

## Expanded Learning Programs strongly support three foundational areas of Social-Emotional Learning and Character Building.

Children develop social-emotional skills and character over time and through a variety of experiences. Expanded learning programs offer structured yet flexible learning environments where specific skills can flourish. A diverse body of research has shown that the skills listed below contribute to and are interdependent with improved academic and well-being outcomes. (See Research text box on page one.)



### I AM—intrapersonal skills

- *Self-awareness*—young people are able to recognize and understand their own personal identity and feelings.
- *Self-management*—young people regulate and monitor their own behaviors, feelings, and impulses in order to make responsible decisions, maintain focus, and achieve goals.



### I BELONG—interpersonal connections

- *Social awareness*—young people have a capacity for empathy, and are able to consider and appreciate the diverse feelings, perspectives, and personal contexts of others.
- *Interpersonal skills*—young people use effective communication and collaboration skills to establish and maintain positive and productive relationships.

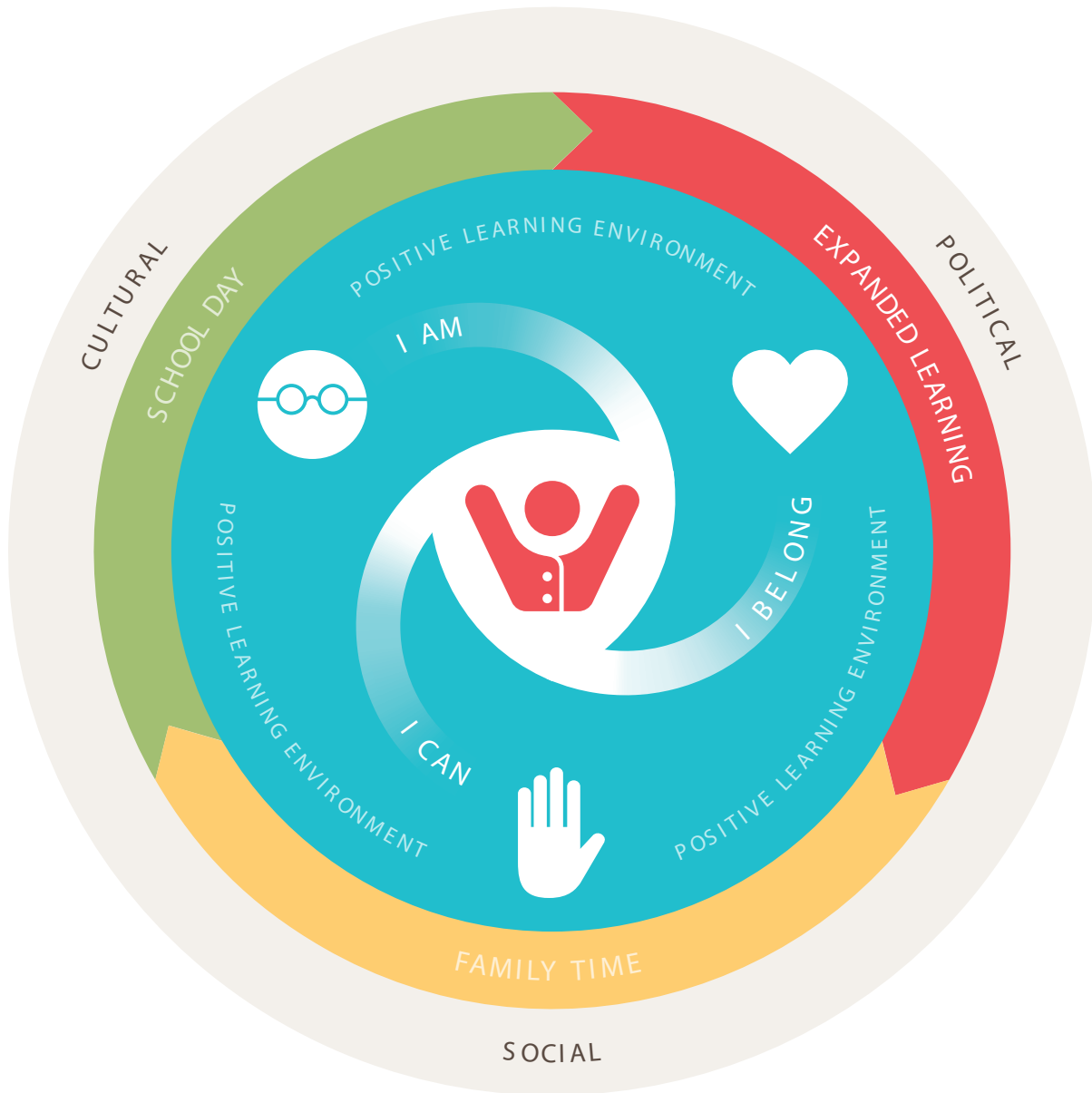


### I CAN—beliefs and mindset

- *Self-efficacy*—young people believe in their own capabilities and their ability to learn, achieve goals, and succeed.
- *Growth mindset*—young people believe that they can, through their own efforts, grow in their intelligence and abilities.

In addition to academic success, these skills prepare young people for the practical aspects of life, including being self-sufficient, having positive relationships, and adapting to changes and challenges. They also support the moral aspects of life like citizenship, integrity, responsibility, and overall what we know as “being a good person.”

**Student Success Comes Full Circle  
Leveraging Expanded Learning Opportunities**



**SUCCESS**  
IN SCHOOL, WORK, AND LIFE