

District successfully utilizes summer to help students build **focus, confidence, and self-regulation**

By embedding resilience lessons into summer programming, District 196 reinforces concepts taught during the school year to increase student success.

SITUATION

With **student mental health needs increasing** during the 2021-2022 school year, District 196 (MN) middle school leaders knew they needed an effective way to extend additional student support beyond the traditional classroom setting.

Many students struggling with academic engagement, behaviors, and attendance also needed this additional support. These were the same students who would enroll in the 2022 summer school session.

EmpowerU partnered with District 196 to **support student self-regulation** and **motivation** during the summer of 2022 to help them prepare for the upcoming school year with more confidence and focus.

PARTNERSHIP

In the fall of 2018, the district 196 MTSS team brought EmpowerU to Eagan High School to **expand the capacity** of their student support team and improve student resilience and well-being.

After realizing the impact on student outcomes, the district expanded the partnership to bring EmpowerU to all district high schools the following year and added a middle school pilot in 2020.

By the 2021-2022 school year, District 196 had students at every middle school and high school site enrolled in EmpowerU, which had become a trusted resource for school counselors to provide additional support to struggling students. For the 2021-22 school year, over **96%** of the district's students who completed EmpowerU **made goal progress** and rated EmpowerU as **helpful to their well-being**.

With such a transformational impact on students' well-being - and, in turn, academics - District 196 partnered with EmpowerU to embed the Tier 2 program into their middle school summer session to provide targeted students the additional student support needed to help them **succeed academically**. They knew that assisting them to learn to focus and engage meant teaching them skills combined with **personalized support** by partnering with EmpowerU.





RESULTS

During summer school, teachers and counselors embedded 30 minutes of EmpowerU lessons between math and reading interventions each morning. Students quickly engaged in EmpowerU and welcomed the time between academics to focus on their well-being and goals.

School teams found EmpowerU to be a **helpful tool for connecting with their students**, which can be difficult with so many students at one time in a summer session. Counselors appreciated the updates EmpowerU coaches provided on student progress, which they could use as a touchpoint for connection.

A counselor shared, *"Often summer school students aren't excited to participate, but they **truly enjoyed and benefited greatly from EmpowerU.**"*

District 196 middle school students made tremendous progress after completing EmpowerU. Students gained *"motivation and encouragement, along with reassurance"* (*8th-grade student), *"the courage to make more friends"* (6th-grade student), and the ability to *"take deep breaths and tell me it's alright"* (6th-grade student).

TESTIMONIALS

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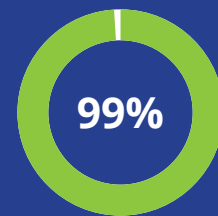
SCHOOL COUNSELOR

"EmpowerU helped me learn that homework is a controllable stressor. I can actually try to do it instead of piling it up. Social media is another one. I can't control what people post, but I can control how much I look at it!"

8TH GRADE STUDENT

STUDENT OUTCOMES

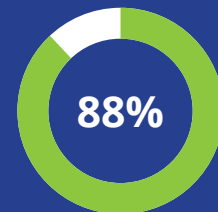
ISD 196 middle school students made tremendous progress after completing EmpowerU.



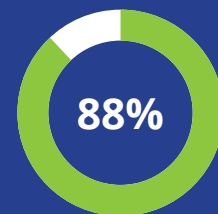
of students made progress towards their goal



rated EmpowerU Daily Coaching as a factor of their progress/success



rated the course as helpful



would recommend to a friend