



Navigate360 Social-Emotional Learning (SEL) Curriculum

Social-Emotional Learning

A Solution of  Navigate360

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Who We Are

We have more than 20 years of experience helping students succeed academically, socially and emotionally. We know that oftentimes many students are not prepared to succeed in school. Usually, this is not just an issue of academic preparedness; it's also an issue of social and emotional preparedness. We developed the Navigate360 social-emotional learning (SEL) curriculum to address those non-academic issues surrounding student success and wellness.

What Is Navigate360 SEL Curriculum?

Navigate360's SEL for Students is a digital SEL and character-education program for your school or district. We offer companion programs for students and parents, as well as professional development for teachers, administrators and school staff. The topic library includes hundreds of professionally developed lessons and assessments focused on critical challenges today's schools face, including vaping, cyberbullying, anger management, financial literacy, mental health care and mindfulness. Our programs include expert-developed, interactive text- and video-based materials that can be tailored to achieve the learning outcomes desired by states, districts and individual schools.



Navigate360's SEL for Students covers critical topics such as vaping, cyberbullying, anger management, financial literacy and mindfulness.



Positive Outcomes

Our clients have seen material improvements in student engagement through the use of non-academic “success” content. This includes improvements in the frequency of student engagement, depth of student engagement, initial content absorption and long-term knowledge retention. Our customers tell us:



“Navigate360 SEL is a better avenue to reach parents more quickly. It’s great that we can now send materials on key topics home.”

“Great that we can customize the program for individual students if we need to address a specific issue that comes up.”

“The great part about Navigate360 SEL is that it provides consistency. Also, the reporting is straight-forward, and the dashboard gives us a quick snapshot of which students have completed the lesson and which students haven’t.”



The Value of Evidence-Based SEL Programs

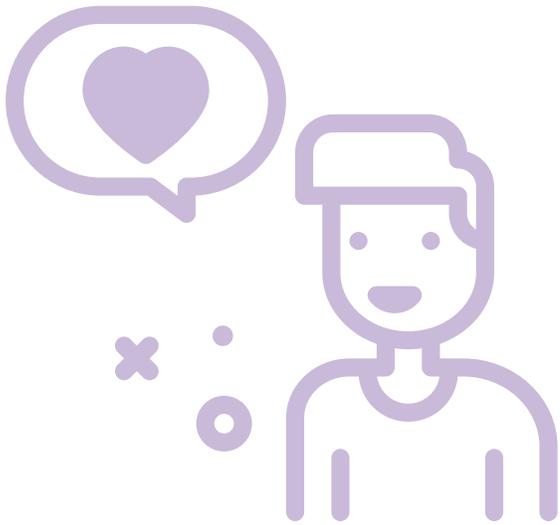
Research consistently shows that SEL programs have positive effects. One meta-analysis of K12 interventions reported significant impact on positive social behavior, conduct problems and academic performance, indicating that **SEL programs are valuable preventive interventions**. They also found that these gains remained significant during follow-up, indicating the long-term benefits of SEL interventions (Greenberg et al, 2017).

“Evidence-based social and emotional learning (SEL) programs, when implemented effectively, lead to measurable and potentially long-lasting improvements in many areas of children’s lives. In the short term, **SEL programs can enhance children’s confidence in themselves**; increase their engagement in school, along with their test scores and grades; and reduce conduct problems while promoting desirable behaviors. In the long term, children with greater social-emotional competence are more likely to be **ready for college, succeed in their careers, have positive relationships and better mental health** and become engaged citizens.” (Greenberg, Domitrovich, Weissberg & Durlak, 2017)

According to the *Journal of Benefit-Cost Analysis*, interventions for improving SEL show measurable benefits that exceed costs. There is a **positive return on investment for social-emotional learning**, with an average benefit-cost ratio of about 11 to 1. Essentially, for every dollar invested, there is a return of 11 dollars (Belfield et al, 2015). This is in addition to the obvious benefits to a school’s emotional climate.

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Why We Align to CASEL Competencies

Evidence-based research is important to the development of Navigate360 SEL curriculum. Daniel Goleman is widely known for his extensive research on emotional intelligence (EI) and has authored numerous books on the topic. An article in the *Harvard Business Review* discusses Goleman's belief that EI is composed of four domains: self-awareness, self-management, social awareness and relationship management. Goleman's domains mirror those of the Collaborative for Academic, Social, and Emotional Learning (CASEL), which also includes responsible decision-making in its core SEL competencies.

Since its formation in 1994, CASEL has always focused on establishing high-quality, evidence-based social and emotional learning as an essential part of preK-12 education.

Navigate360 programs support CASEL's mission to advance implementation of SEL in schools and its extensive research linking SEL to academic achievement and other positive outcomes for students.

CASEL is organized around five competency clusters that include a variety of thoughts, attitudes and behaviors: self-awareness, self-management, social awareness, relationship skills and responsible decision-making.





1

Competency in self-awareness means understanding your own emotions, values and personal goals. It includes accurately assessing your strengths and limitations, possessing a well-grounded sense of self-efficacy and optimism, and having a growth mindset that you can learn through hard work. A high level of self-awareness requires the ability to recognize how your thoughts, feelings and actions are connected to one another.

2

Competency in self-management requires skills and attitudes that help regulate emotions and behaviors. They include the ability to delay gratification, manage stress, control impulses and persevere through challenges to achieve personal and educational goals.

3

Competency in social awareness involves the ability to take the perspective of people with different backgrounds or from different cultures and to empathize and act with compassion toward others. It also involves understanding social norms for behavior and recognizing family, school and community resources.

4

Relationship skills give children the tools they need to establish and maintain healthy and rewarding relationships and to act in accordance with social norms. Competency in these skills involves communicating clearly, listening actively, cooperating, resisting inappropriate social pressure, negotiating conflict constructively and seeking help when needed.

5

Responsible decision-making requires the knowledge, skills and attitudes needed to make constructive choices about personal behavior and social interactions, whatever the setting. Competency in this area requires the ability to consider ethical standards, safety and the norms for risky behavior; to realistically evaluate the consequences of various actions; and to take the health and wellbeing of yourself and others into consideration.



What this Looks Like in Practice

When a Navigate360 SEL lesson is created, the content's foundation is rooted in at least one of the five aforementioned CASEL competencies. In addition to this, content creators also consider the design. According to Greenberg et al (2017), well-designed SEL programs can be characterized by the acronym SAFE:

- **Sequenced** - having a connected and coordinated set of activities to foster skill development
- **Active** - using active forms of learning to help students master new skills
- **Focused** - emphasizing the development of personal and social skills
- **Explicit** - targeting specific social-emotional skills

With CASEL competencies and SAFE design in mind, let's look at self-awareness and self-management, which together include both understanding and managing one's emotions. Navigate360 SEL lessons consider the developmental stage of each grade level before offering age-appropriate information and strategies to regulate strong emotions like quieting one's mind with deep breathing. Research supports that mindfulness practices such as the techniques modeled in **Navigate360 SEL curricula reduce students' stress and improve academic outcomes**. In addition to psychological benefits (such as increased feelings of optimism), students showed higher levels of attention, better retention of information and higher math grades than their peers who didn't use mindfulness tools.

Another study indicated significant improvements in working memory capacity because these skills counteract stressors that impair a student's ability to store information then recall and apply it. When students practice self-calming strategies and focus on the present moment as part of their Navigate360 SEL lessons, it may **boost their emotional wellbeing and increase their ability to self-regulate**.



When a Navigate360 SEL lesson is created, the content's foundation is rooted in **AT LEAST ONE** of the five CASEL competencies.



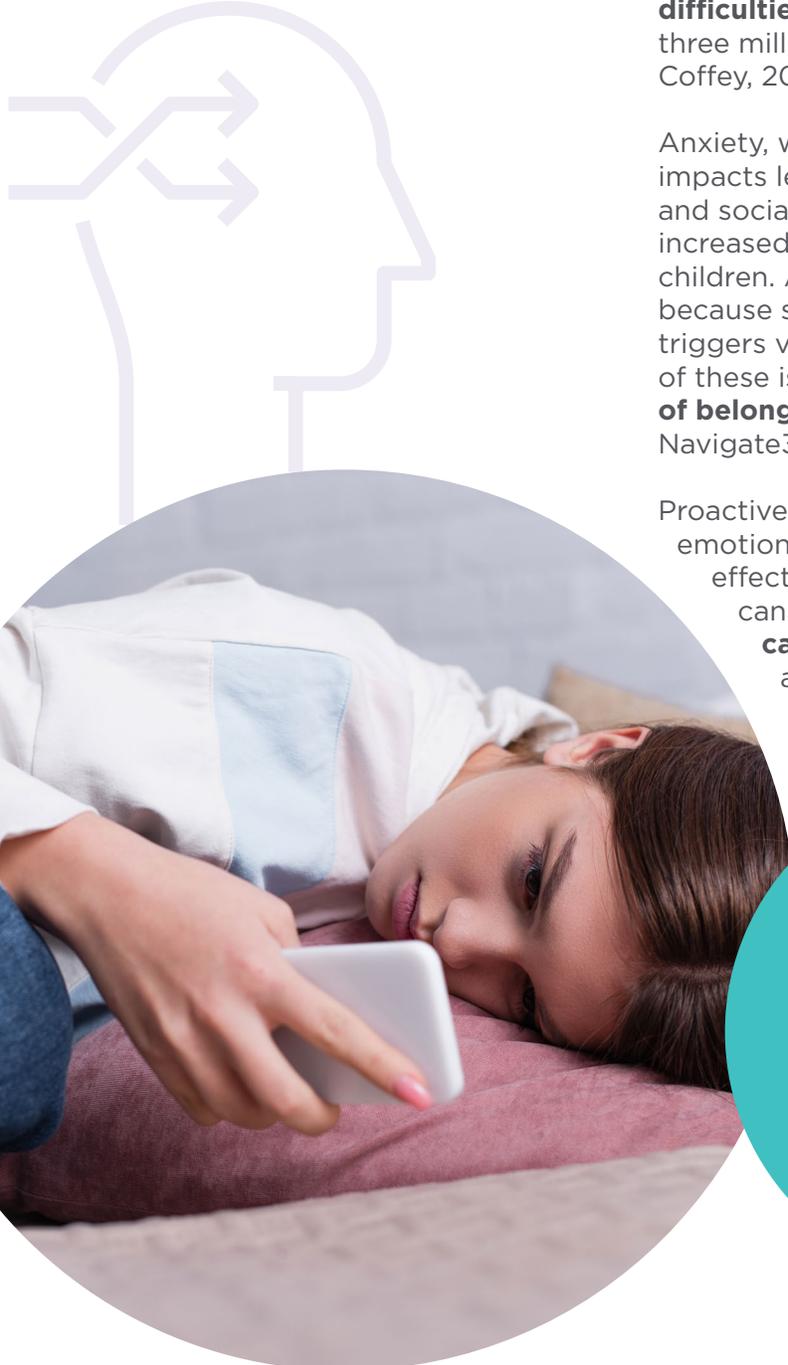
Research supports that mindfulness practices such as the techniques modeled in Navigate360 SEL curricula **REDUCE STUDENTS' STRESS** and improve academic outcomes.

The Social-Emotional Health of Today's Youth Is Our Priority

Students with mental health concerns, diagnosed and undiagnosed learning differences, medical issues, social-emotional issues and environmental stressors are in every classroom in every school. In fact, **7.5% of kids aged 6 to 17 use prescribed medication for emotional or behavioral difficulties** (Howie, Pastor & Lukacs, 2014), and doctors write three million ADHD prescriptions every month (Obringer & Coffey, 2007).

Anxiety, which affects one in eight children, negatively impacts learning by affecting reasoning, problem solving, and social judgment (Hardiman, 2012). Research indicates increased isolation can lead to increased aggression in children. Aggression is difficult for teachers to predict because students' frustration tolerance and emotional triggers vary greatly. One way to counteract the impact of these issues is to ensure that **students have a sense of belonging and community**, which we help build with Navigate360 SEL lessons and activities.

Proactively empowering students with information about emotion regulation may prevent negative behaviors. The effect of a classroom's emotional climate on learning cannot be overstated. **Navigate360 SEL curricula can help schools lay the groundwork** for creating a purposeful, practical and inspiring classroom environment.



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Designed for Gen Z Students

Digital natives are forcing change in the field of education. Generation Z students desire frequent educational opportunities that use technology and visual media (Mohr & Mohr, 2017). **Navigate360 SEL curricula meet the learning preferences of Gen Z students** by employing visually engaging content and technology via desktop, web and mobile app design. Gen Z students are interactive, hands-on learners more interested in solutions than reflection; many are less linear in their thinking and have short attention spans. The average attention span of a Gen Z student is only eight seconds!

Generation Z stays connected at all times.

They adopt technology at high levels and crave technology-enhanced learning opportunities (Cook, 2015). In the 2018 World Economic Forum's Future of Jobs Report, emotional intelligence is predicted to see an outsized increase in demand by 2022. Therefore, to equip students with the SEL skills they need, Gen Z learning environments should focus on the relationship between cognition, emotional wellbeing and empathy — something we strive to do in all our lesson content.



Navigate360 SEL curricula are optimized to meet the learning preferences of Gen Z students by employing

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Summary

Today's K12 students are facing a lot of challenges that take a significant amount of time and energy to process and understand. Left alone to manage these issues, students run the risk of making poor decisions and suffering worsened mental health that can impact their lives for a long time.

Equipping our students with comprehensive social-emotional learning resources that impart valuable lessons in decision-making, self-awareness and social aptitude can empower them to successfully achieve life goals both now and in the future. **We owe it to our nation's youth to prepare them** for a bright tomorrow so they can reach their full potential and thrive.



Resources



We all should strive to help students and their caregivers create more meaningful - and respectful - conversations around challenging topics that may otherwise serve as greater reasons for societal divide.

[Visit the Blog](#)



We have taken care to align our lessons with the Collaborative for Academic, Social, and Emotional Learning (CASEL) to ensure that we meet the industry's highest and most accepted standards. Download this free brochure to learn more about CASEL and SEL.

[Download the Brochure](#)



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