

GoStrengths!

“Social and emotional learning is one of the most important strategies available to promote student success and effective school reform. Extensive evaluations have found that social and emotional learning enhances academic achievement, helps students develop self-management and self-control, improves relationships at all levels of the school-community, reduces conflict among students, improves teachers’ classroom management, and helps young people to be healthier and more successful in school and life.” ~The Collaborative for Academic, Social and Emotional Learning

10 ENGAGING MODULES:

1 GoWellBeing!

What is well-being? This module lays the foundation for the course.

2 GoAwareness!

Increase self-awareness of your emotional reactions in challenging situations.

3 GoRegulate!

Explore 8 common thinking errors, how to recognize them, and how to avoid them.

4 GoResilience!

Learn the 5C resilience method: Catch, Check, Collect, Challenge, & Change!

5 GoSolveIt!

Use the 6-step superhero problem-solving method to attack challenging problems.

6 GoStrengths!

Everyone has a superhuman character strength. Identify + employ your strengths!

7 GoMindset!

Understand fixed versus growth mindsets. Learn to cultivate a growth mindset.

8 GoOptimism!

Engage in research-based methods to increase your optimism and happiness.

9 GoConnect!

Learn the best ways to make and strengthen friendships.

10 GoFlourish!

Effectively set short and long-term goals using the SCCAB model of goal-setting.



“GoStrengths! is hands down, the best ready-to-use social and emotional learning curriculum on the internet. The highlight for my clients is the focused, engaging, and memorable animated shorts. These are not only pedagogically and empirically sound, but also just plain fun!”
~Sherri Fisher, M.Ed.

GoStrengths! is a 10-module, research-based Social and Emotional Learning (SEL) program for students ages 8-18.

WHAT IS GOSTRENGTHS!?

GoStrengths! offers a suite of online social and emotional learning (SEL) programs designed to meet classroom and individualized instruction. Already in use by schools and parents nationwide, GoStrengths! empowers kids with 8 research-based life skills including: Goal-setting, problem-solving, resilience, optimistic thinking, character strength development, emotional intelligence, self-confidence, and social connections.

WHO IS IT FOR?

GoStrengths! is a platform built for the K-12 educational community. It is successfully used by teachers and students from 4th grade - 12th grade as well as parents. GoStrengths! has also been adopted by educational coaches, guidance counselors, and therapists nationwide as a teaching tool.

HOW DOES IT WORK?

If you have 20 minutes a week, you can incorporate GoStrengths! lessons into any curriculum. Each of the 10 modules accommodates facilitated and/or completely self-guided lessons. In other words, you can watch the modules as a class and then discuss the concepts or students can watch the modules on their own before a class discussion. The entire program resides online. Teachers and students receive secure usernames and passwords, log on to the module of their choice, and push play to begin the lesson. It's as easy as 1-2-3!

HOW MUCH DOES IT COST?

GoStrengths! offers an extremely affordable and simple subscription model. The subscription is determined based on the number of students / teachers enrolled and volume discounts are available. At GoStrengths!, our goal is to offer as many youth as possible social and emotional learning skills. Give us a call and let's make something work for you!

Get in touch!!!

GoStrengths! • Social and Emotional Learning Programs Online

Call: 1-800-536-1953 • Email: go@gostrengths.com • gostrengths.com