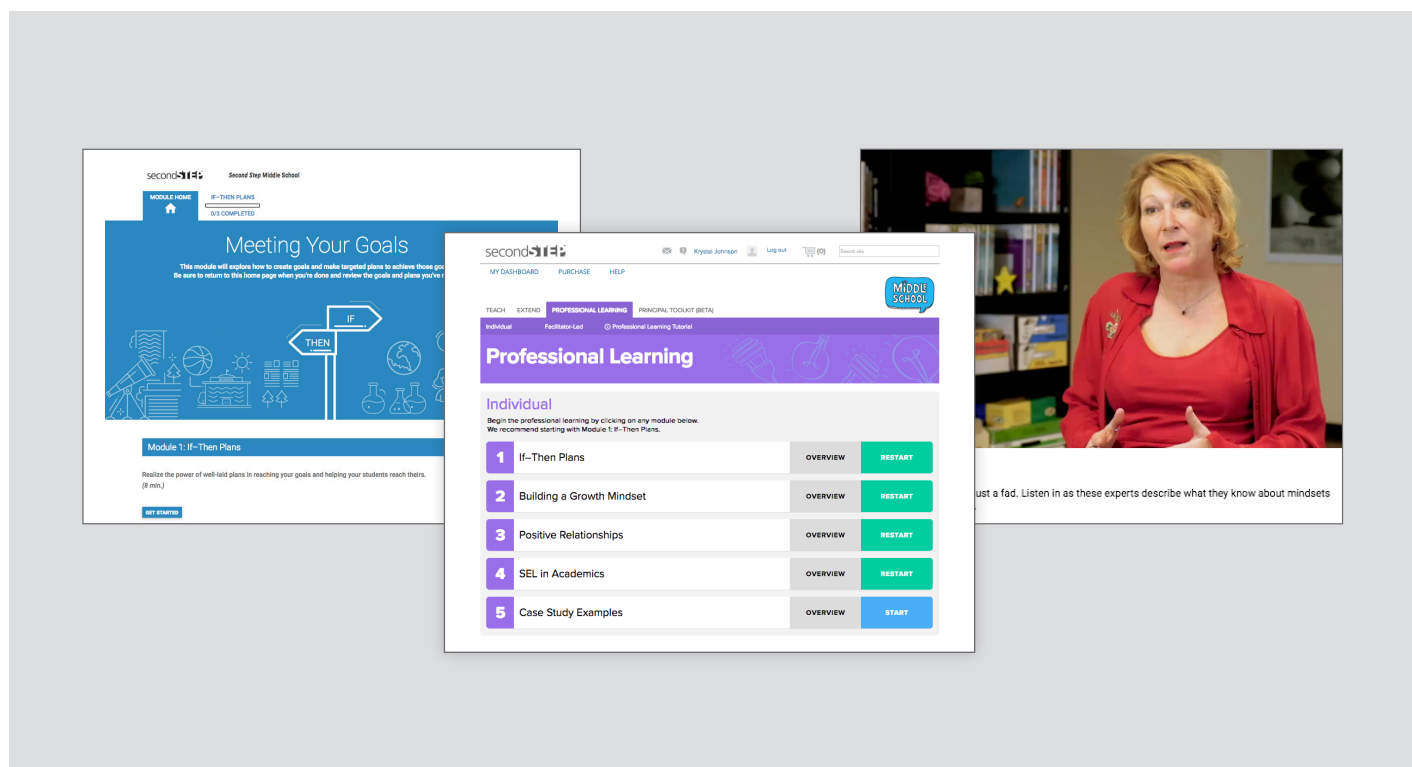


Learn, Grow, Teach

The *Second Step* Middle School Program gives educators resources to strengthen their own skills and prepare for positive and productive social-emotional skills instruction in the classroom. Its five professional learning modules advance teachers' knowledge of growth mindset, successful goal setting, positive teacher-student relationships, and incorporating social-emotional learning (SEL) into academic subjects—with the final module reinforcing the previous four through scenarios.

Built with busy schedules in mind, the professional learning program offers flexibility both in its design and how users experience it. Educators can navigate the modules at any pace. They are given a clear objective, engaging challenges, and multiple pathways through the material. The professional learning program can be accessed online in any setting individually, with small groups, or led by a facilitator.

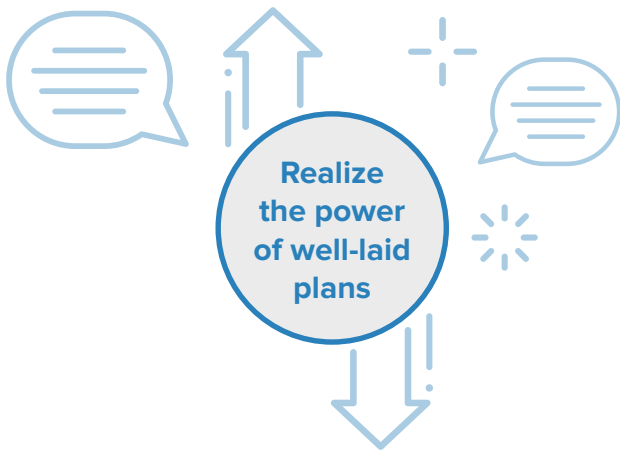


There are five learning modules: If-Then Plans, Building a Growth Mindset, Positive Relationships, SEL in Academics, and Case Study Examples. Take a closer look at how professional learning sets the stage for successful social-emotional learning.

1 If–Then Plans

When we set a stand-alone goal, there’s only a 28% chance of success. When we support each goal with a plan, the chance of success jumps to 61%. The ability to attach implementation intentions to a goal is a powerful skill with lifelong benefits.

If–Then Plans give individuals the structure they need to build and reach goals successfully. In this module, teachers are given clear guidelines for creating their own If–Then Plans. They begin by brainstorming triggers and follow up with corresponding actions to move them toward their goals when the triggers occur. Once educators are adept at building their own plans, they can help students use If–Then Plans to develop strategies and well-thought-out actions for taking on challenges.



2 Building a Growth Mindset

Growth mindset is the belief that we have the ability to learn, grow, and change with hard work and dedication. Coming to the classroom with the right mindset can significantly influence academic success and affects students' academic goals, attitudes toward effort in school, and how they respond to setbacks and difficulties.

Every day, educators have the power to foster a growth mindset by modeling behavior and believing in themselves and their students. Through the two sections of this module, educators gain the skills and knowledge to foster a growth mindset in themselves and their students.



A screenshot of a digital learning module titled "A Teacher's Mindset". The interface is clean and modern, with a blue header and a white main content area. At the top, there are navigation tabs for "MODULE HOME", "A TEACHER'S MINDSET", and "A STUDENT'S MINDSET". The "A TEACHER'S MINDSET" tab is active. Below the header, there is a section titled "Learning Objectives" with three icons and brief descriptions. The main content area is divided into four numbered steps: 1. "DISCOVER: How to Identify a Growth Mindset", 2. "INVESTIGATE: The Change a Growth Mindset Can Make", 3. "EXPLORE: How to Help Your Brain Grow", and 4. "CREATE: A Plan to Improve Your Mindset". Each step has a "CLICK TO BEGIN" button. A vertical flow diagram on the right side of the page connects the steps, starting from a question mark icon and ending with a "BACK TO SCHOOL" button and an icon of a person. The bottom of the page has "BACK" and "NEXT" navigation buttons.

3 Positive Relationships

Positive student-teacher relationships are an important factor for middle school students. Research shows that positive relationships are connected to higher achievement, improved behavior, and long-term success.

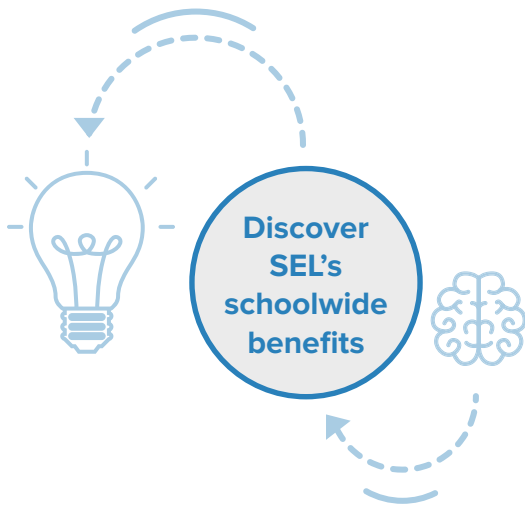
In this three-part positive relationships module, educators are offered strategies to build meaningful relationships with students. Concepts and skills covered include the benefits of positive student-teacher relationships, modeling social-emotional skills and behaviors, relationship-building strategies, and the broader impact positive relationships can have.



A screenshot of a web-based learning module interface. At the top, it says "secondSTEP Second Step Middle School". Below that are three progress indicators: "TEACH YOUR STUDENTS SEL 0/5 COMPLETED", "CREATE POSITIVE RELATIONSHIPS 0/6 COMPLETED", and "STRATEGIES 0/6 COMPLETED". The main heading is "Teach Your Students SEL" with a subtext: "Building positive relationships with each of your students is an important part of helping them become socially and emotionally competent." Below this is a row of icons representing various educational concepts. The "Learning Objectives" section includes two items: "Identify key aspects of social-emotional learning (SEL)" and "Explore the importance of SEL." The "DISCOVER" section features a green box with the number "1" and the text "How Can Teaching Your Students SEL Help?" with a "CLICK TO BEGIN" button. The "WATCH" section features a red box with the number "2" and the text "An Expert Discusses Your Role" with a "CLICK TO BEGIN" button. The interface also includes "BACK" and "NEXT" navigation buttons at the bottom.

4 SEL in Academics

The concepts taught in the *Second Step* Middle School Program benefit students far beyond the lessons themselves. Every subject—from math, to music, to history—can incorporate social-emotional learning. By doing this, educators can empower students to tackle a difficult math problem, respectfully disagree with a fellow student, and face everyday challenges in their class. In this module, sample lesson plans, SEL rubrics, and other tools help educators develop these integrations and gauge how SEL skills and concepts are being used in the classroom.



second-step | Second Step Middle School

MODULE HOME | SEL IN ACADEMICS | 0% COMPLETED

SEL in Academics

Every lesson can be an opportunity to help your students improve their social-emotional skills.

Learning Objectives

- Explore how Second Step skills and concepts apply to different subject areas.
- Practice using Second Step rubrics to integrate SEL into academic subjects.

1 DISCOVER: How Second Step Skills Relate to All Subjects
CLICK TO BEGIN

2 UNDERSTAND: Sample Lesson
CLICK TO BEGIN

3 UNDERSTAND: Crafting SEL Lesson Plans
CLICK TO BEGIN

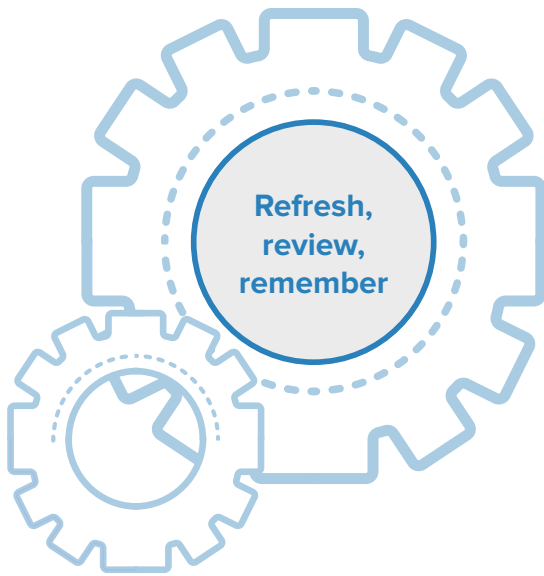
4 EXPLORE: How to Challenge Your Students
CLICK TO BEGIN

5 REVIEW: Using Rubrics to Guide Each Lesson
CLICK TO BEGIN

← BACK | FINISH MODULE

5 Case Study Examples

Educators can reinforce their own professional learning from all the other modules with scenarios that put their skills to the test. In choose-your-own-adventure-style stories, educators make decisions about what to do in classroom situations, just as they would at school. With the goal of fostering a growth mindset and building positive relationships with students, this four-part module helps prepare educators for real-life situations.



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MODULE HOME EXAMPLE 1 EXAMPLE 2 EXAMPLE 3 EXAMPLE 4

A Prickly Day in Thistle Dale

The town of Thistle Dale has had a large influx of refugees. The local middle school has taken on 37 new students, and some of the teachers, including Mr. Garrett, have been struggling to teach these new English-language learners.

Mr. Garrett has taught biology for 15 years, and he thought he had a pretty good grasp of how it should be taught.

But communicating with his new students has challenged his teaching methods.

He met with the principal to discuss a reassignment, but he's the only one who can teach the class.

Decision Point 1
Mr. Garrett is seriously doubting his ability to teach science to his ELL students.
How should he approach this situation?

- 1 Mr. Garrett has successfully taught hundreds of students over the years. If it's not broken, don't fix it.
- 2 Mr. Garrett can't expect himself to be perfect. If his regular lesson plans aren't working, he'll just have to adapt them.
- 3 Mr. Garrett should slow down the pace of the class to accommodate the students' abilities. He must consider their needs above his own.

+ BACK NEXT +

Get Started

Experience the professional learning opportunities included with the *Second Step* Middle School Program. Teach students valuable social-emotional skills and build your own skills and knowledge for the classroom and beyond.

Learn more at SecondStep.org/middle-school-program.