

Improving Student Outcomes with Evidence Based SEL

Texas Association of School Psychologists Conference
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Improving Student Outcomes with Evidence Based SEL
Texas Association of School Psychologists
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To Empower Greatness in Individuals,
Schools, Families and Communities around the World

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President/Developer

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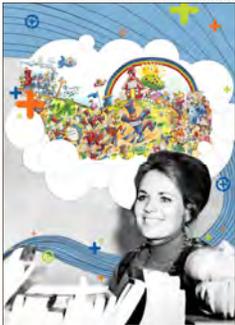
Empower Greatness⁺

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

OVERVIEW

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.
- + **1982:** Founded Positive Action Company.
- + **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!

Carol Gerber Allred, Ph.D., 1974

OVERVIEW

The Positive Action System



Content—Same for All Tools

- Philosophy:** "You feel good because you're doing good." (It's good to do good, and that's it. It's good to do good for everything. Don't do it for anything.)
- Thoughts-Actions-Feelings Circle:** Action-Feelings
- Whole Self:** Physical + Intellectual + Social + Emotional

Units: Unit 1 (Philosophy & Self Circle), Unit 2 (Physical + Intellectual), Unit 3 (Self-Management), Unit 4 (Social & Emotional), Unit 5 (Self-Mastery), Unit 6 (Self-Improvement)

Tools

- Classroom Curriculum:** Head of Instruction / Classroom Kit
- Climate Program:** Elementary / Classroom Kit, Secondary / Classroom Kit
- Counselor's Program:** Counselor's Kit, Counselor Handbook Kit, Elementary / Middle School Kit, Secondary / Supplemental Kit
- Family Programs:** Family Kit - Family Classes Kit, Parenting Classes Kit
- Community Program:** Community Kit - Classroom Kit, Character-Building Kit, Family Kit - Middle Kit

OVERVIEW

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



RESEARCH

Outcomes Get to the Root of Greatness



RESEARCH

Authoritative Groups Confirm Evidence-based

- U.S. Department of Education, Institute of Education Sciences, What Works Clearinghouse
- EVIDENCE FOR ESSA
- UCD
- Case
- CAST
- OTIP
- stopbullying.gov

- Approved Whole School Reform Model [1 of 4 programs in the nation] Provider for School Improvement Grants by the U.S. Dept. of Ed.—2015
- Top-rated in the nation for improving academics, behavior and character by the U.S. Dept. of Ed., What Works Clearinghouse—2006
- Identified by Evidence for ESSA as the only program on with a “strong” ESSA rating in both reading and math.
- Top-rated SEL Program for increasing academics by University Dublin College—2018
- 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 the outcomes with the U.S. Department of Justice (DOJ), Office of Justice Programs (OJP), Crime Solutions.gov for the Office of Juvenile Justice Delinquency and Prevention (OJJDP).
- Identified in evidence-based program directories for bullying prevention programs on the stopbullying.gov website. Directories: Blueprints, Find YouthInfo.gov, and DOJ.
- Recognized as a Model Program with a Strong Evidence rating by the National Dropout Prevention Center.

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 research 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.”

THE CONVERSATION
Children benefit when taught social and emotional skills – but some methods are better than others

*Associate Professor, University College Dublin
“An independent source of news and views from the academic and research community, delivered direct to the public.”
<http://www.conversationjournal.com/2018/03/28/positive-action-delivers-strong-results/>

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

CONTENT

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.

CONTENT

Unit 1: Philosophy

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

CONTENT

Unit 1 – Philosophy

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

and

there is a positive way to do everything.

CONTENT

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.

CONTENT

Unit 1 - The Philosophy Depicted by the Circle

The Think + Act + Feel + Circle



Thoughts lead to Actions

and Feelings lead to more Thoughts

Feel about self

Act

Actions lead to Feelings about yourself

The Circle can be positive or negative.

CONTENT

Unit 1 - The Philosophy Teaches WHOLE Behavior Change

Behavior is a **whole** process.



Think

Feel about self

Act

For lasting behavior change, use the **WHOLE** process.

CONTENT

Unit 1 - The Philosophy Teaches Motivation

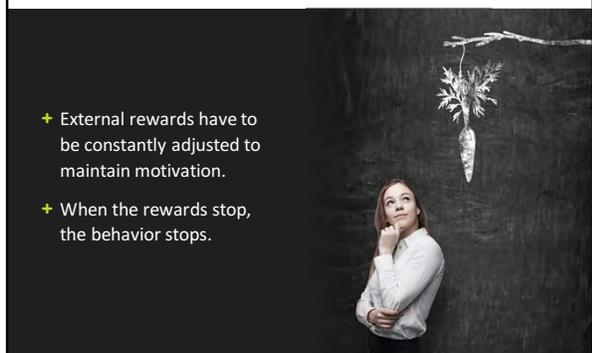
Extrinsic Motivation—The reward is something given to us externally.

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



CONTENT

How Motivating are External Rewards?



- + External rewards have to be constantly adjusted to maintain motivation.
- + When the rewards stop, the behavior stops.

CONTENT

How Motivating Is It to Feel Good about Our selves?



- + It is one of the most important needs we have.
- + It is an extremely powerful motivator!

CONTENT

Unit 1-The Philosophy Teaches Character

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.**

CONTENT

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

Academic achievement	Being a good person	Good behavior
		

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

CONTENT

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**.



CONTENT

The Difference



+ What is the difference between successful and unsuccessful students?

CONTENT

Positive Action Empowering Greatness Skills

<ul style="list-style-type: none"> <input type="checkbox"/> Seeing the good in others <input type="checkbox"/> Exercising <input type="checkbox"/> Managing actions <input type="checkbox"/> Showing appreciation <input type="checkbox"/> Learning that there is a positive way to do everything <input type="checkbox"/> Making good decisions <input type="checkbox"/> Managing feelings <input type="checkbox"/> Getting enough sleep and rest <input type="checkbox"/> Not blaming others <input type="checkbox"/> Showing personal cleanliness <input type="checkbox"/> Being motivated to learn <input type="checkbox"/> Avoiding bullying <input type="checkbox"/> Setting intellectual goals 	<ul style="list-style-type: none"> <input type="checkbox"/> Setting physical goals <input type="checkbox"/> Being in touch with reality <input type="checkbox"/> Maintaining good nutrition <input type="checkbox"/> Broadening your horizons <input type="checkbox"/> Not making excuses <input type="checkbox"/> Saying nice things to others <input type="checkbox"/> Having courage to try <input type="checkbox"/> Making good choices <input type="checkbox"/> Managing talents <input type="checkbox"/> Respecting others <input type="checkbox"/> Knowing your strengths and weaknesses <input type="checkbox"/> Managing money <input type="checkbox"/> Showing empathy <input type="checkbox"/> Turning problems into opportunities <input type="checkbox"/> Refusing to abuse (engage in unhealthy food, substances, behaviors) 	<ul style="list-style-type: none"> <input type="checkbox"/> Treating others the way you want to be treated <input type="checkbox"/> Showing fairness <input type="checkbox"/> Avoiding illnesses <input type="checkbox"/> Learning that you feel good about yourself when you do positive actions <input type="checkbox"/> Managing thoughts <input type="checkbox"/> Being able to solve problems well <input type="checkbox"/> Having good thinking skills <input type="checkbox"/> Telling others the truth <input type="checkbox"/> Managing possessions <input type="checkbox"/> Believing in your potential <input type="checkbox"/> Avoiding harmful substances <input type="checkbox"/> Managing time 	<ul style="list-style-type: none"> <input type="checkbox"/> Understanding that positive thoughts lead to positive actions, that lead to positive feelings about yourself, that lead to more positive thoughts <input type="checkbox"/> Telling yourself the truth <input type="checkbox"/> Managing energy <input type="checkbox"/> Showing cooperation <input type="checkbox"/> Persisting <input type="checkbox"/> Having good study habits <input type="checkbox"/> Refusing to rationalize <input type="checkbox"/> Maintaining good dental hygiene <input type="checkbox"/> Showing kindness <input type="checkbox"/> Setting social and emotional goals
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CONTENT

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

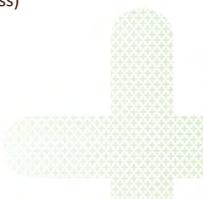
- + Solving problems well
- + Making good decisions
- + Being motivated to learn
- + Having good thinking skills
- + Having good study habits
- + Valuing learning

CONTENT

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



CONTENT

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



CONTENT

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



CONTENT

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

To empower Your **Greatness**

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



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 meaning and commitment
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TOOLS

Elementary Tool Kits

Engaging and ready-to-go:

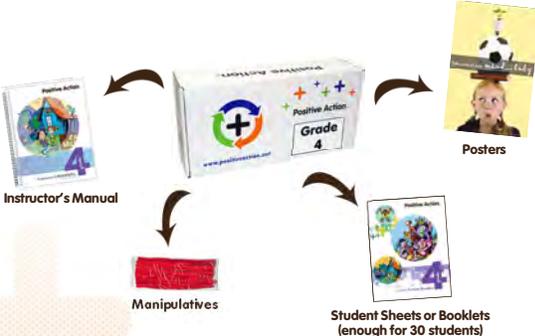
- + **Pre K:** 130 five-minute interactive, scripted lessons
- + **K-6:** 140 15-minute interactive, scripted lessons
- + **Materials for 30 students**
- + **Lesson strategies and methodologies:**
 - + Puppets, games, poems
 - + Role-playing, stories
 - + Plays, discussions, journals
 - + Music, stickers
 - + Colorful, interactive posters



Grade 1 Instructor's Tool Kit

TOOLS

Tool Kit Contents



Instructor's Manual

Manipulatives

Student Sheets or Booklets (enough for 30 students)

Posters

Grade 4 Instructor's Kit



TOOLS

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.)

TOOLS

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)

TOOLS

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

TOOLS

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

TOOLS

Climate Development Tool Kits

Provide site-wide positive reinforcement

- + **Elementary Climate Development Kit**
 - + Manual
 - + Materials for 5 committee members
 - + Materials for 6 teachers
 - + Activities:
 - + Words of the Week Cards
 - + Stickers
 - + Assemblies
 - + ICU (I 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

TOOLS

Conflict Resolution Tool Kit

For individuals, small groups, classrooms and families

- + **Conflict Resolution Kit**
 - + **Manual:** *Conflict Resolution Plan - Teachers Guide*
 - + 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

TOOLS

Counselor's Tool Kit

For individuals, small groups, classrooms and families

- + **Counselor's Kit**
 - + **Manual:** *Positive Actions for Living*
 - + 42 30-minute lessons
 - + **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**
 - + *Teacher's Guide*
 - + *Conflict Resolution Plan Scenarios*
 - + 8 *Conflict Resolution Plans*
 - + 1 *Decision-making/Problem-solving Checklist*



Counselor's Tool Kit

TOOLS

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



Family Classes Instructor's Tool Kit

TOOLS

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*



Community Tool 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





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

Positive Actions for Greatness



Positive Equals Great

OVERVIEW

Our Mission:
empower
GREATNESS



**Let's Work Together and
Create a Positive World!**



More Information



Contact a Program Consultant:

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