

# Large urban school district engages **EmpowerU Summer Pilot Program** to provide measurable outcomes

100% of Anoka -Hennepin students made **meaningful goal progress and self-improvement** in a successful summer implementation of EmpowerU for middle school students.

## SITUATION

As the largest school district in Minnesota, Anoka-Hennepin was looking for a program that would encompass **empowerment, leadership development**, and **mental health support** without putting a heavy burden on staff.

## PARTNERSHIP

Anoka-Hennepin partnered with EmpowerU on a pilot program for middle school students in Summer 2022. Students in grades 6-8 completed the 18-lesson course during their session, creating space to develop skills to **improve motivation, behaviors, well-being**, and **success**. The program was delivered between academic interventions and was a welcome time for students to focus on their goals and self-improvement. District leaders valued the **1:1 support** from EmpowerU coaches to expand their capacity to support students over the summer and set them up for a successful school year.



## RESULTS

- Anoka-Hennepin summer 2022 EmpowerU program saw incredible student outcomes:
- **100%** of students made **goal progress** after completing the program.
  - In a post-session survey of school staff, **100%** rated the support from EmpowerU as helpful for their students and voted to continue utilizing EmpowerU into the school year.
  - Teachers and administrators found EmpowerU **easy to implement** and an extremely valuable way to expand their capacity to support student success.



## STAFF FEEDBACK



- Believed EmpowerU would be a helpful program for their school to continue utilizing during the school year
- Rated the **ongoing support** from EmpowerU team as helpful
- Rated the **upfront training** and support received from the EmpowerU team and tools available to introduce students to the program as helpful
- Thought the EmpowerU Dashboard was **easy to navigate** and monitor student progress



## TESTIMONIALS

*"EmpowerU allowed students to pause and reflect on their own lives, which is needed more and more in education. The coaching model is great and gives students a routine centered around learning important skills for regulation, resilience, and success."*

**MS ADMINISTRATOR**

*"EmpowerU helped me work on my healthy choices. I am working on talking to my friends more often and learning to ask for help when needed."*

**MIDDLE SCHOOL STUDENT**

## STUDENT OUTCOMES



of students made progress towards their goal



Rated EmpowerU 1:1 instructor as a factor of their success



Would recommend to a friend



Rated course as helpful to their well-being