

School-Connect 4.0 Alignment with New York State Education Department’s SEL Benchmarks

School-Connect 4.0 lessons align with all of New York State Social Emotional Learning Goals:

- 1) Young people develop a self-awareness that nurtures and affirms a strong sense of identity, informs decisions about their actions, and builds a sense of agency.
- 2) Young people use social awareness and interpersonal skills to establish, navigate, and maintain mutually supportive relationships with individuals and groups that nurture a strong sense of belonging.
- 3) Young people demonstrate intentional decision-making skills and behaviors that consider social, emotional, and physical safety and well-being in personal, school, and community contexts.

The alignment below focuses on early high school (9-10) benchmarks, but School-Connect 4.0 is applicable for grades 6-12.

GOAL 1: DEVELOP SELF-AWARENESS THAT: nurtures and affirms a strong sense of identity, informs decisions about personal actions, and builds a sense of agency.														
1A.4a. Experience complex thoughts and feelings with awareness of their effect on mind and body.	<p><i>School-Connect’s “Get Centered” mindfulness series focuses specifically on understanding awareness of how thoughts and emotions affect their mind and body. Additionally, mind, body, and emotional awareness is embedded in the the videos, think-pair-shares, activities, and/or self-assessments in:</i></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">1.4: Understanding Your Brain</td> <td style="width: 50%;">6.3: Monitoring & Managing Emotions</td> </tr> <tr> <td>1.7: Checking in on Ourselves and Others</td> <td>8.1: Using Your Emotional Radar</td> </tr> <tr> <td>1.8: Finding Calm</td> <td>8.2: Understanding the Power of Thought</td> </tr> <tr> <td>2.3: Tuning In to Others</td> <td>8.3: De-escalating Stress/Anxiety</td> </tr> <tr> <td>3.8: Making the Most of Test Prep</td> <td>8.4: Understanding Sadness/Depression</td> </tr> <tr> <td>6.2: Being Aware of Personality Styles</td> <td>8.7: Practicing Self-Care</td> </tr> </table>		1.4: Understanding Your Brain	6.3: Monitoring & Managing Emotions	1.7: Checking in on Ourselves and Others	8.1: Using Your Emotional Radar	1.8: Finding Calm	8.2: Understanding the Power of Thought	2.3: Tuning In to Others	8.3: De-escalating Stress/Anxiety	3.8: Making the Most of Test Prep	8.4: Understanding Sadness/Depression	6.2: Being Aware of Personality Styles	8.7: Practicing Self-Care
1.4: Understanding Your Brain	6.3: Monitoring & Managing Emotions													
1.7: Checking in on Ourselves and Others	8.1: Using Your Emotional Radar													
1.8: Finding Calm	8.2: Understanding the Power of Thought													
2.3: Tuning In to Others	8.3: De-escalating Stress/Anxiety													
3.8: Making the Most of Test Prep	8.4: Understanding Sadness/Depression													
6.2: Being Aware of Personality Styles	8.7: Practicing Self-Care													
1A.4b. Effectively express complex thoughts and emotions with trusted peers or adults.	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">1.6: Setting up for School Success (includes proactive self-advocacy)</td> <td style="width: 50%;">4.2: Collaborating Effectively</td> </tr> <tr> <td>1.7: Checking in on Ourselves and Others</td> <td>4.6: Negotiating Within Groups</td> </tr> <tr> <td>2.5: Connecting with Peers</td> <td>5.7: Skill-building for Challenging Conversations</td> </tr> <tr> <td>2.6: Communicating with Adults</td> <td>8.6: Recognizing When You/Others Need Help</td> </tr> <tr> <td>3.7: Maximizing Out-of-class Learning</td> <td></td> </tr> </table>		1.6: Setting up for School Success (includes proactive self-advocacy)	4.2: Collaborating Effectively	1.7: Checking in on Ourselves and Others	4.6: Negotiating Within Groups	2.5: Connecting with Peers	5.7: Skill-building for Challenging Conversations	2.6: Communicating with Adults	8.6: Recognizing When You/Others Need Help	3.7: Maximizing Out-of-class Learning			
1.6: Setting up for School Success (includes proactive self-advocacy)	4.2: Collaborating Effectively													
1.7: Checking in on Ourselves and Others	4.6: Negotiating Within Groups													
2.5: Connecting with Peers	5.7: Skill-building for Challenging Conversations													
2.6: Communicating with Adults	8.6: Recognizing When You/Others Need Help													
3.7: Maximizing Out-of-class Learning														
1B.4a. Build their self-confidence through use of positive self-talk, using affirmations, practicing gratitude, and using personal strengths to problem-solve.	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">1.5: Growing and Improving</td> <td style="width: 50%;">6.2: Being Aware of Personality Styles</td> </tr> <tr> <td>2.7: Giving and Receiving Feedback</td> <td>7.1: Recognizing Character Strengths</td> </tr> <tr> <td>3.1: Goal-Setting for School Success</td> <td>7.2: Being Your True Self</td> </tr> <tr> <td>3.2: Applying Growth Mindset</td> <td>7.3: Forging Your Path</td> </tr> <tr> <td>3.3: Bouncing Back from Setbacks</td> <td>8.3: Coping with Stress/Anxiety</td> </tr> <tr> <td>5.1: Valuing Community and Cultural Wealth</td> <td>8.8: Cultivating Hope and Happiness</td> </tr> </table> <p>+ Get Centered booster lessons include focus on positive visualization and affirmations</p>		1.5: Growing and Improving	6.2: Being Aware of Personality Styles	2.7: Giving and Receiving Feedback	7.1: Recognizing Character Strengths	3.1: Goal-Setting for School Success	7.2: Being Your True Self	3.2: Applying Growth Mindset	7.3: Forging Your Path	3.3: Bouncing Back from Setbacks	8.3: Coping with Stress/Anxiety	5.1: Valuing Community and Cultural Wealth	8.8: Cultivating Hope and Happiness
1.5: Growing and Improving	6.2: Being Aware of Personality Styles													
2.7: Giving and Receiving Feedback	7.1: Recognizing Character Strengths													
3.1: Goal-Setting for School Success	7.2: Being Your True Self													
3.2: Applying Growth Mindset	7.3: Forging Your Path													
3.3: Bouncing Back from Setbacks	8.3: Coping with Stress/Anxiety													
5.1: Valuing Community and Cultural Wealth	8.8: Cultivating Hope and Happiness													

NOTE: Many lessons include multiple competencies used simultaneously (e.g., self-awareness & self-management) and are therefore listed more than once.

<p>1B.4b. Identify positive adult role models and support systems. Analyze if and how they contribute to identity development.</p>	<p>1.6: Setting up for School Success 2.6: Communicating with Adults 2.7: Giving and Receiving Feedback 5.1: Valuing Community and Cultural Wealth 5.9: Envisioning More Inclusive Communities (PBL)</p>	<p>7.4: Exploring Career Options 7.5: Furthering Your Education 7.6: Envisioning Your Future 7.7: Setting Life Goals 7.8: Mapping Your Plan 8.6: Recognizing When You/Others Need Help</p>
<p>1C.4a. Develop one or more long-term goals and sequential action steps in working toward them.</p>	<p>School-Connect <i>Module 7: Setting and Achieving Long-term Goals</i> is a 10-lesson series that focuses on strategic steps toward reaching long-term personal and career goals, by mapping short-term measurable and achievable goals. The culminating project of the module is a presentation of their short-term and long-term goal "Mission Map".</p>	
<p>1C.4b. Monitor progress toward longer-term goals, identifying indicators that align with their priorities, and acknowledging barriers within and beyond their influence.</p>	<p>Embedded in <i>Module 7: Setting and Achieving Long-Term Goals</i> as well as: 3.1: Goal-Setting for School Success 3.2: Applying Growth Mindset 3.3: Bouncing Back from Setbacks</p>	
<p>GOAL 2: USE SOCIAL AWARENESS AND INTERPERSONAL SKILLS to establish and maintain mutually supportive relationships with individuals and groups and nurture a strong sense of belonging.</p>		
<p>2A.4a. Reflect on the similarities and differences between their own perspectives and the perspectives of others, including those from different identity groups.</p>	<p>4.2: Collaborating Effectively 4.3: Disagreeing Respectfully 4.4: Brainstorming and Idea Building 4.5: Agreeing on Group Responsibilities 4.6: Negotiating Within Groups 4.7: Practicing Group Work 4.8: Reflecting on Lessons Learned</p>	<p>5.2: Working Toward Empathy 5.3: Checking for Blind Spots 5.4: Appreciating Diversity 5.5: Branching Outside Your Social Circle 5.6: Advocating for Others</p>
<p>2A.4b. Use their communication skills and respectful curiosity to better understand others' feelings, perspectives, and life experiences.</p>	<p>1.7: Checking in on Ourselves and Others 2.1: Creating First Impressions 2.2: Reviving Digital Zombies 2.3: Tuning In to Others 2.4: Using Active Listening 2.5: Connecting with Peers 2.6: Communicating with Adults 2.7: Giving and Receiving Feedback 4.4: Brainstorming and Idea Building</p>	<p>5.2: Working Toward Empathy 5.3: Checking for Blind Spots 5.4: Appreciating Diversity 6.2: Being Aware of Personality Styles 6.5: Using Problem-solving Strategies 6.6: Making a Sincere Apology 6.7: Forgiving Others & Ourselves 6.8: Understanding Healthy Dating</p>
<p>2B.4a. Recognize traits of a variety of cultures, including the dominant culture and their own culture, and understand how to negotiate their own identity in multiple spaces.</p>	<p>5.1: Valuing Community and Cultural Wealth 5.2: Working Toward Empathy 5.3: Checking for Blind Spots 5.4: Appreciating Diversity 5.5: Branching Outside Your Social Circle</p>	

<p>2B.4b. Demonstrate ability to build and sustain meaningful relationships with individuals from different social and cultural groups and speak up with courage when harm has occurred.</p>	<p>5.6: Advocating for Others 5.7: Skill-building for Challenging Conversations 5.8: Becoming Change Agents 5.9: Envisioning More Inclusive Communities (PBL)</p>	
<p>2B.4c Reflect on the individual, cultural, and systemic impacts of stereotyping, prejudice, and microaggressions.</p>	<p>2.3: Tuning In to Others 2.4: Using Active Listening 5.2: Working Toward Empathy 5.3: Checking for Blind Spots</p>	<p>5.4: Appreciating Diversity 6.3: Monitoring & Managing Emotions 6.5: Using Problem-solving Strategies</p>
<p>2C.4a. Reflect on the ways requesting and providing support impacts a variety of relationships.</p>	<p>1.6: Setting up for School Success (includes proactive self-advocacy) 2.4: Using Active Listening 6.1: Developing Positive Relationships 8.5: Breaking Through Loneliness</p>	<p>8.6: Recognizing When You/Others Need Help 8.7: Practicing Self-Care 8.8: Cultivating Hope and Happiness</p>
<p>2C.4b. Reflect on their roles, efforts, and experiences across lines of difference in groups.</p>	<p>4.1: Preparing for Group Projects 4.2: Collaborating Effectively 4.3: Disagreeing Respectfully 4.4: Brainstorming and Idea Building 4.5: Agreeing on Group Responsibilities 4.6: Negotiating Within Groups 4.7: Practicing Group Work 4.8: Reflecting on Lessons Learned</p>	
<p>2D.4a. Analyze how communication strategies help to navigate conflicts.</p>	<p>4.3: Disagreeing Respectfully 6.3: Monitoring & Managing Emotions 6.4: De-escalating Conflict</p>	<p>6.6: Making a Sincere Apology</p>
<p>2D.4b. Apply conflict resolution skills to navigate individual and group relationships in a variety of contexts.</p>	<p>1.9: Agreeing on a Class Contract (PBL) 6.5: Using Problem-solving Strategies 6.6: Making a Sincere Apology 6.7: Forgiving Others & Ourselves 6.8: Understanding Healthy Dating</p>	<p>6.9: Applying Relationship-Strengthening Skills (PBL)</p>
<p>GOAL 3: DEMONSTRATE INTENTIONAL DECISION-MAKING SKILLS AND BEHAVIORS that consider social, emotional, and physical safety and well-being in personal, family, school, and community contexts.</p>		
<p>3A.4a. Demonstrate personal responsibility by making decisions that support the wellbeing of self and others.</p>	<p><i>Active listening and perspective taking opportunities are embedded throughout School-Connect and addressed specifically in:</i></p> <p>6.8: Understanding Healthy Dating 8.3: Coping with Stress/Anxiety 8.3.1: Using Stress to Your Advantage 8.3.2: Relating to Overwhelming Anxiety 8.3.3: Understanding Unhealthy Coping Strategies 8.3.4: Using Refusal Skills & Respectful Persuasion</p> <p>8.4: Understanding Sadness/Depression 8.5: Breaking Through Loneliness 8.6: Recognizing When You/Others Need Help 8.7: Practicing Self-Care 8.8: Cultivating Hope and Happiness</p>	

<p>3A.4b. Evaluate how the expectations of different groups, including the expectations of those with social influence, power, and privilege, influence personal decisions and actions.</p>	<p>4.2: Collaborating Effectively 4.3: Disagreeing Respectfully 5.6: Advocating for Others 5.8: Becoming Change Agents 5.9: Envisioning More Inclusive Communities (PBL)</p>	<p>6.4: De-escalating Conflict 6.5: Using Problem-solving Strategies</p>
<p>3B.4a. Generate possible solutions to challenges, anticipate potential consequences of decisions, and take intentional action toward desired outcomes.</p>	<p>1.9: Agreeing on a Class Contract (PBL) 6.5: Using Problem-solving Strategies 7.7: Setting Life Goals</p>	
<p>3B.4b. Apply decision making skills to establish mutually supportive interpersonal and intergroup relationships.</p>	<p>4.1: Preparing for Group Projects 4.2: Collaborating Effectively 4.3: Disagreeing Respectfully 4.4: Brainstorming and Idea Building</p>	<p>4.5: Agreeing on Group Responsibilities 4.6: Negotiating Within Groups 4.7: Practicing Group Work 4.8: Reflecting on Lessons Learned</p>
<p>3C.4a. Plan, implement, and evaluate their participation in service-learning to improve school culture and climate.</p>	<p>4.9: Presenting a Service Project Plan (PBL)</p>	
<p>3C.4b. Plan, implement, and evaluate their participation in service learning to build greater social justice within their local community.</p>	<p>5.8: Becoming Change Agents</p>	