Improving Student Outcomes with Evidence Based SEL

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To Empower Greatness in Individuals, Schools, Families and Communities around the World

Carol Gerber Allred, Ph.D.
President/Developer

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Empower Greatness+

By learning how to understand and manage ourselves for success and happiness.

How It Started

- 1973: Originated as the brainchild of Carol Gerber Allred, Ph.D. while teaching high school English and psychology.
- 1977: Development of the Positive Action program began.
- 1983–Present: Continued research and development to create the system of today.
- Today: Has been used by over 15,000 schools, districts and community organizations, 5 million students and 10,000 families nationally and internationally.

2018 marked 36 years of reaching students and families!
The Positive Action System

Defining Empower Greatness

+ Learning how to understand and manage yourself to:
  + Reach your potential
  + Know you are meant for accomplishment
  + Achieve self-mastery
  + Feel good about yourself

Outcomes Get to the Root of Greatness
Multiple Varieties of Greatness Outcomes

Studies Show Replicated & Sustained Outcomes

Randomized Controlled Trial – Chicago (ESSA – Strong Evidence)
- Prevention Science (2011)
- Journal of Primary Prevention (2016)
- Journal of Adolescent Health (2013)
- Psychology & Health (2011)

Randomized Controlled Trial – Hawai’i (ESSA – Strong Evidence)
- American Journal of Health Promotion (2013)
- Journal of School Health (2012)

Randomized Controlled Trial – Southeastern State (ESSA – Strong Evidence)
- Prevention Science (2011)

Quasi-Experimental – Nevada District, Hawai’i (ESSA – Moderate Evidence)
- Prevention Science (2010)

Long-Term Matched-Control Quasi (ESSA – Moderate Evidence)

Peer-Reviewed Articles Confirm Evidence-based
RESEARCH

Authoritative Groups Confirm Evidence-based

- Approved Whole School Reform Model (1 of 4 programs) – Preparing Providers for School Improvement Grant by U.S. Dept. of Education – 2015
- Endorsed by the Council of Administrators of Special Education (CASE) for academics, behavior and character with general as well as special education students.
- Endorsed as a Select Program by Collaborative for Academic, Social and Emotional Learning (CASEL) – 2013 Guide
- Recognized as a Model Program by Blueprints for Healthy Youth Development, meeting the highest standards of evidence through independent review by the nation’s top scientists.
- Recognized as an Effective Model Program with strong evidence for outcomes with the U.S. Department of Justice (DOJ), Office of Juvenile Justice and Delinquency Prevention (OJJDP).
- Top-rated SEL Program for increasing academics by University of Dublin College – 2018

RESEARCH

Review of SEL Programs with Academic Outcomes

Out of 28 programs, Positive Action was top-rated – March, 2018

A systematic review of SEL programs found effects in schools on achievement in three subjects: reading, mathematics and science.

Evidence was rated as strong, limited, insufficient or no studies qualified.

The review was conducted by Roisin P. Corcoran* and her team and published in Educational Research Review and The Conversation**

“Based on our review, it’s clear that Positive Action delivers strong results.”

*Associate Professor, University College Dublin
**An independent source of news and views from the academic and research community delivered direct to the public.

https://theconversation.com/children-benefit-when-taught-social-and-emotional-skills-but-some-methods-are-better-than-others-90984

How to Empower Greatness?

With Knowledge
+ An Intuitive (universal) Philosophy
+ A Think + Act + Feel about Self + Circle

With Skills
+ Development of Social, Emotional, Physical and Intellectual areas (Six Unit)

With Climate
+ By Applying, Practicing and Reinforcing the skills (positive actions) site-wide
Positive Action Knowledge & Skills are Taught Through Six Units

- All program components are based on same six units:
  - Unit 1 provides the conceptual foundation (i.e., philosophy) for the other five units.
  - Units 2–6 include positive actions for the whole self: physical, intellectual, social and emotional.

Unit 1: Philosophy

- Philosophy
- Think + Act + Feel about Self + Circle
- General skills or positive actions
- Self Concept

Unit 1 – Philosophy

You feel good about yourself when you do **positive** actions

and

there is a positive way to do everything.
Unit 1 - The Philosophy is Intuitive

You have good feelings about yourself when you do positive actions.

By making this concept conscious, you can make decisions intentionally.

Thoughts lead to Actions

The Circle can be positive or negative.

The Think + Act + Feel + Circle

Thoughts lead to Actions

Actions lead to Feelings about yourself

Feelings lead to more Thoughts

The Circle can be positive or negative.

Unit 1 - The Philosophy Teaches WHOLE Behavior Change

Behavior is a whole process.

For lasting behavior change, use the WHOLE process.
Unit 1 - The Philosophy Teaches Motivation

Extrinsic Motivation—The reward is something given to us externally.

Intrinsic Motivation—The reward is the good feeling we get internally.

External rewards have to be constantly adjusted to maintain motivation.

When the rewards stop, the behavior stops.

How heavily motivating are external rewards?

It is an extremely powerful motivator!

It is one of the most important needs we have.

How motivating is it to feel good about ourselves?
Positive/Good/Right are values
Negative/Bad/Wrong are values
Positive Values (actions) = positive character
Negative Values (actions) = negative character

Our values represent our character.
We do what we value.

Our Challenge: To Motivate Students to Make these Positive Values Their Own

Academic achievement
Good behavior
Being a good person

We teach that these positive values are also positive actions and therefore, help us feel good about ourselves.

Unit 1 - Philosophy: There is a Positive Way to Do Everything

Is to be optimistic, hopeful and resilient.
Is to be positive rather than negative.
Is to know that you can’t control everything, but you can control how you react.
What is the difference between successful and unsuccessful students?

Positive Action Empowering (PAES) Skills

- Treating the good in others
- Exercising
- Making good decisions
- Managing feelings
- Getting enough sleep and rest
- Not blaming others
- Showing personal cleanliness
- Being motivated to learn
- Avoiding bullying
- Setting intellectual goals
- Knowing your strengths and weaknesses
- Managing money
-广

Unit 2: Positive Actions for a Healthy Body and Mind

Physical Positive Actions

- Exercising
- Keeping clean
- Eating nutritiously
- Maintaining good dental health
- Avoiding Illnesses
- Avoiding harmful substances
- Refusing to abuse
- Getting enough sleep and rest

Intellectual Positive Actions

- Solving problems well
- Making good decisions
- Being motivated to learn
- Having good thinking skills
- Having good study habits
- Valuing learning
Unit 3: Self Management

- Managing Yourself Responsibly
  - Managing thoughts
  - Managing actions
  - Managing feelings
    (love, anger, worry, jealousy, feelings of pride, fear, loneliness, discouragement, thankfulness)
  - Managing time
  - Managing energy
  - Managing money
  - Managing possessions
  - Managing talents

Unit 4: Social Skills

- Getting Along with Others
  - Treating others the way you want to be treated
  - Seeing the good in others
  - Respecting others
  - Saying nice things to others
  - Showing appreciation
  - Showing empathy
  - Showing fairness
  - Showing kindness
  - Showing cooperation
  - Avoiding bullying

Unit 5: Self Honesty

- Being Honest with Yourself and Others
  - Being in touch with reality
  - Telling yourself the truth
  - Telling others the truth
  - Not blaming others
  - Not making excuses
  - Not rationalizing
  - Knowing your strengths and weaknesses
  - Doing what you say you will do
Unit 6: Self Improvement - at the Root

+ Improving Yourself Continually
  + Setting physical goals
  + Setting intellectual goals
  + Setting social and emotional goals
  + Believing in your potential
  + Having courage to try
  + Turning problems into opportunities
  + Persisting
  + Broadening your horizons

Some reasons why we don’t do positive actions…

- Positive actions are not readily known
- Society has mixed messages
- Positive actions are harder to do

Positive Action Program
Knowledge & Skills in the Tools
The Tools

+ Developing Knowledge & Skills through the Program Tools.
+ Providing flexible, comprehensive and complete tool kits for the entire school community:
  + Pre K–12 Curriculum
  + Elementary Bullying Prevention
  + Elementary & Secondary Drug Education
  + Conflict Resolution
  + Climate Development
  + Counseling
  + Family
  + Community

Using the Tools

+ Use the tools with fidelity.
+ Use the tools positively.

Pre-K–12 Curriculum

- Scoped
  - Pre-K through Grade 12
- Sequenced
  - Same six units at each grade level but age-appropriate.
- Spiraling
  - Building depth and breadth of reasoning and commitment
Engaging and ready-to-go:

- Pre K: 130 five-minute interactive, scripted lessons
- K–6: 140 15-minute interactive, scripted lessons
- Materials for 30 students

Lesson strategies and methodologies:

- Puppets, games, poems
- Role-playing, stories
- Plays, discussions, journals
- Music, stickers
- Colorful, interactive posters

Tool Kit Contents

- Instructor’s Manual
- Manipulatives
- Student Sheets or Booklets (enough for 30 students)
- Posters

Grade 4 Instructor’s Kit
The Grade 4 Instructor’s Manual includes:
- Introduction
- Lessons that are 15–20 minutes, scripted & engaging
- Appendices A–C
  - Purpose Statements
  - Materials List
  - Activity Sheet Thumbnails

### Sample Lesson

### Manipulatives
- Game board
- Game cards
- Game markers
- Positive Action Envelope
- Placemat
- Positive Action Journals
- Positive Reinforcement Stickers
- Index cards
- Pipe cleaners
- Poster paper
**Student Activity Booklets**

- There are 38 student activity sheets used in the lessons throughout the manual.
- Activity sheets are coded: LESSON-UNIT-GRADE (ex. Lesson 1, Unit 1 for Grade 4: 1-1-4)
- 30 copies in each kit

*(Note: All posters and visual aids are coded in the same way.)*

**Posters**

- Multiple full-color posters at every grade level
- Posters are coded: LESSON-UNIT-GRADE (ex. Lesson 8, Unit 2 for Grade 4: 8-2-4)

**Middle School Tool Kits**

**Engaging and ready-to-go:**

- 15-20-minute, interactive, scripted lessons
  - Grade 6: Units 1-6, 140 lessons
  - Grade 7: Units 1-3, 82 lessons
  - Grade 8: Units 4-6, 82 lessons
- Materials for 30 students
- Lesson strategies and methodologies:
  - Posters, games, manipulatives
  - Stories, discussion, radio scripts and role-playing

*Grade 7 Instructor’s Tool Kit*
Tool Kit Contents

- Instructor’s Manual
- Manipulatives
- Student Activity Sheets or Booklets (enough for 30 students)
- Posters

Grade 7 Sample Lesson

- Engaging and ready-to-go:
  - 132 15-20-minute, interactive, scripted lessons
  - Kit 1 — Life’s Big Question: “Who Am I?”
  - Kit 2 — Lives on the Line Play
  - Kit 3 — Projects for Teens
  - Kit 4 — Life Training for Teens
  - Materials for 30 students
- Lessons strategies and methodologies:
  - Role-playing, stories, posters
  - Activities, games, projects
  - Peer mentoring and discussion

High School Tool Kits

- 132 15-20-minute, interactive, scripted lessons
- Kit 2 — Lives on the Line Play
- Kit 3 — Projects for Teens
- Kit 4 — Life Training for Teens
- Materials for 30 students
- Lessons strategies and methodologies:
  - Role-playing, stories, posters
  - Activities, games, projects
  - Peer mentoring and discussion
**Tool Kit Contents**

- Instructor’s Manual
- Manipulatives
- Posters
- Student Activity Sheets or Booklets (enough for 30 students)

**Sample Lesson – Positive Thoughts**

**Elementary Drug Education Kit**
- 18 15-minute lessons
- Materials for 30 students
- Lesson strategies:
  - Posters, games, discussion

**Secondary Drug Education Kit**
- 30 20-minute lessons
- Materials for 30 students
- Lesson strategies:
  - Posters, play script, music and games

**Drug Education Supplement Tool Kits**

- Kits stand alone or used with curriculum kits
Bullying Prevention Supplement Tool Kit

- 21 30-minute lessons
- Materials for 30 students
- Lesson strategies:
  - Posters, stories, games,
  - Positive Behavior Plans and Celebrations
- Kit stands alone or used with curriculum kits

Elementary Bullying Prevention Supplement Tool Kit

Climate Development Tool Kits

Elementary Climate Development Kit
- Manual
- Materials for 5 committee members
- Materials for 6 teachers
  - Activities:
    - Words of the Week Cards
    - Stickers
    - Assemblies
    - ICU/See You Doing Something Positive Box

Secondary Climate Development Kit
- Manual
- Materials:
  - 500 Student "PALS Club" Cards, 1 Peace Flag
- Activities:
  - Projects, Assemblies, Buzz Words, "SOS (Salute Our Students)" Box

Secondary Climate Development Tool Kit

Conflict Resolution Tool Kit

Conflict Resolution Kit
  - 7 15-20 minute lessons
- Materials:
  - 1 Set of "Conflict Resolution Plan Scenarios"
  - 100 "Conflict Resolution Plans"
  - 4 "Decision-Making and Problem-Solving Checklist" Notepads (25 pages in each)
- Strategies:
  - Practice using "Conflict Resolution Plans" with a variety of scenarios

Conflict Resolution Tool Kit
Counselor’s Tool Kit
For individuals, small groups, classrooms and families

**Counselor’s Kit**
- **Manual:** Positive Actions for Living
- **Materials:** for 6
- **Lesson Strategies:**
  - Stories, games, posters, music
- **Other Materials:**
  - Topical Guide
  - 30 Positive Behavior Plans
  - 30 Positive Behavior Celebrations
  - Secondary Stories
  - Conflict Resolution Kit
    - Parents’ Guide
      - Conflict Resolution Plan Scenarios
    - 8 Conflict Resolution Plans
    - 1 Decision-making/Problem-solving (small)

Parent and Family Tool Kits
Engaging Parents and Families at Home

**Family Kit** — Stand alone and for classes
- **Manual:**
  - 42 30-45 minute lessons
- **Lesson Strategies:**
  - Activities, stories, games, posters and music
- **Materials:** for 6

**Family Classes Instructor’s Kit**
- 4 Manuals and 10 Family Kits:
  - Parents, Adolescents, Children and Wrap-up
  - 7 2-hour classes
- **Lesson Strategies:**
  - Activities teach how to use the Family Kit

**Parenting Classes Instructor’s Kit**
- 1 Manual: Parents and 10 Family Kits
- **Lesson Strategies:** Same as Family Classes

Community Tool Kit

**Manual:**
- Part 1—Community wide Events
- Part 2—Community groups Activities

**Includes other Tool Kits:**
- 1 Conflict Resolution Kit
- 1 Counselor’s Kit
- 1 Family Kit
- 1 Media Training Workshop Kit
Climate Goals

- To create a place where everyone wants to be. It’s:
  - Positive
  - Safe
  - Inclusive
  - Involving
- Where positive actions are:
  - Modeled & Practiced
  - Recognized & Reinforced
  - Creating new experiences
  - Contributing to the climate

Positive Actions for Greatness

Positive Equals Great

“It is frequent repetition that produces a natural tendency.”
- Aristotle

10/12/2018