

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.

7 Mindsets' comprehensive suite of offerings takes a whole-school, multi-tiered approach that meets the mental health and well-being needs of students and educators.

- Mindset-based empowerment for all students (Tier 1) and educators
- Mental health education for all students, including Tier 1 prevention and Tier 2 and 3 intervention.
- High-quality data insights to guide instruction and measure impact

Student and Educator Well-Being

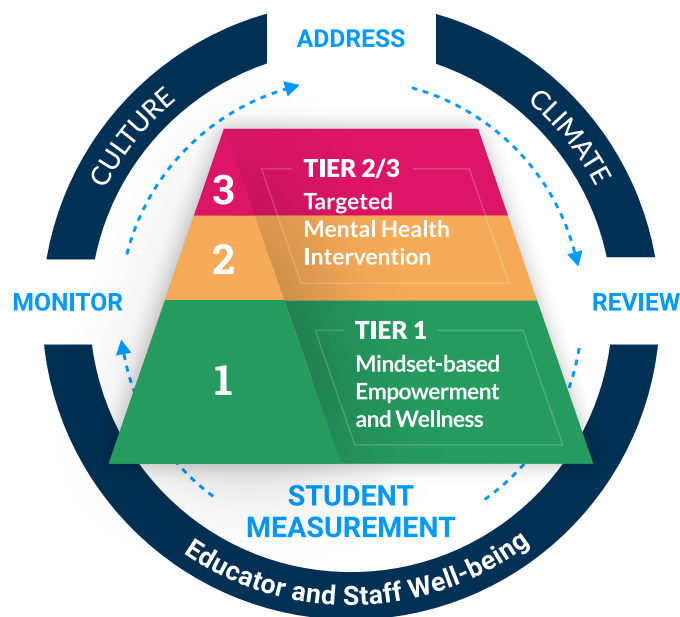
7 Mindsets' instructor-led Tier 1 curriculum and professional learning give students and educators hope for the future, a firm belief in their potential, a strong sense of belonging and connection, and creates positive life-changing experiences through mindset-based empowerment. Empowering Educators' adult well-being platform offers tools and resources school and district staff need to restore well-being and reignite passion and purpose

Mental Health Prevention and Intervention

Base is a mental health and wellness education solution, primarily student-facing for grades 6-12 with facilitated implementation for elementary. Base serves as both a Tier 1 prevention tool and a Tier 2/3 intervention resource, providing self-guided digital lessons on emotional regulation, coping strategies, and personal well-being, along with targeted intervention modules for additional support.

Data Insights to Support Effective Instruction

Insights' robust measurement tools help educators decide what to teach to whom and then to measure student learning. Insights offer the only direct measure of core competencies for grades K-8.



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.

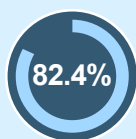
Personalized Student Mental Health Supports for All Students

The **Base** student mental health platform provides supports for students who need mental health prevention (Tier 1) and intervention (Tier 2/3), 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



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



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



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

Actionable Data Measurement Tools

Insights' easy-to-implement measurement tools 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 solutions as well as other curricula and programs.

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 transformative, mindset-based empowerment 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.