

# 7 Mindsets Competency Crosswalk

**7 Mindsets targets 10 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 recognition.
- **EMPATHY** - Develop compassion, awareness of other cultures and perspectives, and an orientation toward empowering others.
- **CULTURAL COMPETENCE** - Build the ability to live and work effectively in culturally diverse environments and enact a commitment to fairness and the full participation of all members.
- **HOPE** - Create positive beliefs in one's abilities and those of other people, and focus on the possibilities for the future.

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 Competencies targeted within our solution.



## EVERYTHING IS POSSIBLE

### Dream Big

- **Decision-Making** – Students increase their expectations and connect current decisions and actions to future goals and consequences.
- **Hope** – Effective visioning and goal setting increase students' expectations and overall perspective on their lives and future.
- **Self-Awareness** – Students build a positive self-image by recognizing their unique abilities that will help them succeed in school and life.

### Embrace Creativity

- **Growth Mindset** – Students gain a 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.
- **Cultural Competence** – Students build an appreciation for integrating other cultures and perspectives into the creative process.

### Think Positive

- **Self-Management** – Students learn to manage their own emotions to drive better relationships and outcomes in their lives.
- **Relationship Skills** – Through improved attitudes and perspectives, students become a better friend 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 gain a broader perspective on their abilities and attitudes. They also learn to appreciate and connect with the world around them.

### Act and Adjust

- **Self-Management** – Students develop the critical skill of correcting mistakes and adjusting their actions and behaviors to get better results.
- **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 a greater capacity to overcome challenge and adversity.



## PASSION FIRST

## Focus on Strengths

- **Self-Awareness** – Students gain greater knowledge and appreciation for their talents and the value they bring to themselves, their school, and their community.
- **Cultural Competence** – Students build greater appreciation for their capabilities and perspectives, and those from people of different backgrounds, abilities, and cultures.
- **Hope** – Students gain greater clarity on a positive future that leverages their

## Explore Your Interests

- **Self-Awareness** – Students gain greater knowledge of and appreciation for their interests.
- **Self-Management** – Students learn to align their interests and passions to more positive and purposeful actions and outcomes.
- **Hope** – Students gain greater clarity on a positive future that leverages their innate interests and desires.

## Take a Stand

- **Self-Awareness** – Students gain a greater knowledge and appreciation for their values and the impact those values have on their lives, their school, and their community. .
- **Cultural Competence** – Students gain a greater knowledge and appreciation for all cultures and build empathy to create fairness and equity.
- **Hope** – Students envision a positive future that leverages their personal values.
- **Resilience** – By connecting more deeply to their core values, students can navigate life's complexities and stay focused on what is important.

## Be Authentic

- **Self-Awareness** – Students learn how to leverage their strengths, interests, values, and personal desires in their daily lives and for the future.
- **Cultural Competence** – Students learn to appreciate the power of unique perspectives and diverse cultures.
- **Hope** – Students learn how being true to themselves contributes to positive outcomes.



## WE ARE CONNECTED

## Embrace Everyone

- **Social-Awareness** – Students become more intrinsically motivated to build empowering relationships and understand other cultures and perspectives.
- **Relationship Skills** – Students begin developing strategies for making connections and building meaningful relationships with others.
- **Cultural Competence** – Students build an appreciation for all backgrounds, talents, and cultures others bring to collective efforts.
- **Empathy** – Students attain broader perspectives on relationships and begin

## Maximize Positive Relationships

- **Social-Awareness** – Students gain a broader understanding of how to have an impact on relationships, and more positive and productive interactions with others.
- **Relationship Skills** – Students learn to discern between positive and negative influences and choose positive social and emotional interactions.
- **Empathy** – Students attain broader perspectives 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 learn strategies to develop meaningful relationships with others who can assist them at school and in life.
- **Relationship Skills** – Students develop strategies to foster empowering relationships that help them succeed.
- **Cultural Competence** – Students understand the need to connect meaningfully with other cultures and perspectives to accomplish significant goals.
- **Resilience** – Students build greater confidence in their existing support structures and effectively leverage the people around them through challenges.

## Lead with Value

- **Empathy** – Students strengthen their understanding of the unique circumstances and abilities of others.
- **Cultural Competence** – Students build skills to reach out and connect with people from different cultures and backgrounds.
- **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 understand how their thoughts and actions affect short-term and long-term outcomes in their lives.
- **Decision-Making** – Students develop a new perspective on their daily choices and become more intrinsically motivated to make better, more intentional decisions.
- **Resilience** – Students develop a greater sense of ownership and a new ability to self-advocate and change outcomes in their lives.
- **Growth Mindset** – Students develop an expanding capacity to look inside for

**Overcome Limiting Beliefs**

- **Self-Awareness** – Students develop the capacity to understand their own self-talk and the impact it has on their thoughts and actions.
- **Self-Management** – Students understand how negative thought patterns drive actions and behaviors.
- **Resilience** – Students develop a greater sense of ownership and a new ability to self-advocate and change outcomes in their lives.

**Focus Your Energy**

- **Self-Management** – Students learn to prioritize activities and organize their days to create better outcomes.
- **Decision-Making** – Students gain a new perspective on their daily priorities and connect their activities with their goals and possible consequences in the future.
- **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 the growth mindset and the process of developing their talents and interests to drive success in school and life.
- **Decision-Making** – Students learn how decisions affect their personal development and capacity to achieve their goals in life.
- **Growth Mindset** – Students develop an expanding capacity to look inside for motivation and solutions.



## ATTITUDE OF GRATITUDE

### Treasure Yourself

- **Self-Awareness** – Students develop a deeper understanding of their positive qualities and how those qualities affect their attitudes and perspectives.
- **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

### Be More Grateful

- **Social-Awareness** – Students gain a greater understanding of the positive influences and support structures in their lives, and in the lives of others from different cultures,, , backgrounds, and experiences.
- **Relationship Skills** – Students become more mindful of others and learn strategies to execute positive social exchanges and develop deeper positive relationships.
- **Resilience** – By building a more positive view of others, students gain confidence in the support structures around them.

### Thank It Forward

- **Social-Awareness** – Students develop the capacity to recognize and reinforce the positive impact of others on their lives.
- **Relationship Skills** – Students become more aware of the influence of others and develop strategies to build relationships.
- **Resilience** – Students become more mindful of others and develop deeper positive relationships in varied situations.
- **Empathy** – Students become more aware of their impact on others and their

### Elevate Your Perspective

- **Resilience** – Students learn to find the good in 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.
- **Cultural Competence** – Students become open-minded about other cultures, developing the ability to build new connections with others and embrace differences.



## LIVE TO GIVE

## Stretch Yourself

- **Self-Awareness** – Students utilize a better understanding of themselves and how their lives impact others, their community, and the world.
- **Growth Mindset** – Students learn that developing their interests and talents will positively impact their lives and the world around them.
- **Hope** – Students expand their perspectives on the future and identify significant possible outcomes for their lives.

## Make a Difference

- **Self-Awareness** – Students gain understanding and practice the importance of serving others and being a positive influence.
- **Cultural Competence** – Students build a broader global perspective and seek impact that creates fairness and equality for all.
- **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 connect with people from other cultures and backgrounds, and learn to receive compliments and recognition from others in a positive, constructive way.
- **Relationship Skills** – Students learn specific strategies to relate to others more positively and purposefully.
- **Empathy** – Students learn to be sensitive to the vulnerabilities of others during critical interactions.

## Create a Legacy

- **Cultural Competence** – Students build a fair-minded perspective and work towards problem-solving solutions that benefit everyone.
- **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, bringing their full capacity to their decisions and actions.
- **Social Awareness** – Students develop strategies to become more engaged in the present moment and to act more thoughtfully and constructively.
- **Decision-Making** – Students become more present and learn new approaches to decision-making.

### Get in the Zone

- **Self-Management** – Students learn how their state of mind affects their actions and decisions.
- **Social Awareness** – Students understand social norms and the impact of their perspectives and emotions on interactions with others.
- **Decision-Making** – Students learn how their feelings, thoughts, and emotions affect their decisions.”

### Let Yourself Be Vulnerable

- **Self-Awareness** – Students build their capacity to share themselves authentically with comfort and confidence.
- **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 learn the effects of their actions and develop the capacity to prioritize and focus on meaningful, productive activities.
- **Decision-Making** – Students learn to make purposeful decisions and prioritize actions that benefit themselves and others
- **Growth Mindset** – Students seek opportunities to develop their capabilities and work constructively toward their goals.