

7 Mindsets targets 10 Social and Emotional competencies for students. The program is designed to intentionally develop:

Self-Awareness* - Develop self-awareness skills to have knowledge of one's emotions, to develop an accurate and positive self-concept, and to recognize individual strengths and external support systems.

Self-Management* - Develop and demonstrate self-management skills and resiliency to regulate emotions and to monitor and achieve behaviors related to school and life success.

Social Awareness* - Develop social awareness skills needed to establish and maintain positive relationships.

Relationship Skills* - Demonstrate interpersonal skills needed to establish and maintain positive relationships.

Decision Making* - Demonstrate decision-making skills, problem-solving skills, and responsible behaviors in school as well as in personal and community contexts.

Resilience – Build authentic self-confidence and demonstrate the ability to deal with adversity and persist through multi-step complex efforts.

Growth Mindset – Gain a mindset that values and actively seeks personal development and growth instead of extrinsic rewards and recognitions.

Empathy – Develop compassion, awareness of other cultures and perspectives, and an orientation towards empowering others.

Sense of Purpose – Build intrinsic motivation by developing a sense of meaning and by believing in one's own unique ability to make an impact on the world.

Hope – Create positive beliefs in one's own abilities and those of other people, and focus on the possibilities for the future.

**SEL Competency as defined by [CASEL](#) (Collaborative for Academic, Social, and Emotional Learning)*

The 7 Mindsets research effort identified 28 common characteristics of happiness and achievement. The 28 development objectives are the building blocks of the 7 Mindsets (4 per Mindset). The following connects the 28 development objectives with the 10 Social and Emotional Competencies targeted through our solution.

Everything is Possible

Dream Big

Decision Making – Students create a higher-value vision for their future which drives more purposeful decision making in the present.

Hope – Effective visioning and goal setting increases student’s expectations and overall perspective on their lives and future.

Self-Awareness – Students build a positive self-image through greater appreciation of their unique abilities to do extraordinary things in life.

Sense of Purpose – Students build perspective on their unique abilities to accomplish their goals and dreams.

Embrace Creativity

Growth Mindset – Students gain greater appreciation for their creative capacity and their potential to innovate and grow through life.

Resilience – Through creative problem solving, students build confidence in their ability to overcome challenges and adversity.

Think Positive

Self-Management – Students gain skills to manage their own emotions to drive better relationships and outcomes in their lives.

Relationship Skills – Through improved attitudes and perspectives, students become better friends and more easily connect with others.

Hope – Students build their capacity to see opportunities and maintain a positive perspective to improve motivation and performance.

Self-Awareness – Students build on a positive self-image through improved perspective on themselves, their future, and the world around them.

Act and Adjust

Growth Mindset – Students learn that failure and risk are essential to success and act as a catalyst to personal growth.

Resilience – By changing their perspective on risk and failure, students gain greater capacity to overcome challenge and adversity.

Passion First

Focus on Strengths

Self-Awareness – Students gain a greater knowledge of and appreciation for their own talents and the relevance they bring to the world and their future.

Hope – Students gain greater clarity on a positive future that leverages their innate abilities and strengths.

Sense of Purpose – Students connect their authentic abilities to opportunities that impact their lives.

Explore Your Interests

Self-Awareness – Students gain a greater knowledge of and appreciation for their own passions and the relevance they bring to the world and their future.

Hope – Students gain greater clarity on a positive future that leverages their innate interests and desires.

Sense of Purpose – Students connect their authentic interests and desires to opportunities that impact their lives.

Take a Stand

Self-Awareness – Students gain a greater knowledge of and appreciation for their own values and the relevance they bring to the world and their future.

Hope – Students gain greater clarity on a positive future that leverages their personal values.

Sense of Purpose – Students connect their values and desires to opportunities that impact their lives.

Resilience – By connecting more deeply to their core values, students are able to navigate life’s complexities and stay focused on what is important.

Be Authentic

Self-Awareness – Students gain a better understanding of and learn to apply their strengths, interests, values, and personal desires

Hope – Students gain greater clarity on a positive future that leverages their authentic selves.

Sense of Purpose – Students connect their authentic talents, passions, values, and desires with goals that will have a meaningful impact.

We Are Connected

Embrace Everyone **Social-Awareness** – Students become more intrinsically motivated to build empowering relationships with others.
Relationship Skills – Students begin developing strategies for making connections and building meaningful relationships with others.
Empathy – Students attain broader perspectives on relationships and begin to understand the unique circumstances and abilities of others.

Maximize Positive Relationships **Social-Awareness** – Students become more intrinsically motivated to build empowering relationships with others.
Relationship Skills – Students begin developing strategies for making connections and building meaningful relationships with others.
Empathy – Students attain broader perspectives on relationships and begin to understand the unique circumstances and abilities of others.
Resilience – Students build greater confidence in their existing support structures and effectively trust and leverage the people around them through challenges.

Build Your Dream Team **Social-Awareness** – Students become more intrinsically motivated to build empowering relationships with others.
Relationship Skills – Students begin developing strategies for making connections and building meaningful relationships with others.
Resilience – Students build greater confidence in their existing support structures and effectively trust and leverage the people around them through challenges.

Lead with Value **Empathy** – Students attain broader perspectives on relationships and understand the unique circumstances and abilities of others.
Resilience – Students build greater confidence in their existing support structures and effectively trust and leverage the people around them through challenges.

100% Accountable

Own Your Life **Self-Management** – Students build an understanding of how their own thoughts and actions dictate short-term and long-term outcomes in their lives.
Decision Making – Students gain new perspective on their daily choices and become more intrinsically motivated to make better and more purposeful decisions.
Resilience – Students develop a greater sense of ownership and a new ability to self-advocate and dictate different outcomes in their lives.
Growth Mindset – Students develop an expanding capacity to look inside for motivation and solutions, which leads to greater capacities for themselves.

Overcome Limiting Beliefs **Self-Management** – Students build an understanding of how their own thoughts and actions dictate short-term and long-term outcomes in their lives.
Resilience – Students develop a greater sense of ownership and a new ability to self-advocate and dictate different outcomes in their lives.

Focus Your Energy **Self-Management** – Students build an understanding of prioritizing activities and organizing their days to create better outcomes.
Decision Making – Students gain new perspective on their daily choices and become more intrinsically motivated to make better and more purposeful decisions.
Sense of Purpose – Students learn to focus on activities that play to their natural abilities, desires, interests, and values.
Resilience – Students build greater confidence in their existing support structures and effectively trust and leverage the people around them through challenges.

Grow Through Life **Self-Management** – Students build an understanding of how their own thoughts and actions dictate short-term and long-term outcomes in their lives.
Decision Making – Students gain new perspective on their daily choices and become more intrinsically motivated to make better and more purposeful decisions.
Growth Mindset – Students develop an expanding capacity to look inside for motivation and solutions, which leads to greater capacities for themselves.
Sense of Purpose – Students learn to focus on activities that play to their natural abilities, desires, interests, and values.

Attitude of Gratitude

Treasure Yourself

Self-Awareness – Students develop a deeper understanding of themselves and an appreciation for their uniqueness.

Resilience – Students create a more positive self-image and a greater belief in their capacity to succeed and be happy.

Hope – Students become more aware of their strengths and assets and how to use them to build a bright future.

Be More Grateful

Social-Awareness – Students gain greater perspective on the positive influences and support structures in their lives.

Relationship Skills – Students learn specific approaches to developing positive and meaningful relationships with others.

Resilience – By building a more positive perspective of others, students gain greater levels of confidence in the support structures around them.

Thank it Forward

Social-Awareness – Students gain greater perspective on the positive influences and support structures in their lives.

Relationship Skills – Students learn specific approaches to developing positive and meaningful relationships with others.

Resilience – By building a more positive perspective of others, students gain greater levels of confidence in the support structures around them.

Empathy – Students become more aware of their impact on others and their ability to have a positive impact.

Elevate Your Perspective

Resilience – Students learn to find the good in all situations and maintain positive attitudes and perspectives through adversity.

Growth Mindset – Students understand the critical lessons and growth opportunities that are present in failure and adversity.

Live to Give

Stretch Yourself **Self-Awareness** – Students utilize a better understanding of themselves to identify the impact and influence they want to have with their lives.
Growth Mindset – Students learn the essential need to develop their interests and talents to positively impact their lives and the world around them.
Sense of Purpose – Students connect their unique attributes to a meaningful possible contribution to society.
Hope – Students expand their perspectives on the future and identify significant possible outcomes for their lives.

Make a Difference **Self-Awareness** – Students utilize a better understanding of themselves to identify the impact and influence they want to have with their lives.
Sense of Purpose – Students connect their unique attributes to a meaningful possible contribution to society.
Empathy – Students build perspective on the needs of others and identify the positive impact they can have on people’s lives through service.

Receive Gracefully **Social-Awareness** – Students gain a perspective on receiving compliments and recognition from others in a positive, constructive way.
Relationship Skills – Students learn specific strategies to relate to others in a more positive and purposeful manner.
Empathy – Students learn to be sensitive to the vulnerabilities of others during critical interactions.

Create a Legacy **Self-Awareness** – Students utilize a better understanding of themselves to identify the impact and influence they want to have with their lives.
Growth Mindset – Students learn the essential need to develop their interests and talents to positively impact their lives and the world around them.
Sense of Purpose – Students connect their unique attributes to a meaningful possible contribution to society.

Hope – Students expand their perspectives on the future and identify significant possible outcomes for their lives.

The Time is Now

Embrace Every Moment

Self-Management – Students learn to become more thoughtful and present in the moment, bringing their full capacity to their decisions and actions.

Social Awareness – Students develop strategies to become more engaged in the present moment and more thoughtful and constructive in their interactions.

Decision Making – Students become more engaged and better equipped to make appropriate decisions.

Get in the Zone

Self-Management – Students learn to become more thoughtful and present in the moment, bringing their full capacity to their decisions and actions.

Social Awareness – Students develop strategies to become more engaged in the present moment and more thoughtful and constructive in their interactions.

Decision Making – Students become more engaged and better equipped to make appropriate decisions.

Let Yourself Be Vulnerable

Relationship Skills – Students learn to be more open, sincere, and authentic with others.

Resilience – Students develop a healthy perspective on risk-taking by realizing the necessity of taking chances and learning through failure.

Act With Purpose

Self-Management – Students become more aware of their decisions and actions as well as the impact they are having on their own future.

Decision Making – Students better manage priorities and are able to discern positive, purposeful actions from useless or destructive ones.

Sense of Purpose – Students begin connecting their daily activities to long-term goals and the impact they want to have with their lives.