

# MULTI-TIERED SUPPORTS FOR STUDENT GROWTH MINDSET, WELL-BEING, AND MENTAL HEALTH

## Ensure Safe, Supportive, and Thriving Learning Communities

COMPREHENSIVE • MEASURABLE • IMPACTFUL

Building a learning community that nurtures positive mindsets and mental health, drives measurable growth in student core competencies, and fosters a supportive and thriving environment of belonging and connection can transform the lives of students and educators.

Our comprehensive suite of offerings takes a whole-school, multi-tiered approach that prioritizes mental health and wellness.

- Tier 1 student and educator well-being
- Tier 2 and 3 mental health prevention, intervention, and support
- High-quality data insights to guide instruction and measure impact

### Student and Educator Well-Being

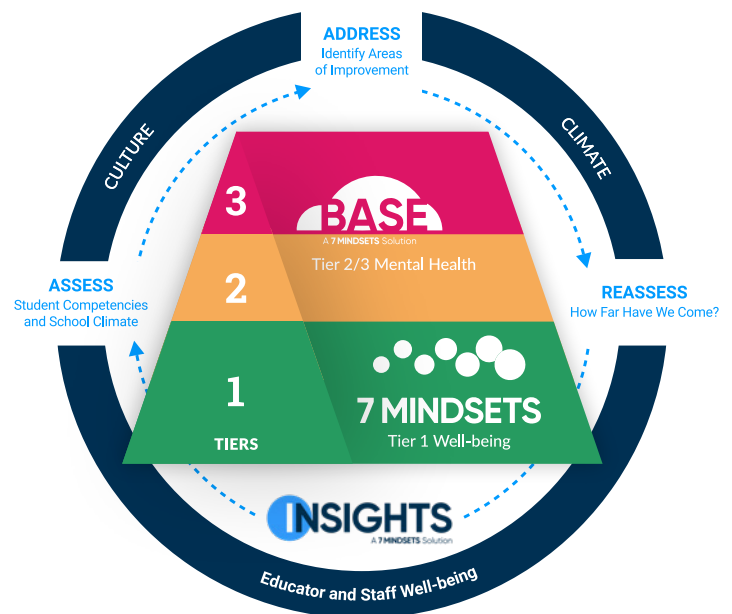
7 Mindsets teacher-led Tier 1 curriculum and professional learning gives students and educators hope for the future, a firm belief in their potential, and a strong sense of belonging and connection. Empowering Educators' adult well-being platform offers tools and resources school and district staff need to restore well-being and reignite passion and purpose.

### Mental Health Support and Intervention

Our Base program primarily focuses on Tier 2 and Tier 3 targeted mental health supports. Base offers student-facing, interactive, mental health prevention and intervention education, providing personalized learning pathways to meet students' individual needs.

### Data Insights to Support Effective Instruction

Insights' robust assessment tools help educators decide what to teach to whom and then to measure student learning. Insights offer the only direct measure of core competencies.



**A Whole-School MTSS Approach for Mental Health and Well-Being**

## Empowering Growth for Every Learner

### Develop Positive Mindsets and Life Skills

**7 Mindsets** helps schools and districts build a foundation of connection and belonging with positive student mindsets and life skills. Students learn self-awareness, self-efficacy, perseverance, and many other prosocial characteristics. The 7 Mindsets are designed to inspire every student and educator to live a life of passion, purpose, and joy.

- A scaffolded, PreK-12, Tier 1 approach
- Digital curriculum, in English and Spanish
- Professional learning and coaching

*Students who received 7 Mindsets instruction for at least 5 months showed significant improvements in behavior, attendance, and prosocial qualities such as resilience and grit.*

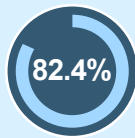
### Personalized Student Mental Health Supports for Tier 2 and 3

**Base's** student mental health platform provides Tier 2 and Tier 3 supports for students who need mental health intervention, helping them understand and articulate their emotions, develop self-regulation skills, and build healthy relationships with peers and adults.

- Flexible curriculum modules for personalized learning
- Baseline self-reporting survey for customized pathways and to measure growth over time
- Built-in notification system that identifies potentially harmful language that may need review



94% of teachers saw an overall improvement in academics as well as classroom behavior.



82.4% of students were able to talk about things with their counselor that they couldn't before the BASE program.



100% of students from our studies did not see regression in behavior after completing BASE.

### Actionable Data Measurement Tools

**Insights'** easy-to-implement assessments directly measure students' core competencies, while its climate surveys assess how students perceive essential learning conditions, including sense of safety, belonging, and instructional support. Aligned to state guidelines, Insights' measurement tools support student growth and demonstrate program impact from 7 Mindsets, Base, and Empowering Educators.

### Mindsets-based Platform for Improved Staff Well-being

A comprehensive, easy-to-use platform for educator and staff success, Empowering Educators' powerful content, resources, and tools:

- Improve emotional health and well-being with self-paced modules
- Build relationships, connection, and a sense of belonging in facilitated group sessions
- Provide access to exactly what your team needs via on-demand webinars, videos, and other resources

### About 7 Mindsets

Founded in 2009, 7 Mindsets provides mindset-based and mental health learning solutions for schools and districts nationwide. The company offers multi-tiered curricula, professional development, and data measurement tools that empower growth, drive measurable impact, and ensure safe and supportive learning communities. Its highly effective programs have been shown to improve student engagement, behavior, and academic achievement and have been used by over 5 million students and educators in all 50 states.