7 Mindsets targets 10 Social and Emotional Learning 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 recognitions.

- **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 to the full participation of all members.

- **Hope** – Create positive beliefs in one’s own abilities and those of other people, and focus on the possibilities for the future.

*SEL Competency as defined by CASEL (Collaborative for Academic, Social, and Emotional Learning)
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 Social and Emotional Competencies targeted through our solution.

### Everything Is Possible

#### Dream Big

- **Decision-Making** – Students increase their expectations and connect current decisions and acts to future goals and consequences.
- **Hope** – Effective visioning and goal setting increases students’ expectations and overall perspective on their lives and future.
- **Self-Awareness** – Students build a positive self-image through greater appreciation of their unique abilities to succeed in school and life.

#### Embrace Creativity

- **Growth Mindset** – Students gain 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 gain skills 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 deepen their appreciation and connection to the world around them.

#### Act and Adjust

- **Self-Management** – Students develop the critical skill of correcting mistakes and making adjustments to their actions and behaviors to get better results.
### 7 Mindsets SEL Alignment Crosswalk

<table>
<thead>
<tr>
<th>Title</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td><strong>Growth Mindset</strong></td>
<td>Students learn that failure and risk are essential to success and act as a catalyst to personal growth.</td>
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<tr>
<td><strong>Resilience</strong></td>
<td>By changing their perspective on risk and failure, students gain greater capacity to overcome challenge and adversity.</td>
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### Passion First

<table>
<thead>
<tr>
<th>Passion First</th>
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</table>
| **Focus on Strengths** | - **Self-Awareness** – Students gain a greater knowledge and appreciation for their own talents and the relevance they bring to themselves, their school, and community.  
- **Cultural Competence** – Students build a greater appreciation for their own capabilities and perspectives, as well as, those from people of different backgrounds, abilities, and cultures.  
- **Hope** – Students gain greater clarity on a positive future that leverages their innate abilities and strengths. |

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| **Explore Your Interests** | - **Self-Awareness** – Students gain a greater knowledge of and appreciation for their own interests and the relevance they have to themselves.  
- **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. |

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| **Take a Stand** | - **Self-Awareness** – Students gain a greater knowledge of and appreciation for their own values and the relevance that they bring to themselves, as well as, their school and community.  
- **Cultural Competence** – Students gain greater knowledge and appreciation for all cultures and build empathy to create fairness and equity.  
- **Hope** – Students gain greater clarity on a positive future that leverages their personal values.  
- **Resilience** – By connecting more deeply to their core values, students are able to navigate life’s complexities and stay focused on what is important. |
### Be Authentic

- **Self-Awareness** – Students gain a better understanding of and learn to apply their strengths, interests, values, and personal desires towards their life, schoolwork, and their future.
- **Cultural Competence** – Students build broader perspective on all cultures and the power of unique, authentic perspectives.
- **Hope** – Students gain greater clarity on how a positive future can leverage their authentic selves.

### We Are Connected

**Embrace Everyone**

- **Social-Awareness** – Students become more intrinsically motivated to build empowering relationships with others, as well as, 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 to understand the unique circumstances and abilities of others.

**Maximize Positive Relationships**

- **Social-Awareness** – Students gain broader understanding on the impact of relationships and orient themselves towards more positive and productive interactions with others.
- **Relationship Skills** – Students learn to discern between positive and negative influences and orient themselves to positive social and emotional interactions.
- **Empathy** – Students attain broader perspectives on relationships 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 critical, empowering relationships they need for success.
- **Cultural Competence** – Students understand the need to connect meaningfully with other perspectives and cultures to accomplish significant goals.
- **Resilience** – Students build greater confidence in their existing support structures and effectively trust and leverage the people around them through challenges.

## Lead with Value

- **Empathy** – Students attain broader perspectives on relationships and understand the unique circumstances and abilities of others.
- **Cultural Competence** – Students build skills to reach out and connect with 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 build an understanding of how their own thoughts and actions dictate 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 and more purposeful decisions.
- **Resilience** – Students develop a greater sense of ownership and a new ability to self-advocate and dictate different outcomes in their lives.
- **Growth Mindset** – Students develop an expanding capacity to look inside for motivation and solutions, which leads to greater capacities for themselves.

### Overcome Limiting Beliefs
- **Self-Awareness** – Student develop the capacity to understand their own self-talk and the impact it has on their thoughts and actions.
- **Self-Management** – Students build an understanding of how negative thought patterns drive actions and behaviors.
- **Resilience** – Students develop a greater sense of ownership and a new ability to self-advocate and dictate different outcomes in their lives.

### Focus Your Energy
- **Self-Management** – Students build an understanding of prioritizing activities and organizing 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 your talents and interests to drive success in school and life.
- **Decision-Making** – Students learn how decisions affect their growth and personal development, as well as, their capacity to achieve their goals in life.
### 7 Mindsets SEL Alignment Crosswalk

<table>
<thead>
<tr>
<th>Attitude of Gratitude</th>
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<tbody>
<tr>
<td><strong>Treasure Yourself</strong></td>
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<tr>
<td>• <strong>Self-Awareness</strong> – Students develop a deeper understanding of their positive qualities and the connection that knowledge has with their attitudes and perspectives.</td>
</tr>
<tr>
<td>• <strong>Resilience</strong> – Students create a more positive self-image and a greater belief in their capacity to succeed and be happy.</td>
</tr>
<tr>
<td>• <strong>Hope</strong> – Students become more aware of their strengths and assets and how to use them to build a bright future.</td>
</tr>
<tr>
<td><strong>Be More Grateful</strong></td>
</tr>
<tr>
<td>• <strong>Social-Awareness</strong> – Students gain greater perspectives on the positive influences and support structures in their lives, as well as, other cultures and ethnicities.</td>
</tr>
<tr>
<td>• <strong>Relationship Skills</strong> – Students become more mindful of others and learn strategies to execute positive social exchanges and develop deeper positive relationships with others.</td>
</tr>
<tr>
<td>• <strong>Resilience</strong> – By building a more positive perspective of others, students gain greater levels of confidence in the support structures around them.</td>
</tr>
<tr>
<td><strong>Thank It Forward</strong></td>
</tr>
<tr>
<td>• <strong>Social-Awareness</strong> – Students develop capacity to recognize and reinforce the positive impact of others on their lives.</td>
</tr>
<tr>
<td>• <strong>Relationship Skills</strong> – Students become more aware of the influence of others and develop strategies to connect and develop relationships with others.</td>
</tr>
<tr>
<td>• <strong>Resilience</strong> – By building a more positive perspective on others, students gain greater levels of confidence in the support structures around them.</td>
</tr>
<tr>
<td>• <strong>Empathy</strong> – Students become more aware of their impact on others and their ability to have a positive impact.</td>
</tr>
<tr>
<td><strong>Elevate Your Perspective</strong></td>
</tr>
<tr>
<td>• <strong>Resilience</strong> – Students learn to find the good in all situations and maintain positive attitudes and perspectives through adversity.</td>
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**7 Mindsets SEL Alignment Crosswalk**

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| • **Growth Mindset** – Students understand the critical lessons and growth opportunities that are present in failure and adversity.  
  • **Cultural Competence** – Students develop and open-mindedness about other cultures and the ability build new connections with and embrace the differences of others. |

**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 the essential need to develop their interests and talents to 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 gain a perspective on receiving compliments and recognition from others in a positive, constructive way, as well as, connecting with other cultures.
- **Relationship Skills** – Students learn specific strategies to relate to others in a more positive and purposeful manner.
- **Empathy** – Students learn to be sensitive to the vulnerabilities of others during critical interactions.

**Create a Legacy**

- **Self-Awareness** – Students utilize a better understanding of themselves to identify the impact and influence they want to have with their lives.
- **Growth Mindset** – Students learn the essential need to develop their interests and talents to positively impact their lives and the world around them.
### 7 Mindsets SEL Alignment Crosswalk

- **Cultural Competence** – Students build a fair-mindedness perspective and work towards integrated solutions that benefit the collective.
- **Hope** – Students expand their perspectives on the future and identify significant possible outcomes for their lives.

#### The Time Is Now

<table>
<thead>
<tr>
<th>Embrace Every Moment</th>
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<tbody>
<tr>
<td><strong>Self-Management</strong></td>
<td>Students learn to become more thoughtful and present in the moment, bringing their full capacity to their decisions and actions.</td>
</tr>
<tr>
<td><strong>Social Awareness</strong></td>
<td>Students develop strategies to become more engaged in the present moment and more thoughtful and constructive in their interactions.</td>
</tr>
<tr>
<td><strong>Decision-Making</strong></td>
<td>Students become more present and learn new approaches to be better equipped to make appropriate decisions.</td>
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<th>Get in the Zone</th>
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<tbody>
<tr>
<td><strong>Self-Management</strong></td>
<td>Students learn how their state of mind affects their actions and decisions.</td>
</tr>
<tr>
<td><strong>Social Awareness</strong></td>
<td>Students understand social norms and the impact their perspectives and emotions have on how they interact with others.</td>
</tr>
<tr>
<td><strong>Decision-Making</strong></td>
<td>Students learn the impact of their feelings, thoughts, and emotions on their ability to make effective decisions.</td>
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<tbody>
<tr>
<td><strong>Self-Awareness</strong></td>
<td>Students build their capacity to share themselves authentically with comfort and confidence.</td>
</tr>
<tr>
<td><strong>Relationship Skills</strong></td>
<td>Students learn to be more open, sincere, and authentic with others.</td>
</tr>
<tr>
<td><strong>Resilience</strong></td>
<td>Students develop a healthy perspective on risk-taking by realizing the necessity of taking chances and learning through failure.</td>
</tr>
</tbody>
</table>
### Act with Purpose

- **Self-Management** – Students learn the effects of their actions and develop their capacity to prioritize and focus on the most meaningful and “growth-based” activities.
- **Decision-Making** – Students learn to orient their decisions and actions towards activities and outcomes that are productive for themselves and others.
- **Growth Mindset** – Students seek opportunities to develop their capabilities and work constructively towards their goals.