

Proposal for “Students of Impact”

Social Emotional Learning Program for Schools

“Students of Impact” is a comprehensive & multi-faceted program that empowers students, teachers and even parents with the mindset & skills students need to know their worth, elevate their self-image as well as become more confident, resilient, and successful (academically & relationally).

Students can reach their full potential *to the degree* they are able to recalibrate their negative and limiting beliefs about who they are and what they are capable of.

Research shows that students who are emotionally and socially healthy have a greater chance to succeed in educational pursuits.

Students need a healthy self-image to be successful academically, socially, and emotionally. *“The quality of an education lies not just in the mastery of technical skills but in the enhancement of self-image”* (The Formula for Student Success, W. Delco). Students with a positive self-image have a better attitude towards themselves and others and are more solution-oriented when facing challenges. Students who adopt an internal locus of control positively impact their school community as role models and leaders.

“Students of Impact” is a social emotional learning program that provides a step by step process for students to be able to:

- Embrace a growth mindset
- Form habits of self-reflection, self-awareness, gratitude, and openness to growth
- Be in command of their thoughts & emotions (mind & emotional management)
- Elevate and re-wire their self-image (to match their God-given worth)

Equipping students to design and re-wire their self-image takes strategies, commitment, and accountability. “Students of Impact” helps teachers and parents understand the process and take an active role in accompanying students. On-going guidance, integration and accountability leads to a significantly higher rate of sustained growth for emotional and social maturity.

In-Person Pep Rallies & Workshops

The dynamic and engaging pep rallies and workshops get students fired up and committed!

Jenny utilizes the testimonials of charismatic, diverse & faith-filled college students as well as her own stories, music, and unforgettable activities to inspire students.

In person events can be scheduled 1-2 times a semester.

Student Access to On-Going Content

Students have access to the “Students of Impact” Content on the Self-Love Club App.

Each week, new content based on the monthly theme opens up. Content includes short “TikTok” style videos, simple exercises to help them practice the skills, weekly challenges, and inspirational stories and quotes from Saints and Scripture.

Resources & Support for Parents & Teachers

Along with access to the portal (via the app or desktop), parents receive emails with highlights and practical ideas for accompanying & holding their teens accountable.

Teachers receive access to the app portal and an overview of all the skills, exercises and weekly challenges with easy ways of incorporating them into the classroom.

"Students of Impact" SEL

Mindset & Foundational Skills



September: **Growing in Awareness**

- Simple guided meditations for awareness of body tension, emotions and thoughts
- Practice using "PAUSE" to self reflect & regulate
- Practice a "brain dump" to be aware of thoughts

October: **Growing in Gratitude**

- Replace negative labels with gratitude
- Learn to manage toxic people or situations
- Recognize the good in YOU & your challenges
- Express gratitude to others
- Experience a "hot tub" of gratitude



November: **Recalibrating**



- Be aware of your negative self talk
- Learn a proven method to stop comparing yourself to others and competing with others!
- Start to recognize distorted thoughts and practice recalibrating to positive thoughts

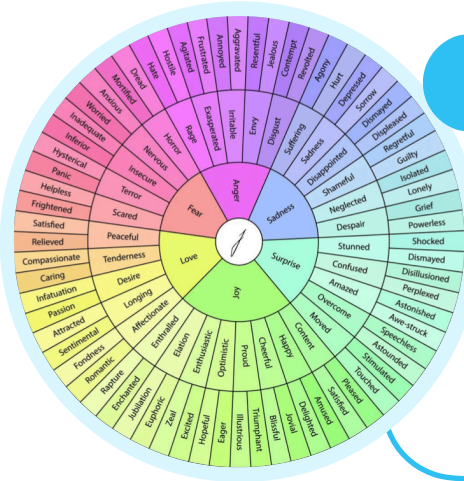
December: **Strengthening Self Image**

- Understand how self image is formed and the process for elevating your self image
- Write positive & powerful scripts
- Crafting your "Best Case Scenarios"
- Create a power life script & your vision of success



January: Managing Emotions

- Practice naming your feelings (not judging them) and give yourself permission to experience your feelings (as opposed to avoiding them)
- Practice expressing your feelings in healthy ways
- Reflecting on the “domino effect” of your thoughts, feelings and actions



February: High Standards

- Know what you are worthy of & what you deserve
- Setting high standards for the way you show respect and expect respect from peers and family
- Resisting peer pressure
- Living a life of integrity and kindness



March: Effective Communication

- Managing your tone & body language
- Initiating conversations with new people
- Showing kindness with affirmation & curiosity
- Striving for depth & meaning when talking to others
- Strategies & scripts for having difficult conversations



April: Overcoming Fear

- Becoming “friendly” with failure—seeing it as an opportunity to learn and grow
- Overcoming the fear of other people’s opinions with strategies to manage critics
- Overcoming the fear of rejection and self doubt

