

The inspirED Process: Student-Led SEL

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inspirED



HOW DO
HIGH
SCHOOL
STUDENTS
FEEL IN
SCHOOL?

TOP 3 FEELINGS



TIRED



BORED

70% of the time



STRESSED

80% of the time

Among the
Top 10 emotions
8 WERE NEGATIVE
———— and ————
2 WERE POSITIVE



HOW H.S.
STUDENTS
WANT TO FEEL



SCHOOL CLIMATE

The quality and character of school life





Northwestern High School

*issued \$100 grants
to students and
asked them to
spread kindness in
their community*

inspirED Projects



Westbrook High School

created mini-projects and an "Awareness Day" featuring workshops on student-chosen topics

ASSESS



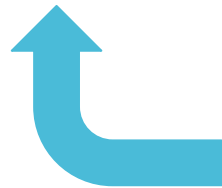
How do we feel in school?



DEBRIEF



What's next?



COMMIT



How do we bring our project to life?



BRAINSTORM



How do we get closer to how we want to feel in school?

At inspirED, we believe that young people's voices matter.

inspirED is a collaboration between the Yale Center for Emotional Intelligence and Facebook for Education.

Our resources, designed by teens, educators, and SEL experts, empower students to work together to create positive change in their schools and communities.

Process

inspirED empowers students across the nation who are committed to improving the way they feel in school every day.

As you work through the inspirED Process, you and your team will Assess your school climate, Brainstorm ideas, Commit to a plan, and Debrief your results.



Assess

How do we feel in school?



Brainstorm

How do we get closer to how we want to feel in school?



Commit

How do we bring our project to life?



Debrief

What was our impact?

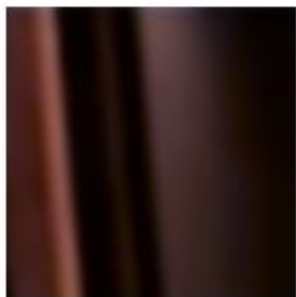
Assess

You are officially taking your first step towards a positive school climate. This is your chance to investigate challenges

Resources to survey your school community:

[School Walkthrough](#)

School Stories



This School Has Something to Sing About

A Minneapolis Public Schools teacher seized an opportunity that changed the entire climate of a school for the better. It started when one school in North Minneapolis Franklin Middle School was reopened last year after being shut down for several years. After a turbulent start to the reopening of the school

Michael Bratsch a teacher

[READ MORE](#)



inspirED Case Study: NYC Lab School

"An immediate impact was creating an environment where everyone felt equally valued and equally seen." – Eleanor K., NYC Lab School Intro: The inspirED Team at NYC Lab set a goal of promoting cultural competency at their school. They surveyed their school climate and with the results, created a school-wide celebration of diversity to address

[READ MORE](#)

Categories

- [▶ News](#)
- [▶ **School Stories**](#)
- [▶ Teen Stories](#)

Register your team

- Become an official part of a nationwide movement, create, impact, and gain recognition for your school!
- Be the first to find out about inspirED opportunities, including special events, grants, and awards.
- Be eligible to receive three 1-hour support sessions from our staff at the Yale Center for Emotional Intelligence.
- Receive updates about the program, project ideas, and inspiration in our monthly inspirED e-newsletter.
- Have opportunities to earn swag including stickers, t-shirts, posters, and more!

[REGISTER NOW](#)



Download the inspirED Innovator's Guide

[DOWNLOAD](#)



1 Select a timeframe

How much time do you have?

Select a timeframe... ▼

2 Select a purpose

Are you doing this individually or with a group of people?

Groups

Individuals

How would you or your group like to feel?

Select a feeling... ▼

Select a school climate area you or your group would like to impact:

Select a school climate area... ▼

Clear Filters

More Filters ▼

Showing 1-12 of 150



Resource Cards

Create cards and flyers with important resources for students to access.



School-Community Video

Create a video to demonstrate your school's positive impact on the community.



Poster Messages

Create a unifying message for the entire

Panelists

Rwzan Adwer

Megan Collantes

Kennedy Dirkes

Amanda Flores

Ben Hale

Rachel Gallegos

Grossmont High School



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IT IS
GREAT
To Be
YOUNG
AND A
FOOTHILLER

**BE
A FOOTHILLER**

**Grossmont High
School**

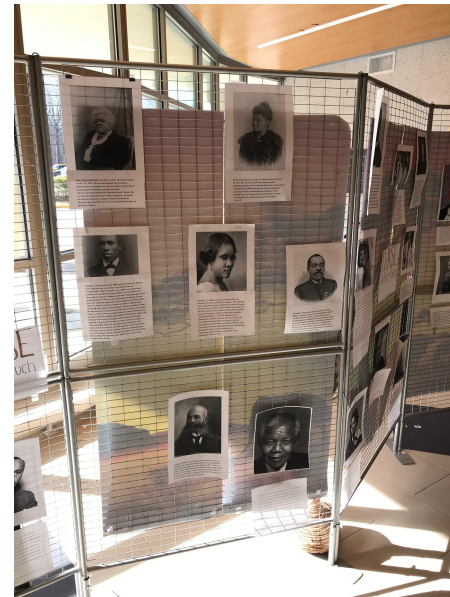
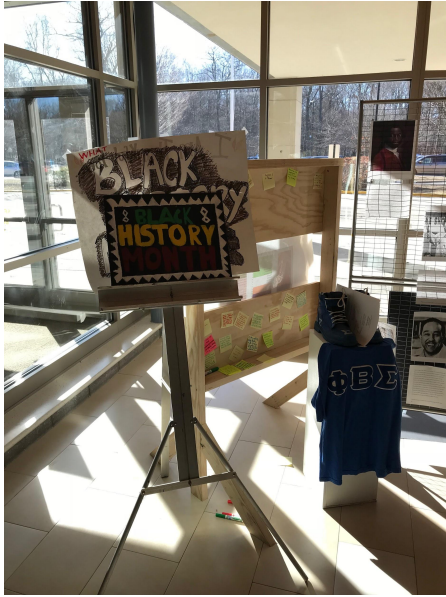
**Be a Foothiller
Campaign**



**Frederick Douglass
High School**

**“Stories From
Frederick Douglass**

inspirED Projects



Amity Regional Senior High School Black History Month Display

GET INVOLVED WITH inspirED



Launch your
**inspirED Team
Project**



Foster community
in our Facebook group,
inspirED Innovators



Post photos
with the hashtag
#fbinspirED and
tag **@fbinspirED**



Share your
experience with
inspirED@yale.edu
to be featured
on our site

Thank You!



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