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.

empowerU

Summer Case Study: Anoka-Hennepin Schools

STAFF FEEDBACK

100%

- 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

80%

of students made progress towards their goal

100%

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

80%

Would recommend to a friend

90%

Rated course as helpful to their well-being