



re:MIND

LIVE UP YOUR NARRATIVE

With a focus on seven non-cognitive competencies that lead to success, re:MIND uses the power of personal narrative to unlock student potential.



CONFIDENCE



EMOTIONAL INTELLIGENCE



SELF-ADVOCACY



RESILIENCE



PERSEVERANCE



SELF-CONTROL



GROWTH MINDSET

Our goal is to provide a strategy that enables students to grow in their belief in themselves, and in their mastery of the seven non-cognitive competencies associated with success.

The re:MIND process is engineered to help students discover their unique capabilities that will be the cornerstone of progress in the face of challenges.

Students start with learning to understand the importance of exploring who they are now and who they are becoming as a critical component of student success.

They also learn to recognize the unwelcome influence of self-doubt, how it can shape their feelings, emotions and beliefs, and begin to update their self-talk using cognitive re-framing, mindfulness and other activities backed by the latest research in neuroscience.

From there, students will explore each of the steps that lead to creating their personal game plan for successfully navigating the various challenges of school and life.

Key Instructional Components

Pre-Assessment:

Students complete the Mindset Inventory to assess their strength in each of the seven non-cognitive skills associated with success.

Learn:

As they learn about the key concepts in each chapter, students follow Angela's Story as it unfolds to see how the concepts are applied.

Practice:

To help reinforce their understanding of the material, students are tasked with practicing the concepts they have learned each chapter using Anthony's story.

Apply:

The companion re:MIND workbook provides writing prompts for each chapter so that the students can journey through their current personal narratives, apply the knowledge that they have gained, create their Game Plans, and move towards a more empowered personal narrative.

Post-Assessment:

After completing the course, students re-take the Mindset Inventory to identify improvements in the seven non-cognitive skills.

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e:MIND

PROCESS

Recognizing Problem-Saturated Stories and Identifying Problems

1

Learning to recognize problem-saturated stories and how they can dominate the personal narrative, students are led to identifying the underlying mindset issues that could keep them from successful outcomes. With a focus on learning how to skillfully and thoughtfully address mindset problems, students learn to develop a greater capacity for dealing with situational problems that can serve as barriers to making the journey from enrollment to graduation challenging.

Practicing Cognitive Reframing and Externalizing the Problem

3

Using the concepts of neuroplasticity and cognitive reframing, students will learn how to look at problems from different perspectives and begin to practice the skill of externalizing problems.

Knowing Your "Why" and Practicing Courage in the Face of Fear

5

Students will examine their values and get connected to their personal "why," the underlying motivation that drives them forward and inspires them to succeed. Additionally, they will gain an understanding of fear and courage that will help them fight back when challenges arise and fear threatens to dominate.

Managing Feelings and Emotions

2

Students will learn to identify, acknowledge, and accept the feelings and emotions that are a part of problem-saturated stories and recognize how they can affect personal narratives. They will also practice techniques that allow feelings to move through them and minimize the chance of emotions becoming bigger or new problems.

Identifying Exceptions and Recognizing Wins

4

Through the use of narrative coaching techniques, students will learn how to find exceptions to problem-saturated stories and recognize wins even when they feel immersed in challenges.

Creating The Game Plan

6

Taking everything they have learned thus far, students will create a game plan that can be applied to any existing or new problems that threaten to undermine them on their path to success. Additionally, they will be tasked with identifying their current main problem scenario and learn how to apply their game plan to face that problem head-on.