DREAM Academy School Connect Resource Proposal

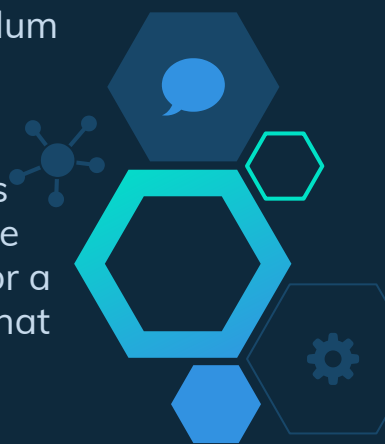Megan Xaverius - MTSS Lead
DREAM Academy

Who are we?

The DREAM Academy/New Beginnings Program is an alternative educational program which encompasses 14 different alternative programs at School District U-46. The purpose of the new setting is to give students an educational option to maximize their individual potential.

The DREAM Academy/New Beginnings Program provides a small school environment, featuring smaller class sizes in a structured setting with a student-centered curriculum. Semester classes with a blended curriculum include small group instruction and online curriculum.

Students must be referred to the DREAM Academy/New Beginnings Program from the comprehensive schools in the District. Students are selected to attend The DREAM Academy/New Beginnings Program for a variety of reasons, such as: social, emotional, and academic reasons that have made it difficult for them to learn in the traditional school environment.

"Social and emotional learning is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions."

- Collaborative for Academic, Social, and Emotional Learning

SEL* at DREAM

SOCIAL ACADEMIC INTERVENTION LESSONS (SAIL)

SAIL is a daily advisory time where teachers and students participate in activities that empower our students to become self-advocates and to work on life-long skills that will be useful within college or work settings.

*Social-Emotional Learning

Our Request

This proposal serves to request funding for the School Connect resource for DREAM Academy in order to supplement our SAIL courses which provide social-emotional and academic learning to all students enrolled in a DREAM Academy program.

Rationale

DREAM Academy uniquely offers a Social-Emotional Learning class for all students. In this course, the students participate in SEL Activities and Academic Learning opportunities.

The materials that have been used in the past are all created by the MTSS Lead.

◇ During school year 2020-2021, we piloted the digital version of the School Connect curriculum.
◇ This curricular resource aligns with:
  ▪ U-46's SEL initiatives
  ▪ U-46's Post-Secondary initiatives
  ▪ The 5 competencies of CASEL (Collaborative for Academic, Social, and Emotional Learning) which is a guiding resource for MTSS and SEL.

Description

Mission Statement: School Connect seeks to foster academic engagement, enhance social and emotional competencies, reduce risk behaviors, and facilitate supportive relationships within high school communities. Our ultimate goal is to prepare adolescents for adulthood both personally and professionally.

Designed for remote, in-person, or hybrid SEL instruction, the series provides essential strategies for supporting the social, emotional, and mental health needs of students - and preparing them for brighter, successful futures.

Every Lesson Includes:

- Video-based instruction on key SEL concepts
- Research/evidence-based SEL lessons and student handouts
- Collaborative check-in activities and Project-Based Learning
- Writable PDFs compatible with most learning management systems
- Integrates with Canvas
- Spanish translations for all student handouts

School Connect offers skills within their resource that align with our post-secondary initiatives and encompasses real world situations for students at a high school level. It also focuses on a skill deficit.

Alignment to CASEL
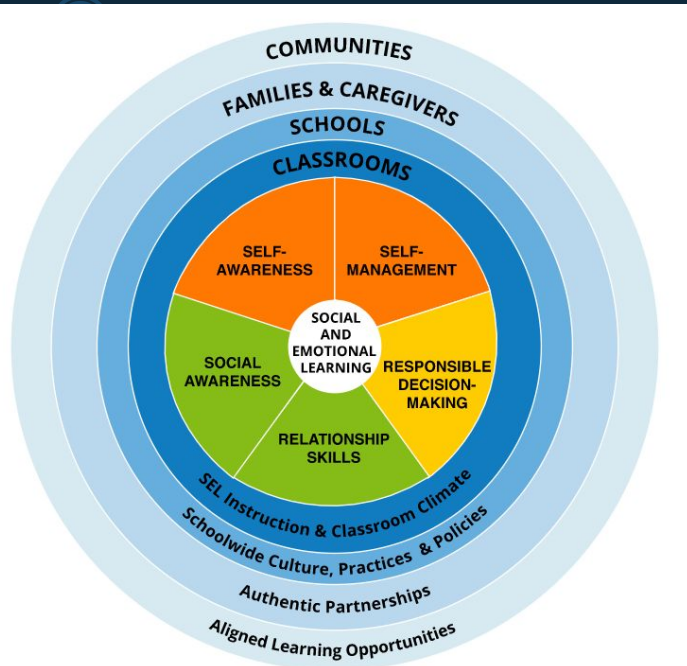
The program is based on CASEL's (Collaborative for Academic, Social, and Emotional Learning) Social and Emotional Learning (SEL) Competencies identified by researchers as critical to success in school, the workplace, and life in general:

- Social awareness
- Self-awareness
- Self-management
- Relationship skills
- Responsible decision-making

Alignment

Student Achievement

Priority 1: *We will implement and support a challenging, standards based curriculum across all content areas.*

Priority 2: *We will coordinate our efforts to provide a nurturing and safe learning experience and a flexible approach in meeting the academic, social, and emotional needs of each student.*

Metrics

Priority 1: *Increase the percentage of students who are prepared for kindergarten.*

Increase the percentage of students who are college and career ready.

Priority 2:
Increase the percentage of students who feel safe at school.

Implementation

School year 2020-2021 - Students at DREAM Academy piloted the Digital Solutions portion of the School Connect resource

Winter/Spring 2020-2021 - Sought feedback from students regarding the engagement of the resources

Spring 2021 - Proposal to acquire funding for the full resource set

Fall 2021 - Full implementation of the School Connect resource

School year 2021-2022 (semesterly) - seek feedback from students and staff regarding effectiveness of the lessons (adjustments made as necessary)

Current Professional Development

Event	Timeline	Person(s) Responsible	Activities
Initial Implementation	Beginning of Q2	MTSS Lead, Social Worker, Interventionist	Rollout and Introduction of Resource
Weekly Updates	Each Friday by 12pm	MTSS Lead, Social Worker, Interventionist	Each week the staff will participate in the overview for the week's activities
Monthly Feedback Updates	Staff/Morning Meetings	MTSS Lead, Social Worker, Interventionist, Staff, Admin	Collection of feedback data relating to effectiveness and engagement

Proposed Professional Development

Event	Timeline	Person(s) Responsible	Activities
Initial Implementation	Beginning of School Year 2021-22	MTSS Lead, Social Worker, Interventionist	Rollout and Introduction of Full Resource
Canvas Integration and Best Practices	Beginning of School Year 2021-22	MTSS Lead, Social Worker, Interventionist	Introduction on how to integrate SC into hybrid, in-person, and distance learning models
Weekly Updates	Each Friday by 12pm	MTSS Lead, Social Worker, Interventionist	Each week the staff will participate in the overview for the week's activities
Monthly Professional Learning	Each Staff Meeting (1st Thursday of the Month)	MTSS Lead, Social Worker, Interventionist, Staff, Admin	Presentation of materials and strategies for best practices

Lesson Scope and Sequence – Digital

Returning to Learning with Trauma-Informed Supports

- ◇ 1.1: Getting to Know You
- ◇ 1.2: Checking In with Ourselves and Others
- ◇ 1.3: Moving from Surviving to Thriving

Creating a Supportive Learning Environment

- ◇ 2.1: Agreeing on Common Goals
- ◇ 2.2: Tuning in to Others
- ◇ 2.3: Practicing Active Listening
- ◇ 2.4: Utilizing Collaboration Skills
- ◇ 2.5: Culminating Project

Studying Effectively Remotely or at School

- ◇ 3.1: Making the Most of Your Time
- ◇ 3.2: From Procrastinating to Productive
- ◇ 3.3: Studying Smarter
- ◇ 3.4: Preparing for Tests

Managing Stress Before It Manages You

- ◇ 4.1: Understanding the Cause and Effects of Stress
- ◇ 4.2: Gaining Mastery Over Stressors
- ◇ 4.3: Analyzing Emotional Management Strategies
- ◇ 4.4: Applying Emotional Management Strategies
- ◇ 4.5: Incorporating Mindfulness

Bouncing Back from Challenges

- ◇ 5.1: Bouncing Rather Than Breaking
- ◇ 5.2: Understanding Grief and Loss
- ◇ 5.3: Recognizing Healthy and Unhealthy Levels of Emotions
- ◇ 5.4: Tending and Befriending

Building an Empathetic and Inclusive Community

- ◇ 6.1: Understanding Empathy for Others
- ◇ 6.2: Appreciating Diversity
- ◇ 6.3: Standing Up for Others
- ◇ 6.4: Skill-building for Challenging Conversations
- ◇ 6.5: Apologizing and Forgiving

Navigating Relationships in Tight Quarters

- ◇ 7.1: Understanding Group Dynamics
- ◇ 7.2: Making Relationship Deposits
- ◇ 7.3: Building a Family Social Contract
- ◇ 7.4: Solving Problems and Boosting Relationships
- ◇ 7.5: Using Your Resiliency Skills

Making Plans for Your Future

- ◇ 8.1: Envisioning Your Future
- ◇ 8.2: Setting and Achieving Life Goals
- ◇ 8.3: Taking Full Responsibility
- ◇ 8.4: Staying the Course and Choosing Wisely

Lesson Scope and Sequence – Binders

Module 1: Creating a Supportive Learning Community

- Getting to Know You
- Creating First Impressions
- Introducing Social and Emotional Learning
- Creating a Social Contract
- Applying Student Success Skills
- Playing Plan-O-Rama
- Celebrating and Building Community
- Building Rapport with Teachers
- Reviving Digital Zombies
- Tuning In to Others
- Using Active Listening
- Collaborating Effectively
- Valuing an Education
- Developing Academic Supports
- Understanding Mindsets
- Cultivating Curiosity and Grit
- Focusing and Prioritizing
- Taking Effective Notes
- Improving Memory Skills

Module 2: Developing Self-Awareness and Self-Management

- Understanding the Teenage Brain
- Being Aware of Our Emotions
- Recognizing the Power of Thought
- Managing Emotions
- Defusing Anger
- Coping with Stress
- Inducing Positive Emotions
- Recognizing Character Strengths
- Building True Happiness
- Outsmarting Media Advertising
- Forging Your Identity
- Exploring Career Options
- Planning for College
- Envisioning Your Future
- Setting Life Goals
- Going on a Mission
- Preparing for Tests
- Taking Full Responsibility
- Fighting Off Victimitis

Module 3: Building Relationships and Resolving Conflicts

- Developing Positive Relationships
- Standing in the Other Person's Shoes
- Empathizing with Others
- Appreciating Diversity
- Debunking the Myths of Womanhood
- Debunking the Myths of Manhood
- Understanding Introverts and Extroverts
- Responding to Conflict
- Using a Problem-Solving Approach
- Dealing with Gossip
- Addressing and Preventing Bullying
- Managing Social Media and Cyberbullying
- Making Personal Decisions
- Refusing and Persuading
- Making a Sincere Apology
- Forgiving Others and Ourselves
- Understanding Healthy Dating
- Helping Others

Module 4: Preparing for College and the Workforce

- Thinking Ahead About Life After High School
- Charting Your Future
- Motivating Yourself & Moving Forward
- Navigating College Applications
- Writing Your College Essays
- Rethinking Stress
- Understanding Mindfulness
- Skill Building for Mental Health & Well-Being
- Writing a Resume
- Interviewing Effectively
- Developing a Work Ethic
- Practicing Teamwork
- Providing Customer Service
- Problem Solving in the Workplace
- Responding to Feedback
- Negotiating an Agreement
- Building a Budget
- Understanding Financial Literacy
- Living on Your Own & with Roommates
- Choosing Wisely
- Culminating Project: Transitioning Successfully

# Evaluation

◇ Surveys will be sent to staff and students on a semesterly basis to gauge student interest and engagement.

◇ Feedback will be solicited from staff members regarding lesson design and implementation to make adjustments to the use and lesson design of the units.

◇ Student formative assessments will also be used to gather data regarding student engagement and learning.
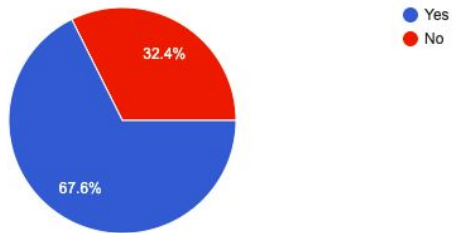
Student Data

Did you enjoy the videos in the School Connect Lessons?
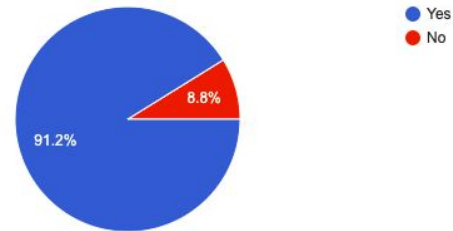
34 responses

- Yes
- No

88.2%
11.8%
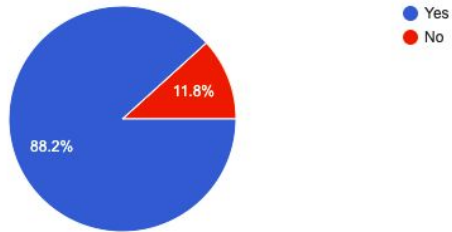
Did you enjoy the worksheets in the School Connect lessons?
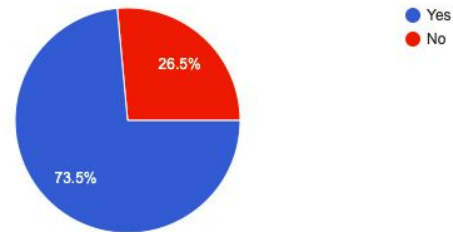
34 responses

- Yes
- No

67.6%
32.4%

Do you like learning about the types of skills that School Connect offers in their lessons? (ie. stress management, study skills, time management, organization, etc)

34 responses

- Yes
- No

91.2%
8.8%

Would you be interested in using these lessons more next year if you are still at DREAM?

34 responses

- Yes
- No

73.5%
26.5%

Cost Analysis

Full Four-Binder Resource Price:

$4,000 base price plus $2 per student (Units 1-3)
$1,000 base price plus $1 per student for all students (Unit 4)

- ◇ Total of $5,900
- ◇ Licenses for 300 students
- ◇ ***One time purchase***
  - ■ **No additional purchasing**
  - ■ **Digital solution included in license**

Thanks!

Any questions?