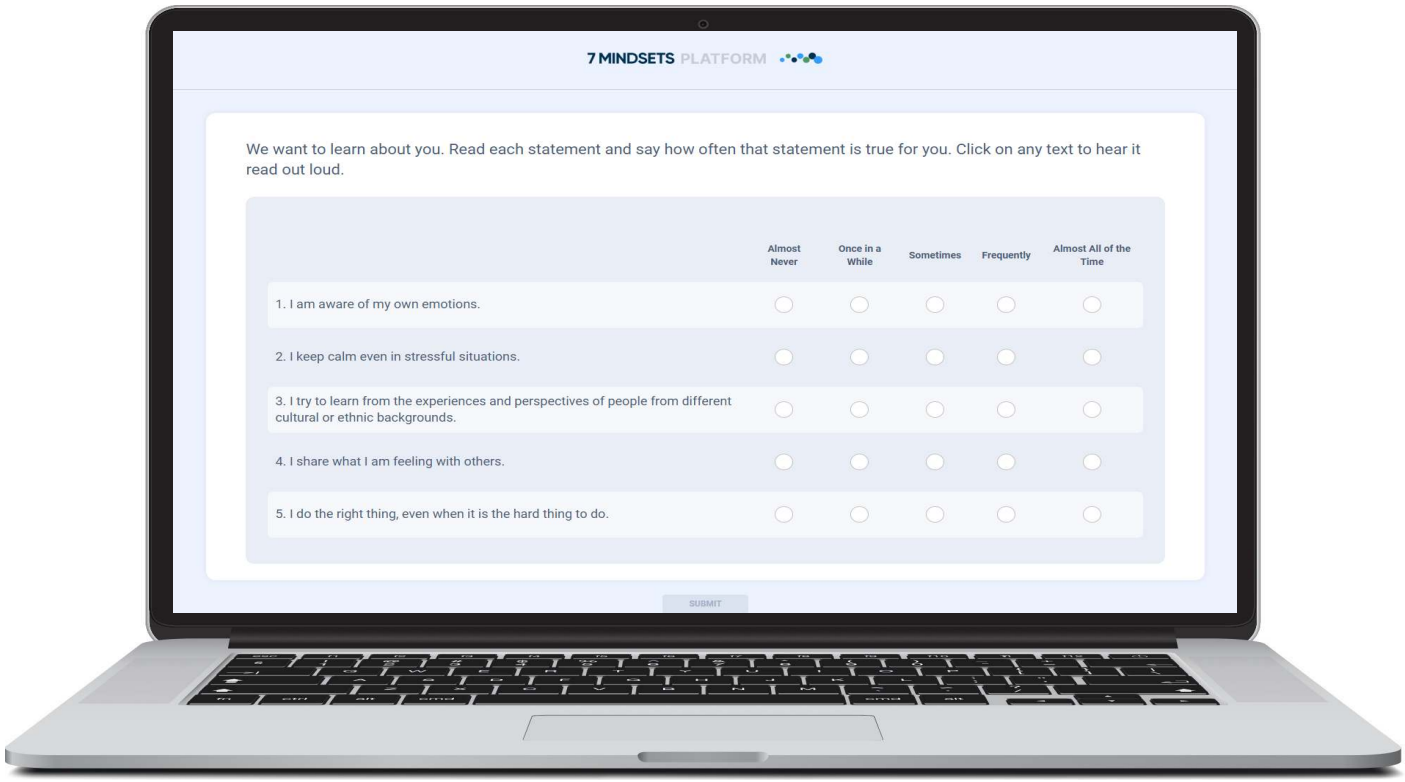
- ✓ Self-Awareness
- ✓ Self-Management
- ✓ Social Awareness
- ✓ Relationship Skills
- ✓ Responsible Decision-Making



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Grades 9-12 Competency Survey

- ✓ Self-Awareness
- ✓ Self-Management
- ✓ Social Awareness
- ✓ Relationship Skills
- ✓ Responsible Decision-Making
- ✓ Hope
- ✓ Growth Mindset



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Insights Climate Tool

K-3

•**Illustrated and narrated** using the **Berkeley Puppet Methodology**

4-12

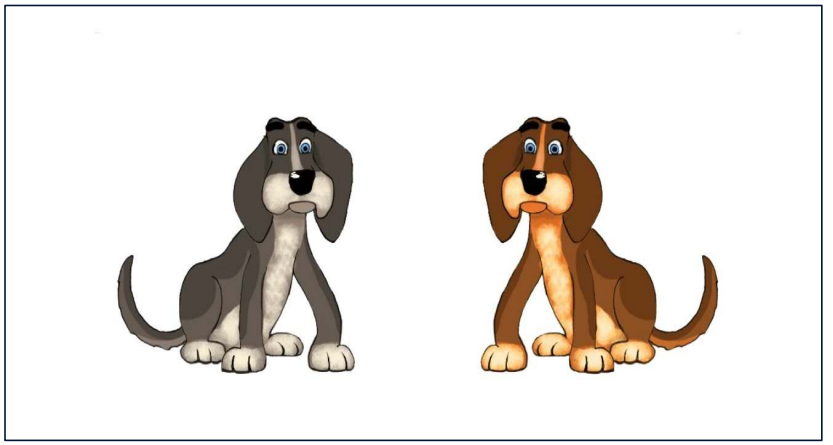
•**Read-aloud format** for accessibility

Response Scale

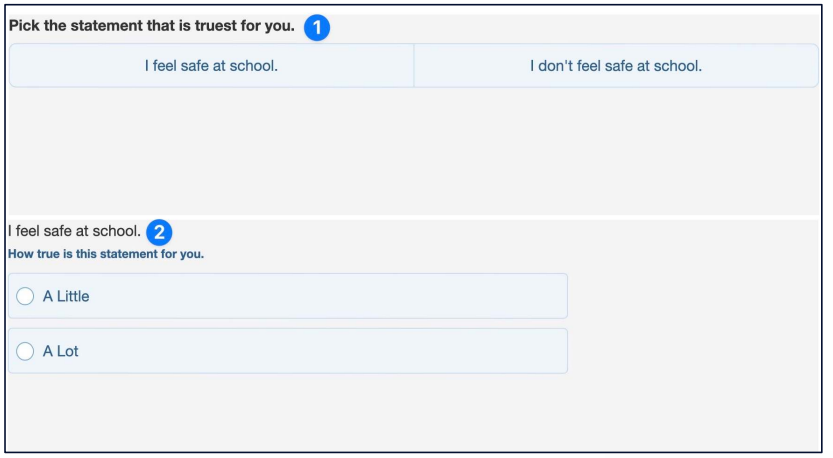
•**Four-point scale**, ranging from *"A Little" to "A Lot"*

Climate Survey Measures:

•Sense of Safety
•Belonging
•Instructional Support



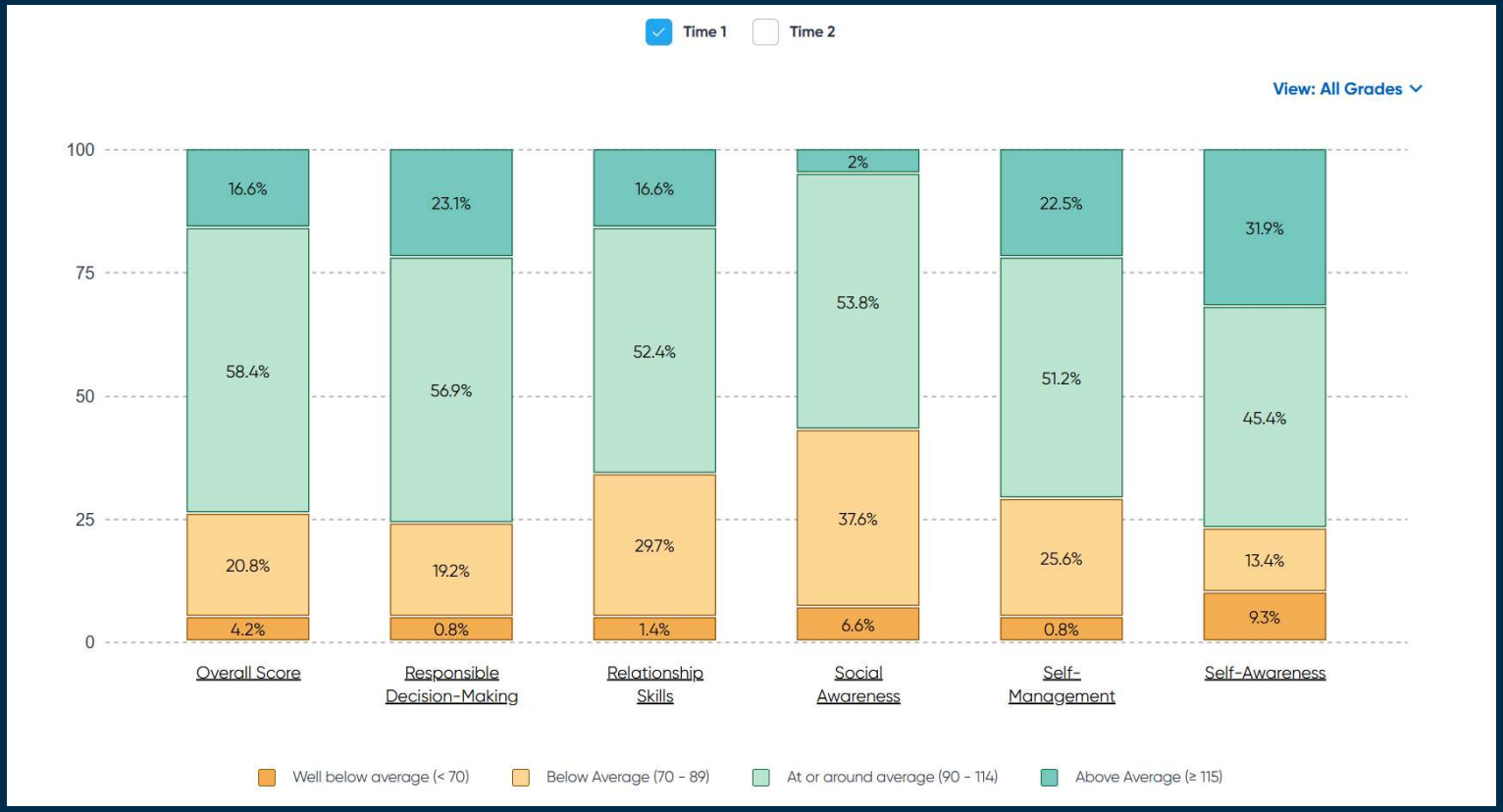
K-3



4-12

The value of Insights isn't in the assessment — it's in what the data tells you.

Validated feedback at every level: district, school, grade, class, and student.



Analyze Results



Darker orange means more students need to learn the skill

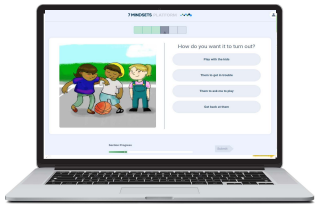
Grades K-12 Climate Survey Measures

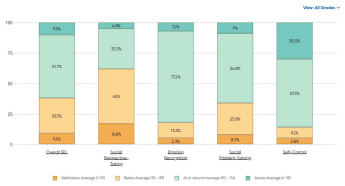
- ✓ Sense of Safety
- ✓ Belonging
- ✓ Instructional Supports



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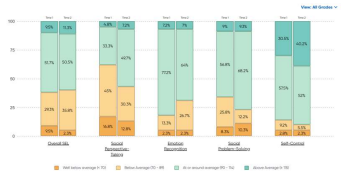
How Measurement Supports Instruction











Fall ⟵ Spring

Measure

Identify student strengths & needs and climate

Analyze

Review and reflect on measurement data to focus instruction

Address

Teach skills

Re-Assess

Measure progress

Review

Review and reflect on student growth and plan for next fall

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Technical Capabilities

Clever

ClassLink

