



You know your students best. Your school site may already be using MTSS or student support team meetings to identify students who need additional support at the Tier 2 level. Look for students who struggle with the common barriers below. They may be a good fit for EmpowerU!

ANXIETY / STRESS

DOES THIS STUDENT...

- Miss school often?
- Arrive late often?
- Worry and lose sleep?
- Have panic attacks?
- Frequent health office with stress symptoms?
- Procrastinate homework?
- Socially isolate due to anxiety?

LOW MOTIVATION

DOES THIS STUDENT...

- Receive poor grades?
- Have difficulty initiating tasks?
- Able to do work, but not motivated?
- Struggle with screen time / gaming?
- Want to do well but can't get started?

LOW SELF-WORTH

DOES THIS STUDENT...

- Struggle with making and keeping friends?
- Lack self-confidence?
- Have distorted thoughts about self and friendships?
- Sit on the sidelines instead of joining?
- Try to fit in with behaviors that are unhealthy?

DISCOURAGED OR DEPRESSED

DOES THIS STUDENT...

- Have decreased level of participation in activities?
- No longer hang out with friends?
- Avoid school, skip class?
- Have a change in lower grades and lost motivation?
- Have negative thoughts about worth and purpose?