

# RESEARCH BASE AND EVIDENCE OF EFFECTIVENESS

Developed from more than 25 years of research and practice, 7 Mindsets is a proven-effective well-being solution for schools, PreK-12.



7 Mindsets is a mindsets-based learning solution developed from more than 25 years of research. Our evidence of effectiveness includes independent research as well as efficacy studies of the program's success with elementary, middle, and high school students.

## RESEARCH BASE

The 7 Mindsets are based on a three-year meta-analysis study (2006-2008) that asked a single question: What allows an individual to attain happiness in life?

The study, using a [framework defined by Martin Seligman](#) at the University of Pennsylvania, defined happiness as the following:

- **Experiencing Positive Emotions** – to find joy, meaning, love, and impact while also dealing constructively and positively with loss, adversity, and trauma
- **Attaining High Levels of Engagement** – doing things that fully engage our imagination and put us in a state of Flow (See [Flow](#) by Mihaly Csikszentmihaly)
- **Attaining Authentic Accomplishment** – accomplish goals and find meaning from having impact that is important to us and connected deeply with our values and desires
- **Building Meaningful Relationships** – develop meaningful and empowering relationships and have an impact on others in our lives

This research includes the study of more than one thousand books and preeminent research studies, and interviews with 400 individuals. Intentionally designed to transcend all political, religious, gender, geographic, and philosophical orientations, the team took extreme measures to research individuals from all walks of life.

From the research, 28 specific patterns emerged of characteristics that most predicated happiness. Among others, the primary characteristics included high expectations, optimism, creativity, passion, purpose, risk taking, vulnerability, open-mindedness, relationships, compassion, service to others, self-care, evolution, and gratitude.

Following the conclusion of the study and essential to our success was the ability to make our programs relevant and teachable. We understood the need to create a common language and lexicon that was **engaging** and **accessible** to young people across all grade levels. The 7 Mindsets and corresponding 28 Learning Objectives became the common language around which our curriculum was developed.

### Why Mindsets-Based

Mindsets have been defined by the University of Chicago as beliefs and attitudes about oneself, the external world, and the interaction between the two. They are the default lenses that individuals use to process everyday experiences. Research shows that these attitudes and perspectives dictate emotions and dramatically influence decisions and actions. It is our mindsets that promote effective decision-making, connectivity with others, positive self-awareness, self-efficacy, perseverance, and many other prosocial characteristics. Mindsets-based learning delivers the qualities that not only allow a student to succeed in the world we live in, but also thrive in a future we cannot predict.

# EVIDENCE OF EFFECTIVENESS

## Overview

**7 Mindsets** is an evidence-driven organization committed to positively changing the way individuals think about themselves and their future, and empowering them to live lives of passion, purpose, and meaning.

Evidence of the 7 Mindsets solution's impact on students and schools is gathered from both independent and peer-reviewed studies and is used to:

1. Validate the efficacy of the 7 Mindsets program
2. Drive development to improve quality and impact through 7 Mindsets instruction

What separates the 7 Mindsets from other programs is a measured set of lasting, tangible improvements upon the mindsets of both students and educators. Students who experience a firm belief in their potential, an optimistic vision for the future, and a strong sense of personal authenticity perform better academically and forge more substantial relationships in life. This document summarizes key measurable results, focusing on statistically significant improvements in:

- Behavior
- Attendance
- Achievement
- Prosocial qualities (resilience and grit)

## Examples of Evidence

### SECONDARY SCHOOLS SHOW SIGNIFICANT DECREASE IN DISCIPLINARY ACTIONS

#### Middle School Shows Significant Decrease in Referrals, Detentions, and In-School Suspensions

Independent research conducted in **New Caney Independent School District in Texas** compared two demographically similar middle schools within the school district. The treatment school had a 7 Mindsets professional development training for the educators, a 7 Mindsets Coach, and the students received 15-to-30-minute 7 Mindsets lessons during homeroom, delivered twice per week, throughout the school year. The comparison school did not implement the 7 Mindsets program in any form. The results in the chart below show significant decrease in teacher referrals, detentions, and in-school suspensions for the treatment school using 7 Mindsets.

Disciplinary Action	2018	2019	Decrease
Teacher Referrals	90	29	67%
Detention	72	46	35%
In-School Suspension	40	24	40%

#### Peer Review Study of New Caney Research Confirms Program Impact on Student Behaviors

The **New Caney Study of the Impact of 7 Mindsets Instruction on Student Behavior**, which confirmed the effectiveness of 7 Mindsets instruction on improving a range of student behaviors requiring school-level discipline, was presented at the AACE SITE Conference in San Diego in April 2022. The paper was competitively accepted for presentation through peer review.

### High School Shows a 42% Decrease in Out-of-School-Suspensions in One School Year

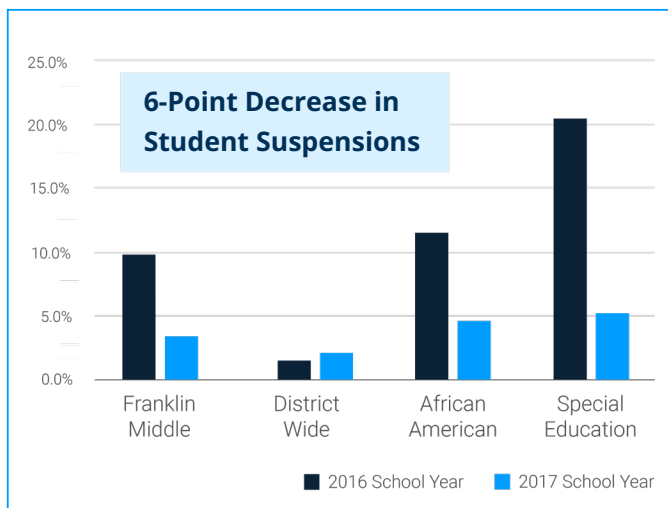
Independent research conducted in Clay County School District in Florida compared two demographically similar high schools within the same school district. The treatment school had a 7 Mindsets professional development training for the educators, a 7 Mindsets Coach, and the students received 15-to-30-minute 7 Mindsets lessons during homeroom, delivered twice per week, throughout the school year. The comparison school did not implement the 7 Mindsets program in any form.

School Groups	Fall 2018 OS	Fall 2019 OS	Change in OS
Treatment 7 HS (with 7 Mindsets program)	43	25	42% decrease
Comparison HS (no 7 Mindsets program)	23	46	100% increase

At the conclusion of the research study, led by Portia Pusey, the high school using 7 Mindsets had a 42% decrease in out of school suspensions (OSS) while the comparison middle school had a 100% increase.

### Disciplinary Referrals Drop by 90% in Urban Middle School

Franklin Middle School is an urban school in Minneapolis, Minnesota. Serving sixth through eighth grade students, the school has 30% of its students receiving special education services, with 96% of its students on free/reduced lunch. The school had over 300 disciplinary referrals in a year. In fall 2016, the school implemented the 7 Mindsets training for their educators, and the students received approximately 30 minutes of mindsets-based learning instruction per week for the school year.



Following a semester of implementation, Franklin Middle School saw a reduction in the percentage of students being suspended—from 9.5% to 3.4%. Comparatively, the district showed a slight increase (from 1.5% to 2.1%) in the percentage of students being suspended during the same time. These statistics were more dramatic within the African American student community (from 11.5% to 4.6%) as well as for students receiving special education services (from 20.8% to 5.2%). One year later, disciplinary referrals at Franklin Middle School dropped below 30, and the positive school culture increased student engagement and attendance.

### Attendance Showed Improvement Over One Year

At Franklin Middle School, there was also a significant difference between the number of days students were absent and present in school from Year 1 (2016-17) to Year 2 (2017-18). There was a significant decrease in the number of absences from Year 1 to 2, and a significant increase in the number of days children were present in school from Year 1 to Year 2.

There was a significant difference between the number of days students were absent and present in school from Year 1 to Year 2. There was a significant decrease in the number of absences from Year 1 to 2 and a significant increase in the number of days children were present in school from Year 1 to Year 2. Table 1 presents independent sample t-tests to illustrate mean differences, significant at  $p < .05^*$  and  $p < .01^{**}$  respectively.

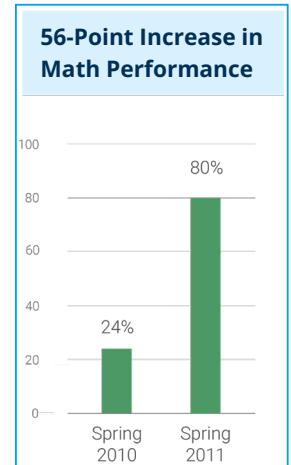
	Year 1 - 2016 Mean (SD)	Year 2- 2017 Mean (SD)	Change
Absences	31.56 (20.17)	21.12 (15.63)	-10.44*
Presence	122.81 (42.11)	145.65 (28.20)	22.84**

### Notable Improvement in Math Performance of Middle School Students

In spring 2010, 51 students at Crabapple Middle School in Roswell, Georgia, were identified as at-risk due to academic performance, attendance, and behavior issues. In this group, 24 of the students had active IEPs. The students were administered the state standardized math test, and only 12 of the 51 students, or 24%, passed.

Between October 2010 and May 2011, the 51-student group received instruction in the 7 Mindsets for approximately 35 minutes each week. At the end of the school year, the students took the next state standardized math test, and this time 41 of 51 students, or 80%, passed. This is a 56-point increase in the number of students passing the state math test.

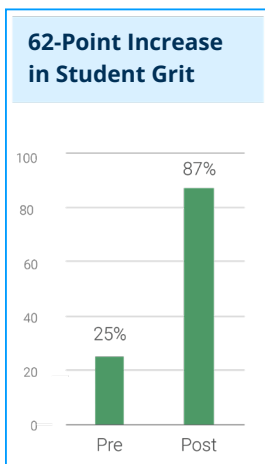
The research study was conducted by Dr. Mimi Gamel of Kennesaw State University.



### Study Found Significant Impact on Students' Prosocial Qualities of Grit and Resilience

In summer 2014, a study was performed by Dr. Mimi Gamel for her dissertation. Her research focus was structured to investigate the impact of 7 Mindsets' character development and empowerment training on early and middle adolescents.

The study included 45 students, ages 13 to 19, from the United States, Dominican Republic, Mexico, Brazil, Colombia, England, China, and South Africa. Two externally developed and scientifically validated assessment tools were utilized:



- [Grit Scale Assessment](#) developed by Angela Duckworth, University of Pennsylvania
- [Resiliency Scales for Children and Adolescents \(RSCA\)](#) developed by Sandra Prince-Embury, PhD

The students were given both the Grit and Resiliency assessments prior to participation in the 7 Mindsets program, and they were then given both assessments again at the program's conclusion. Based on the results of the study, Dr. Gamel stated:

***"This research was groundbreaking because it is the first of its kind that demonstrates that emotional qualities such as resilience and grit can be taught and developed in adolescence in an academic setting."***

### Demonstrated Level of Grit Increased from 25% to 87% for Early and Middle Adolescents

Dr. Gamel segmented levels of grit into three categories: Low, Average, and High. The objective was to determine what percentage of students started in the high range and compare that to the percentage that would end up in the high range at the conclusion of the program.

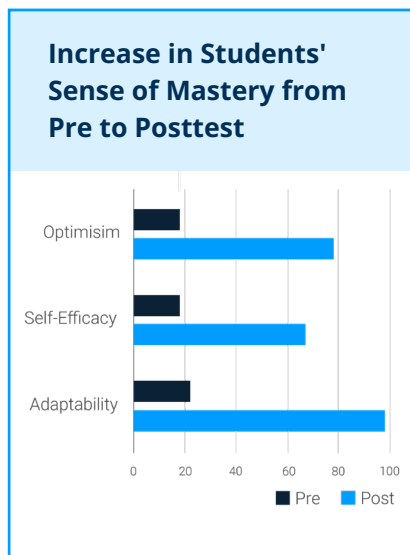
During the pretest, 11 of the 45 students demonstrated high levels of grit. At the time of the posttest, 39 of the 45 students demonstrated high levels of grit, highlighting the effectiveness of the 7 Mindsets program in teaching grit.

## Positive Impact of 7 Mindsets on Students' Sense of Mastery, Relatedness, and Emotional Reactivity

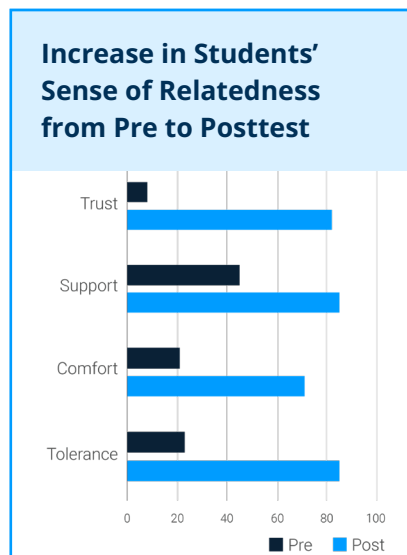
The Resiliency Scales for Children and Adolescents™ (RSCA) measures the personal attributes of the child that are critical for resiliency. The scales are composed of three stand-alone global scales of 20-24 questions each and ten subscales:

- **Sense of Mastery Scale:** optimism, self-efficacy, adaptability
- **Sense of Relatedness Scale:** trust, support, comfort, tolerance
- **Emotional Reactivity Scale:** sensitivity, recovery, impairment

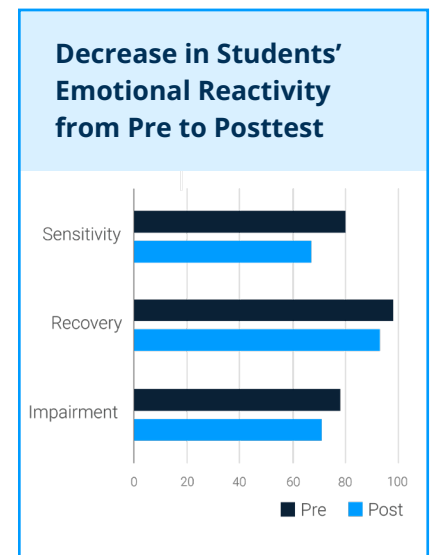
Dr. Gamel segmented levels of resiliency into three categories: Low, Average, and High. The objective was to see what percentage of students started in the high range compared to the percentage that would achieve the high range by the end of the program. This was done for all three of the following Resiliency Scale subscales.



**Measured Change in Students' Sense of Mastery:** Students were assessed on three parameters—optimism, self-efficacy, and adaptability—demonstrating an increase in all three from pretest to posttest. See graph above.



**Measured Change in Sense of Relatedness:** Students were assessed on four parameters—trust, feelings of support, comfort around others, and tolerance—demonstrating an increase in all four from pretest to posttest. See graph above.



**Measured Change in Emotional Reactivity:** Students were assessed on three parameters—to measure sensitivity, recovery, and judgment—to measure sensitivity, recovery, and judgment—demonstrating a reduction in student reactivity, from pretest to posttest. See graph above.

## Conclusion

7 Mindsets' solution, developed over 25 years of research and practice, is proven to increase student attendance, engagement, and academic success and reduce behavior issues, suspensions, and expulsions.

### 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.

**LEARN HOW 7 MINDSETS CAN HELP BUILD A MORE POSITIVE CULTURE IN YOUR SCHOOL OR DISTRICT.**

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