

Suite360™

Built With Foundations In
Evidence-Based Research

Prepared by:

Kendra Hull Thornton, Ed.D.

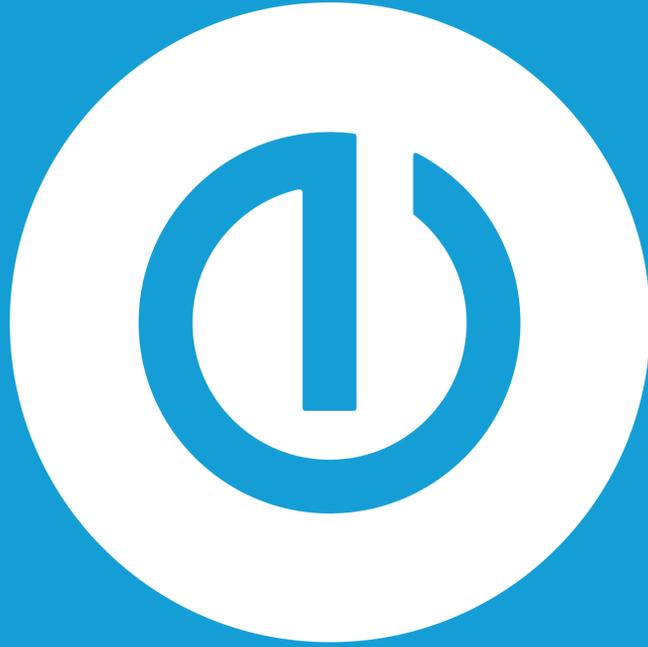
Neuroeducation- Mind, Brain & Teaching

Content Director and Chair of Content Review Board

Evolution Labs, Inc.



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WHO WE ARE

At Evolution Labs, we have more than twenty years experience in K-12 and Higher Education, helping students succeed academically, socially, and emotionally. Through our work with the Gates Millennium Scholars and more than 500 colleges and universities, we know that many students are often not prepared to succeed when they arrive at college. Usually this is not just an issue of just academic preparedness; it's also an issue of social and emotional preparedness. We developed Suite360 to address those non-academic issues surrounding student success and wellness.

WHAT IS SUITE360?

Suite360 is a digital character development and behavior intervention program for your school or district. Suite360 offers programs for students and parents as well as professional development for teachers, administrators, and school staff. Suite360: Intervention is a restorative justice program for students who need extra support with conduct and behavior. The Suite360 Topic Library includes hundreds of professionally-developed lessons and assessments on critical topics today's schools face everyday—such as vaping, cyberbullying, anger management, financial literacy and mindfulness. Our programs include expert-developed interactive, text and video-based material that can be easily tailored to achieve the learning outcomes desired by states, districts, and individual schools.

The Suite360 Topic Library covers critical topics such as vaping, cyberbullying, anger management, financial literacy and mindfulness.

SUITE360 OUTCOMES

Suite360 clients have seen material improvements in student engagement with non-academic “success” content. These increases include improvements in the frequency of student engagement, depth of engagement, initial content absorption and long-term knowledge retention. Our customers tell us:

- ▶ *“The great part about Suite360 is that it provides consistency. Also, the reporting is straightforward and the dashboard gives us a quick snapshot of which students have completed the lesson and which students haven’t.”*
 - ▶ *“Exactly fits restorative practices that the state is talking about in terms of education for students.”*
- ▶ *“Suite360 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 VALUE OF EVIDENCE-BASED SEL PROGRAMS

Research reviews consistently show that SEL programs have positive effects. One meta-analysis of K-12 interventions reported significant effects on positive social behavior, conduct problems, and academic performance indicating that SEL programs are valuable preventive interventions. They also found 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 investments for social and emotional learning with an average benefit-cost ratio of about 11 to 1. Essentially, for every dollar invested there is a return of eleven 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 SUITE360 TO CASEL COMPETENCIES

Evidence-based research is important to the development of Suite360 content. 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 comprised of four domains: self-awareness, self-management, social awareness, and relationship management. Goleman's domains mirror CASEL, which also includes responsible decision-making in their core SEL competencies.

Since its formation in 1994, CASEL has always focused on establishing high-quality, evidence-based social and emotional learning (SEL) as an essential part of preK-12 education. The Suite360 program supports their mission to advance implementation of SEL in schools and their extensive research linking SEL to academic achievement and other positive outcomes for students. As per Greenberg et al (2017):

The Collaborative for Academic, Social, and Emotional Learning (CASEL) are organized around five competence clusters that include a variety of thoughts, attitudes, and behaviors: self-awareness, self-management, social awareness, relationship skills, and responsible decision-making.

1. Competence 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. Competence 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. Competence 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. Competence 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 to make constructive choices about personal behavior and social interactions, whatever the setting. Competence 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 Suite360 lesson module 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

When a Suite360 lesson module 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 Suite360, reduce students' stress and improve academic outcomes.

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. Suite360 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 Suite360, reduce students' stress and improve academic outcomes. In addition to psychological benefits like 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 Suite360 lessons, it may boost their emotional well-being and increase their ability to self-regulate.



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. 7.5% of kids aged 6-17 use prescribed medication for emotional or behavioral difficulties (Howie, Pastor & Lukacs, 2014) and doctors write three million ADHD scripts every month (Obringer & Coffey, 2007).

Anxiety, which effects 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 Suite360's lessons and activities. Proactively empowering students with information about emotional regulation, like the practices in Suite360, may prevent negative behaviors. The effect of a classroom's emotional climate on learning cannot be overstated. Suite360 can help schools lay the groundwork for creating a purposeful, practical and inspiring classroom environment.

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SUITE 360 IS DESIGNED FOR GEN Z STUDENTS

Digital natives are forcing change in the field of education. Gen-Z students desire frequent educational opportunities that use technology and visual media (Mohr, K and Mohr, E, 2017). Suite360 meets the learning preferences of Gen Z students by employing visually engaging content and technology via desktop, web-responsive and mobile app design. Gen Z children 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!

Suite360 meets the learning preferences of Gen Z students by employing visually engaging content and technology via desktop, web-responsive and mobile app design.

Gen Z learning environments should focus on the relationship between cognition, emotional well-being and empathy...

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 well-being and empathy—something Suite360 strives to do in all of our lesson content.

Learn more about Suite360

Web:

[ApexLearning.com](https://www.apexlearning.com)

Phone:

(206) 381-5600

Email:

info@apexlearning.com

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