



# Hello Insight: **Elementary SEL**

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## **HI Elementary SEL ensures that young people are truly prepared to thrive.**



The elementary ages are a time of intense learning and growth. The more they experience, the more young people ages 8 to 11 are able to understand the world around them. Make the most of this developmental stage with Hello Insight: Elementary SEL. Social and emotional learning, or SEL, is the process of developing the “soft skills” young people need to get along as they grow up to manage themselves as they engage with the world, build and maintain relationships, and treat setbacks and challenges as learning experiences to prompt growth.

Use Hello Insight: Elementary SEL to ensure young people have the tools to thrive in middle school and beyond. Regardless of your program type (such as sports, arts, STEM, or mentoring), Hello Insight: Elementary SEL measures what matters, the growth of SEL and the degree to which young people experience PYD in your program.

# The Theory Of Change

HI Elementary SEL is based on the following research-based theory of change: If we assure that all young people have access to research-based PYD experiences, they will develop SEL (short-term outcomes) shown to promote thriving (long-term outcomes) that include academic success, college readiness, career/workforce readiness, as well as health and well-being.

As the data in HI Elementary SEL grows, this theory is constantly tested and retested, so that our community continues to learn — what works, for whom, and in what context.

## ■ Positive Youth Development

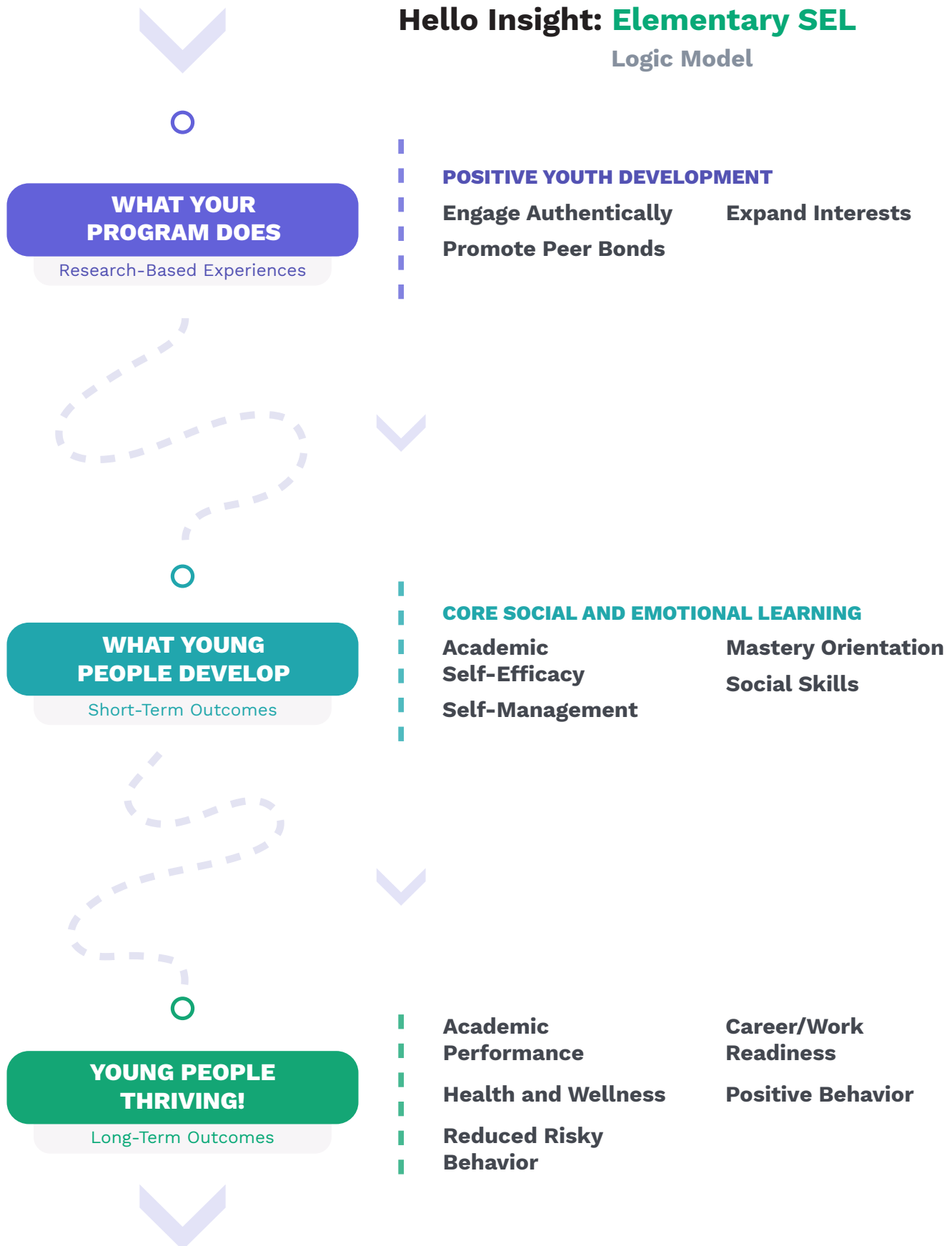
PYD is not a curriculum, it is a way of working with young people that has been proven to promote SEL. PYD can be used in a wide variety of interventions and programs, inspiring strong, mutually beneficial relationships between young people and adults and across peer groups.

## ■ Social and Emotional Learning

SEL is the process through which young people understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. Whether stated explicitly or implicitly, SEL is at the center of your work, assuring that all young people have the capacities necessary to navigate the world and take action to change it.

## ■ Thriving Young People

Thriving is a process or trajectory toward full potential. Youth who are thriving are flexible and able to adapt to a variety of circumstances.



# Survey Administration Options

**Both Check-In and Pre/Post surveys leverage the same research-based logic model.**

- Check-In surveys measure the research-based experiences shown to develop SEL.
- Pre/Post surveys also directly measure SEL growth, which has been shown to promote long-term outcomes such as thriving, college- and career-readiness, health, and wellbeing.

## CHECK-IN

**Quickly gather insights, with flexible administration during a program**

- ✓ Garner feedback from young people about the quality of program experiences



- ✓ A single point in time, midway through a program or at the end
- ✓ Check-In surveys take young people 5 to 8 minutes

## PRE/POST

**Leverage the full power of Hello Insight, with data-driven insights pre and post program**

- ✓ Garner feedback from young people about the quality of program experiences
- ✓ Understand young people's social and emotional learning baseline at pre and growth at post
- ✓ Receive targeted recommendations for staff to support each group of young people



- ✓ Two points in time, usually at the beginning and end of a program
- ✓ Pre surveys take 8 to 12 minutes and post surveys 12 to 15 minutes

# Check-In vs Pre/Post Reports



## CHECK-IN

### RESEARCH-BASED EXPERIENCES

#### POSITIVE YOUTH DEVELOPMENT

Engage Authentically  
Expand Interests  
Promote Peer Bonds

ONLY IMPLEMENTATION SCORE

### ADDITIONAL MEASURES

Learning Preferences  
Program Satisfaction



## PRE/POST

### RESEARCH-BASED EXPERIENCES

#### POSITIVE YOUTH DEVELOPMENT

Engage Authentically  
Expand Interests  
Promote Peer Bonds

IMPLEMENTATION SCORE  
AND TARGETED RECOMMENDATIONS

### SHORT-TERM OUTCOMES

#### CORE SEL

Academic Self-Efficacy  
Mastery Orientation  
Self-Management  
Social Skills

### ADDITIONAL MEASURES

Learning Preferences  
Program Satisfaction  
Social Capital

# EXPERIENCES

Everything that young people see, think, hear, do and feel is fuel for their development, but a few key types of experiences are especially effective at boosting SEL growth for this age group. Hello Insight uses advanced analytics to predict which of those experiences will best promote growth in each group of young people in your program.

MEASURED BY:



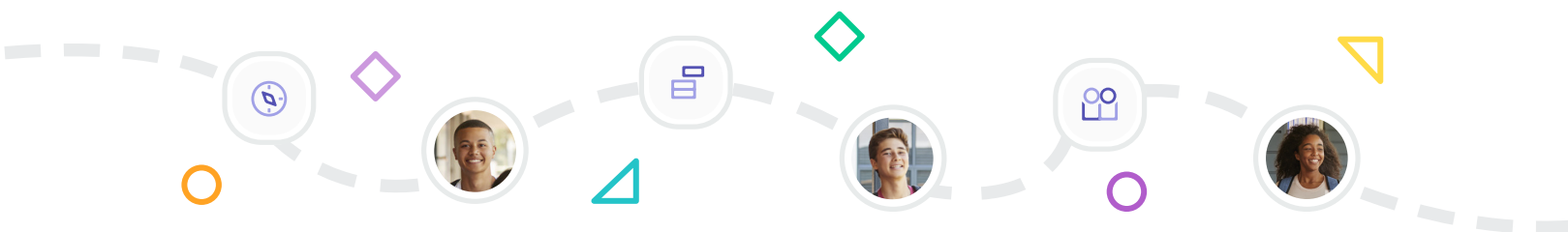
CHECK-IN



PRE/POST

## PYD Experiences

HI Elementary SEL assesses the degree to which young people experience research-based PYD practices shown to promote SEL.





### ENGAGE AUTHENTICALLY

$\alpha=0.73$



**A young person's experience with an adult who takes the time to get to know them by listening and understanding who they are — their cultural and lived experiences, their interests, and their passions**

Engaging authentically involves placing young people's personal stories at the center of the program's work and ensuring that they feel valued, heard, and cared for by adults. This is a Foundational Experience for young people or one that lays the groundwork for all of the others in the Hello Insight Logic Model. Building these types of relationships have been shown to increase positive youth development and thriving (Larson, R. & Dawes, N. 2015, Search Institute, 2020).



### EXPAND INTERESTS

$\alpha=0.69$



**A young person's experience with an adult who supports them to try new things, broaden their horizons, learn about other people's cultures and perspectives, and explore their own identities**

Expanding interests involves exposing young people to new ideas, experiences, and places. It has been shown to increase school engagement and highschool graduation rates; promote healthy behaviors and decrease risky behaviors; increase overall satisfaction with life (Search Institute, 2020); increase a sense of contribution and desire to give back; and promotes a healthy positive identity (Benson, P.L. 2006; Scales, P.C., et al., 2011).





## PROMOTE PEER BONDS:

$\alpha=0.73$



**A young person's experience with an adult who helps them work with peers in teams and groups, creating a safe space to learn with and from one another, exploring similarities and differences, and developing deep bonds and relationships**

Promoting peer bonds involves supporting young people to share and value one another's unique perspectives, experiences, strengths, and ideas. This is a Foundational Experience for young people, bolstering all other Hello Insight PYD practices. Positive peer engagement increases self-confidence and life skills; academic motivation; and leadership skills and disposition (Search Institute, 2020). This is a Foundational Experience for young people, bolstering all of the other PYD practices and promoting the greatest positive impact on SEL growth across all types of young people.

# CAPACITIES

SEL is the process through which young people understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. These capacities are critical to SEL development and promote long-term academic gains, college and career success, and thriving.

- All capacities have been tested and shown to be valid and reliable measures of each theoretical concept.

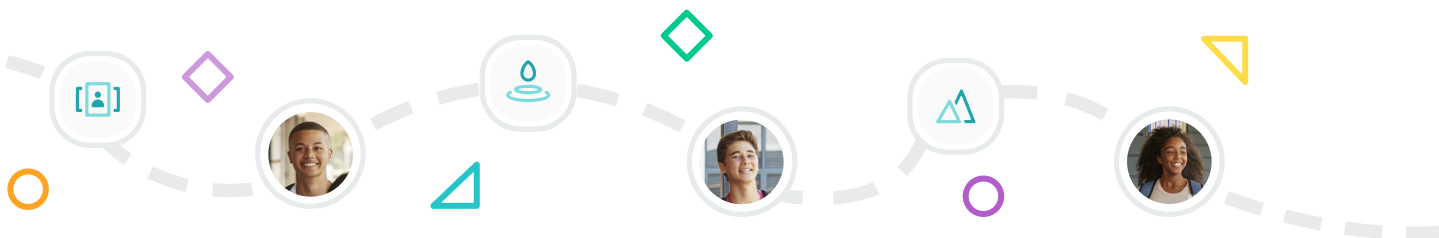
MEASURED BY:



PRE/POST

## SEL CAPACITIES

HI Elementary SEL reports on a set of capacities that are developmentally appropriate for young people ages 8 to 11.





## CORE SEL

$\alpha=0.93$

Encapsulates several SEL capacities that are all interdependent and positively affect the development of emotional, cognitive, and behavioral factors in young people's lives. Core SEL is not a simple average of individual capacities. It is a unique measurement of all of the questions that comprise it. Each set of questions have unique values when it comes to measuring Core SEL.



### ACADEMIC SELF-EFFICACY

$\alpha=0.76$



**A young person's motivation and perceived mastery over their own learning, school performance, and potential to attain academic success**

Young people with Academic Self-Efficacy have higher grade point averages and standardized test scores, fewer suspensions and expulsions, as well as longer-term gains in skills to identify, attain, and retain a career (Afterschool Alliance, 2009; Zins, J.E., et al., 2004).



### MASTERY ORIENTATION

$\alpha=0.82$



**A young person's desire to learn in order to increase their overall competence or ability until something is mastered**

Research shows that young people with this orientation tend to procrastinate less and use more effective learning strategies, ultimately leading to increased academic performance (Meece and Holt 1993; Wolters 2004). Additional studies have found that the positive effect of Mastery Orientation on academic performance can continue for several years (Blackwell, Trzesniewski et al., 2007).



## SELF-MANAGEMENT

$\alpha=0.72$



**The ability of a young person to regulate their emotions and behavior, take positive risks, and persist through life's challenges**

Self-Management correlates with longer-term outcomes such as higher academic performance, lower engagement in negative behaviors, and improved social acceptance by peers (Bandy, T & Moore, K.A., 2010).



## SOCIAL SKILLS

$\alpha=0.62$



**The ability of a young person to take others' perspectives into account, and to develop a sense of caring and empathy**

Social skills are considered an important part of development because it supports positive social interactions and promotes positive interactions between young people and their environment (Payton, J.W. et al., 2008).



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