



# What Is Second Step® Middle School?

Second Step Middle School is a research-based program designed to improve students' human skills, including growth mindsets, goal-making, emotion management, responsible decision-making, and managing relationships and social conflict.

Studies show that these skills can help improve academic performance,<sup>1</sup> promote positive relationships,<sup>2,3</sup> and reduce emotional distress<sup>3</sup> and negative social behaviors like peer conflict.<sup>2,3</sup> Programs that teach these skills can also help create positive classroom and school climates.<sup>3</sup>

-  **Unit 1: Mindsets & Goals**
-  **Unit 2: Developing a Positive Sense of Self**
-  **Unit 3: Thoughts, Emotions & Decisions**
-  **Unit 4: Managing Relationships & Social Conflict**

## How do students and schools benefit?

### Increase



- Academic perseverance
- Positive school climate
- Positive relationships

### Decrease



- Classroom management issues
- Peer rejection
- Peer conflicts
- Emotional distress

## The program can help instill crucial workplace skills.<sup>4</sup>

### Workforce Readiness Skills



- Emotional intelligence
- Critical thinking and analysis
- Service orientation
- Complex problem-solving
- Management of personnel
- Negotiation

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2. Cipriano, C., Strambler, M., Naples, L., Ha, C., Kirk, M., Wood, M., Sehgal, K., Zieher, A., Eveleigh, A., McCarthy, M., Funaro, M., Ponnock, A., Chow, J., & Durlak, J. (2023). *Stage 2 Report: The State of the Evidence for Social and Emotional Learning: A Contemporary Meta-Analysis of Universal School-Based SEL Interventions*. <https://doi.org/10.31219/osf.io/mk35u>
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