

Together We Thrive

An SEL Program for Secondary Schools

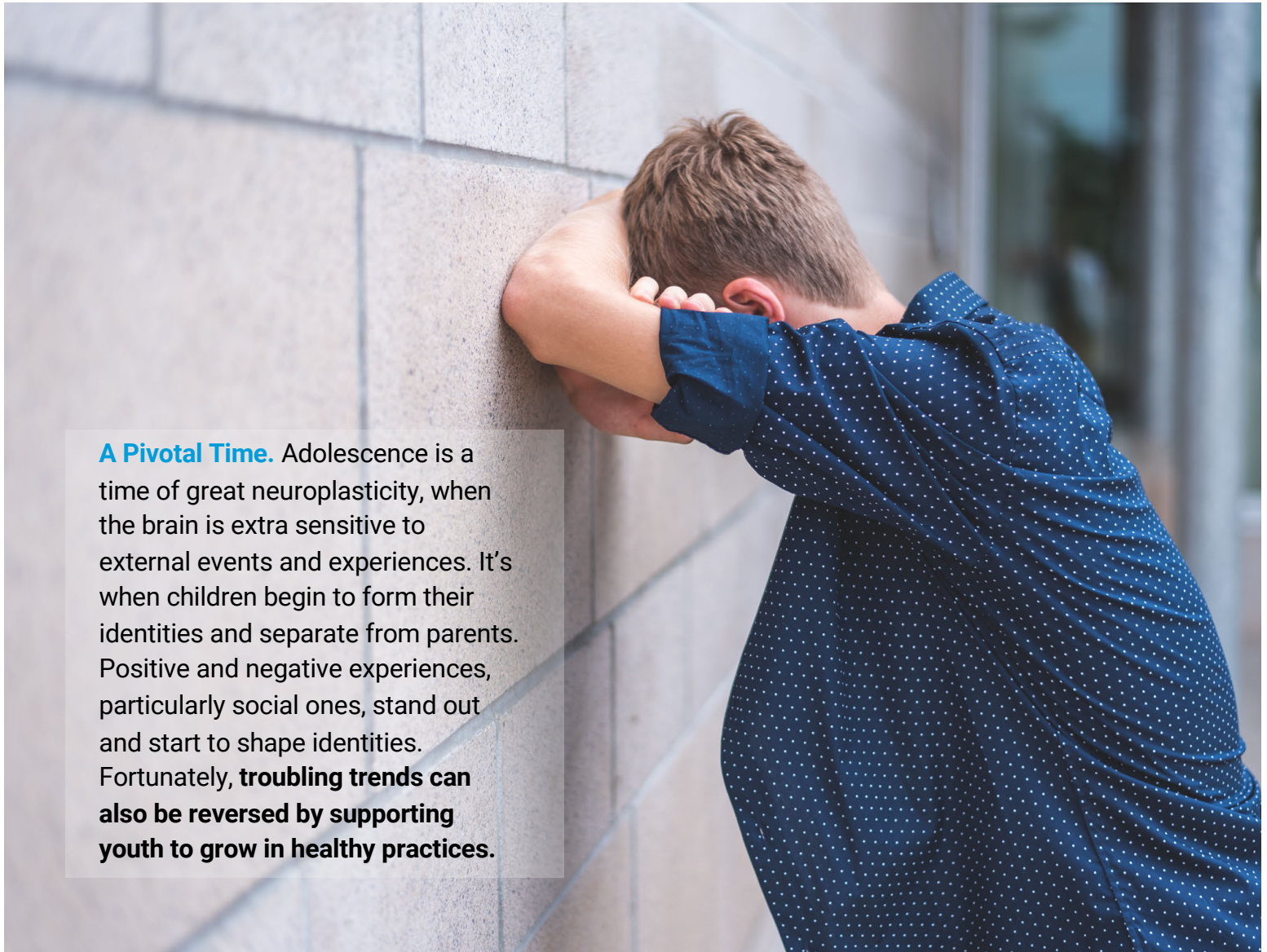


Supporting all students in belonging and becoming, so that they can thrive in school and life.

THE NEED FOR BELONGING

YOUTH NEED MORE THAN ACADEMIC CONTENT

The Pandemic brought youth a sudden loss of structure, routine, and sense of control. Students who may not have been at risk previously are experiencing anxiety over schoolwork, sadness from isolation, loss of structure, and difficulty in reentry to school routines. Many youth report growing distant from friendship circles, feeling left out, and being isolated. Psychologists have found increases in youth anxiety, depression, hopelessness, and sense of isolation.



A Pivotal Time. Adolescence is a time of great neuroplasticity, when the brain is extra sensitive to external events and experiences. It's when children begin to form their identities and separate from parents. Positive and negative experiences, particularly social ones, stand out and start to shape identities. Fortunately, **troubling trends can also be reversed by supporting youth to grow in healthy practices.**

YOUTH NEED TO BE SEEN AND VALUED

A students' sense of belonging at school is essential to academic achievement. Adolescents who feel that they are part of a school community are more likely to perform better academically, and be more motivated in school. When children and adolescents feel a connection with school, they are less likely to engage in risky and antisocial behavior. Furthermore, researchers find that an absence of a feeling of connectedness at school is an antecedent of depression among adolescents.

TOGETHER WE THRIVE



Too often, we treat growth as consuming content, but to **thrive** students must be supported in **becoming** and **belonging**.

RESILIENCE TO THRIVE

OUR OFFERING

Together We Thrive was designed by learning scientists to enable youth 13-18 to become all they were meant to be by first building **resilience and hope**, and then fostering the **socio-emotional learning** skills and **protective factors** so that youth can **thrive in school and life**. Our platform brings together what we know about **human learning, motivation, relationship, and innovation**.

At the core of the platform is celebrating member stories as they share out how they are using what they are learning in their life (becoming), while working in small groups who are supporting each other's growth (belonging).



FOCUSING ON THRIVE

Research has identified strategies to help children be more resilient in the face of hardships. These include helping youth find a sense of purpose, set goals, find small daily wins, and building resilience—all a part of socio-emotional learning. Psychologists suggest we need opportunities for youth to express themselves, with research showing youth asked to write about difficult times have significantly better physical and psychological outcomes than youth who don't. Most importantly, resilience, SEL, and belonging are skills that can be taught; youth can learn about resilience, coping strategies, and practices to help them bounce back. **The Together We Thrive platform, however, goes beyond helping youth survive, and creates the foundation so that they can thrive in school and life.**

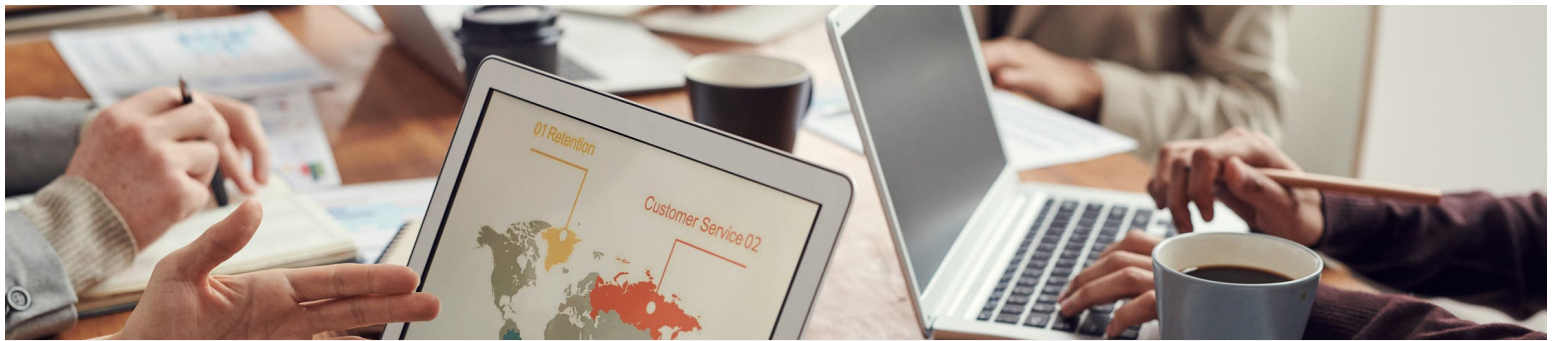
A NEW APPROACH TO LEARNING

THE PROBLEM

While people long for growth and impact, they often fail to self activate. The content isn't the problem, as we have plenty of experts disseminating expert advice and numerous products, programs, and services designed to support growth.

| The problem is that **content** and **desire** are not enough.

Most online learning platforms are designed to transmit "expert" content. Yet, **people grow when they feel inspired, supported, valued, and validated**. Advances in how people learn and platform innovations make it possible to do more.



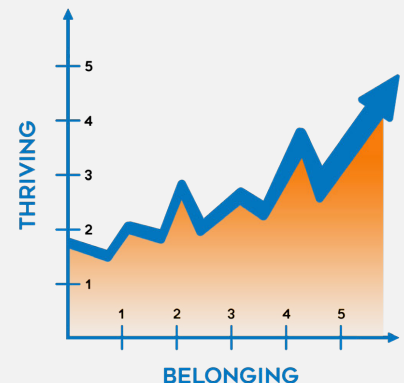
But, what is really needed are tools that...

- ☐ focus growth on activities that are **personally meaningful** to the learner
- ☐ are **available anytime, anywhere** in personalized technologies that people already use
- ☐ **connect learners** with believable stories from relatable peers pursuing change
- ☐ provide facilitated groups where learners are **seen, supported, and valued**
- ☐ support progress across experiences over time in ways that **validate success**
- ☐ allow facilitators to provide support and organizations to **track progress**

OUR SOLUTION

Instead of placing traditional learning within an innovative technology, we have built a transformative learning framework that leads with learners, goals that matter to them, and their real-world application stories.

| We support learners to engage and apply their learning to achieve goals that matter to them (thriving), and doing so in a way that connects them with others (belonging).



Built on decades of research, we utilize a mobile-first, connected growth framework that starts with why, involves connecting with others, growing one's skills, and positions content in the service of goals that members want to achieve.

TOGETHER WE THRIVE PACKAGE

STUDENT EXPERIENCES

PHASE 1: Strengthen the Foundation

- **Resilience and Hope** - builds connection and resilience skills, while providing OTL data that can be used for individual and school programming.

Possible Timeline

- **1 - 2 Hours.** Useful as re-entry activity. Can be assigned to homerooms, managed by advisors or trained student leaders. In or after-school.

PHASE 2: SEL - Learning to Thrive

- **Social-Emotional Learning** - Builds students social and emotional skills (utilizing the CASEL framework), including self-awareness, relationship skills, self-management, decision-making, and mental health. Within each of the Collection category, students complete 4/6 Modules to earn Micro-Certificate in that area.

Possible Timeline

- **3-4 hours per Collection.** Each Collection will take a student approximately 3 – 4 hours to complete and can be completed over two weeks.
- There are 5 SEL Collections, and they can be offered for credit and supported by staff or peer-led. Work can be completed for credit, or for an SEL stamp on one's diploma.



STAFF & LEADERSHIP TRAINING

Supporting the Whole Child

- **Teacher PD** – train staff in key resilience and SEL concepts, including trauma-informed care, diversity and inclusion, authentic connections, and strength-based communication. Also, training for student ambassadors who can become group leaders, running groups supervised by your staff.
- **Youth Leaders** – allows students to reflect on who they are, where they want to go, and what they want to do to get there. Building a core foundation from which one can start to thrive in school and life.

Possible Timeline

- **2- 5 Hours.** Core training to support Journey.do with youth is one hour. Additionally, other professional development Modules can be customized based on Staff interests and school goals. Can be used as part of staff training days, or as anytime, anywhere professional development.
- **2 - 3 hours.** Build student leaders, with training on how to use Journey.do, strength-based communication and how to support small group learning that can be completed for credit.

OUR COLLECTIONS

Resilience and Hope Collection

COLLECTION	MODULES	
<input type="checkbox"/> Resilience and Hope	<input type="checkbox"/> What's My Story <input type="checkbox"/> Building Resilience	<input type="checkbox"/> Discovering Hope <input type="checkbox"/> Knowing I Matter

Cost = \$2 per student (10% discount over 500 students, 25% discount over 1000 students)

Social-Emotional Learning Collections

COLLECTION	MODULES	
<input type="checkbox"/> Self-Awareness	<input type="checkbox"/> Knowing What I Believe <input type="checkbox"/> Recognizing My Inner Value <input type="checkbox"/> Developing My Passion	<input type="checkbox"/> Being My Best Self <input type="checkbox"/> Living Out Purpose <input type="checkbox"/> Start Where You Are
<input type="checkbox"/> Social Awareness	<input type="checkbox"/> Showing Empathy <input type="checkbox"/> Taking the Extra Step <input type="checkbox"/> Showing Compassion	<input type="checkbox"/> Protecting the Rights of Others <input type="checkbox"/> How I Affect Others <input type="checkbox"/> Valuing Diversity
<input type="checkbox"/> Self-Management	<input type="checkbox"/> Personal Goal Setting <input type="checkbox"/> Handling Everyday Stressors <input type="checkbox"/> Failing Forward	<input type="checkbox"/> Impulse Control <input type="checkbox"/> Self-Regulation <input type="checkbox"/> From a Calm Place
<input type="checkbox"/> Responsible Decision-Making	<input type="checkbox"/> Problem Solving <input type="checkbox"/> Making Positive Choices <input type="checkbox"/> Being Wise with Digital Media	<input type="checkbox"/> Knowing My Triggers <input type="checkbox"/> Choosing to Be of Service <input type="checkbox"/> Right to Say No
<input type="checkbox"/> Relationship Skills	<input type="checkbox"/> Creating Relationships that Matter <input type="checkbox"/> Being a Good Friend <input type="checkbox"/> Embracing Friendships	<input type="checkbox"/> Being Vulnerable <input type="checkbox"/> Creating Boundaries <input type="checkbox"/> Effective Communication

Cost = \$5 per student (10% discount over 500 students, 25% discount over 1000 students)

STUDENT BUNDLE (1 & 2): \$1 per student discount

Teacher Professional Development Collection

COLLECTION	MODULES	
<input type="checkbox"/> Resilience and Hope (Staff)	<input type="checkbox"/> Trauma-Informed Care <input type="checkbox"/> Strength-Based Approaches	<input type="checkbox"/> Authentic Connections <input type="checkbox"/> Diversity and Inclusion

Cost = \$2,500 per 50 staff/leaders

TEACHER + STUDENT BUNDLE : \$2,500 per 25 staff/leaders + 250 student accounts

OUR CONNECTED GROWTH PLATFORM

JOURNEY.DO: We offer a mobile-first, anytime, anywhere platform where members pursue goals, connect to inspiring peer stories, and get personal feedback from experts.

KEY DESIGN PRINCIPLES:

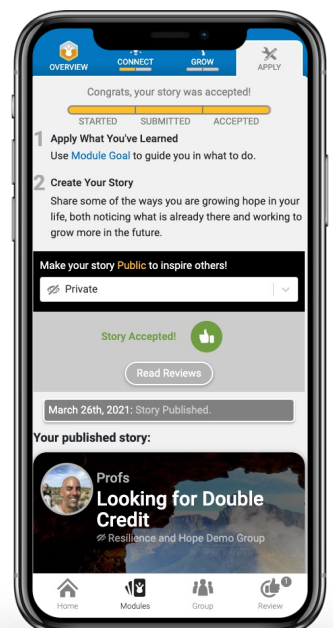
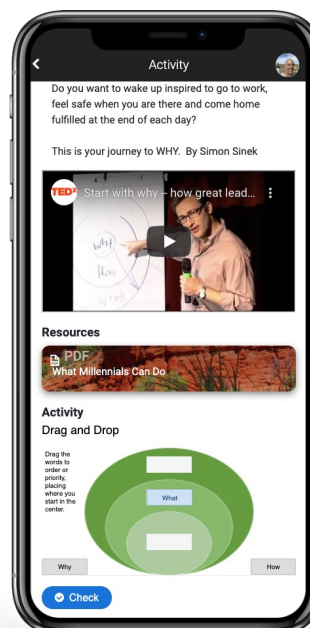
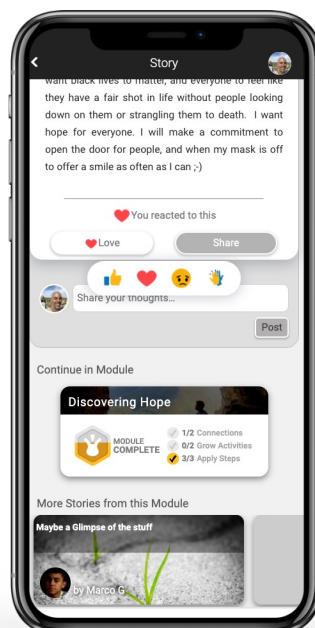
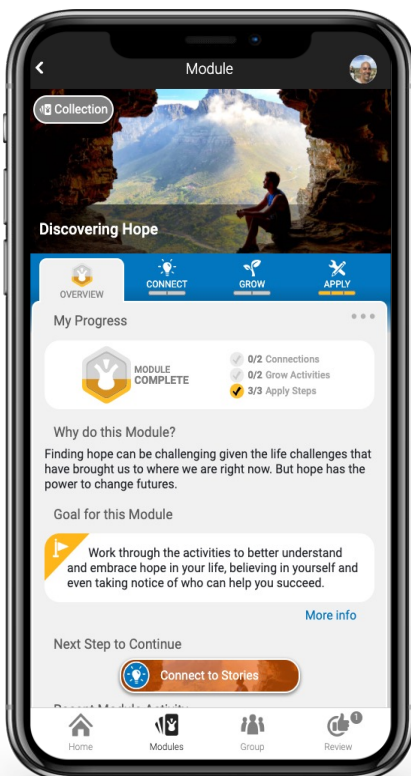
1. **Starts with “Why?”**, then cultivates connection with others who are on the same journey
2. **Utilizes expert content** which has been curated to help members reach their goals with reliable and accurate information
3. **Provides a sense of belonging** by valuing member stories and validating their progress
4. **Uses multiple incentives** – program, personal, and social relevance – to encourage progress
5. **Powers organizations with data** to enable continuous improvement



OUR CONNECTED GROWTH CYCLE

Modules are the building blocks of MicroCerts that live in managed groups run by your team (or ours, if preferable). The four core elements of our Thrive module begins with the goal that each user hopes to achieve, connecting them to the ideas and peer examples to support their growth.

Start with Why?



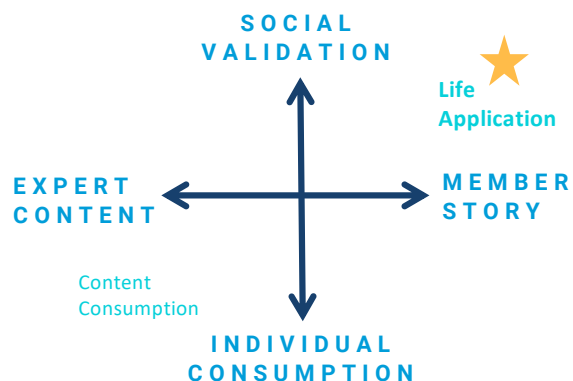
SUPPORTING YOUR COMPANY

IMPLEMENTING WITH YOUR COMMUNITY

Connection and belonging are critical to supporting personal growth. People are inspired by believable stories from relatable peers. Members grow within working groups managed by group leaders. The benefits associated with working in groups also come with challenges.

We work with you to balance the tradeoffs between the simplicity of transmitting expert content into isolated minds versus the challenges of supporting experiences that result in life application.

Through our **Champion Dashboard**, you can customize group settings based on the interactions you desire so that your members remain safe and connected. Customizable settings include turning off comments, messaging, member review, and even which stories can reach which groups.



We work with you to ensure that your students are growing within a supportive community of peers where they are **safe, welcomed, valued** and **validated** for progress they are making.

As educators, we appreciate teachers are often maxed out, so Journey.do was designed to provide easy entry and support, with high return in terms of student engagement, growth, and insights. Through Journey.do, we are offering growth journeys designed for secondary school students to:

- Recover strong together as youth share their stories of growth, resilience, and hope.
- Leverage peer-to-peer support, at an age when social engagement is highly valued.
- Earn a printable micro-certificate validated by your school, to add to their résumés.
- Engage in-school, out-of-school, as part of a club, or as a digital extension of an event.
- Provide Opportunity To Learn (OTL) data that schools can use to be aware of student needs.

SUPPORTING MEMBER SUCCESS

While people long for growth and impact, they often fail to self-activate. This is because growth requires more than content and desire.

“People grow when they feel safe, supported, valued, and validated for their efforts.”

– Sasha Barab, CEO



POWERING CONNECTED GROWTH

IMPLEMENTING WITH YOUR STUDENTS

Our platform allows schools to form small groups, whether on-campus or remote. Within these groups, students engage in the Collections with the opportunity to level up and earn micro-certificates. There is a simple process for implementation:

Create Groups

Personalize Growth

Support Progress

Validate Success



TIERS OF SUPPORT

Implementation needs to be customized based on the degree to which the learner needs help with successfully applying what is being learned to their particular life situation. This process is supported through connecting with group members and, especially, as they learn from their application stories. Group leaders can also play a special role in supporting the learner's ability and willingness to apply what they are learning into their life context. You determine what level of support you want to offer students.

LIGHT FACILITATION

- Manages onboarding
- Reviews of stories
- Validates micro-certifications

CHAMPION SUPPORT

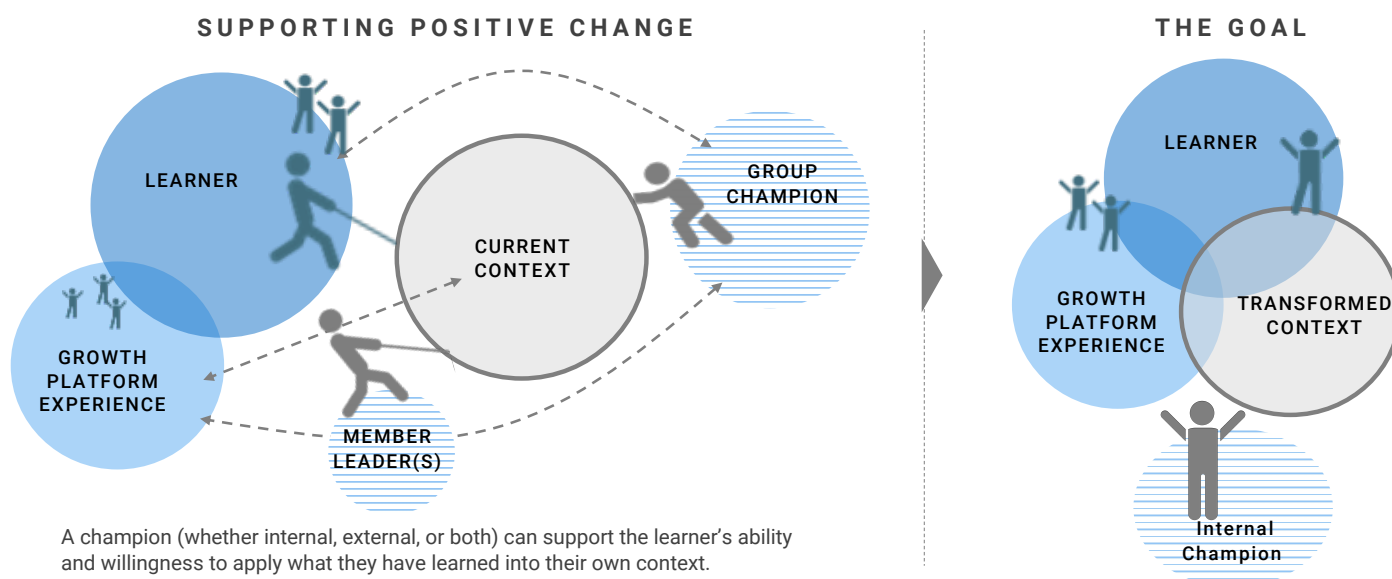
- All Light Facilitation +
- Provides Ongoing Guidance
- Makes Member Connections

PERSONAL COACHING

- All Champion Support +
- Provides personal guidance
- Customizes final reports

MINIMAL
SUPPORT

STRONG
SUPPORT



ABOUT LIFELAB STUDIOS

WHO WE ARE



Lifelab Studios is led by a team of learning scientists, platform engineers, and successful entrepreneurs.

Our design solutions bring together what we know about human learning, relationship, and innovation.



We offer platform, design, integration, and research services to our partners to **unlock the potential** of those they serve.

OUR SERVICES

We power people, organizations, and communities to thrive.



GROWTH PLATFORM

Designed from the ground up to motivate positive change within supportive communities, providing a research-based, next-gen platform.



DESIGN SERVICES

We partner with you to identify needs, build or adapt content, and create applied growth opportunities as part of personal journeys.



ECOSYSTEM SUPPORT

Partners utilize the services that are needed by you, allowing organizations and individuals to power your community using our platform.



RESEARCH ANALYTICS

We use data analytics to examine your community engagement, and work with you to iterate to maximize community impact.

INTERESTED? CONTACT US AT [SUPPORT@LIFELABSTUDIOS.ORG](mailto:support@lifelabstudios.org)

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