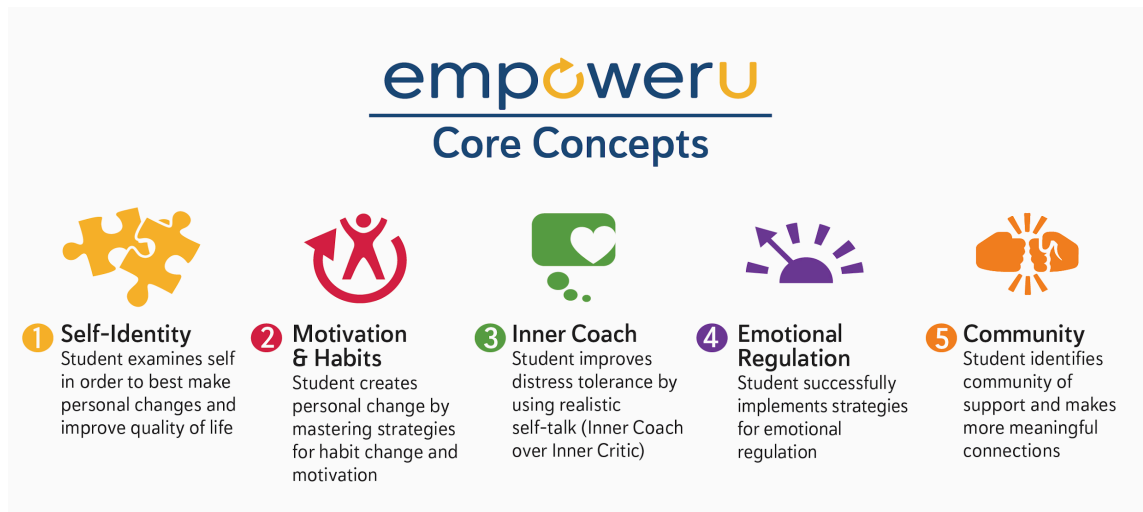




## EmpowerU K12 FAQs

**What is EmpowerU?** EmpowerU is a powerful, proven social-emotional program that combines daily online lessons with supported 1:1 coaching to help students overcome personal struggle, decrease anxiety, and build resilience, persistence, and success- like grades and attendance. ([Video link](#)) There is currently an elementary, middle school and high school version at Tier 1 and 2, as well as a Professional Development training for K12 staff.

**What are the Core Concepts students learn in EmpowerU?**



**What is the format of the program?** EmpowerU is a combination of daily lessons that teach a new social-emotional concept or strategy each day in an engaging, online format. After students answer a few questions to show understanding of the concept, they apply the strategy to their lives in a daily summative reflection that is shared with their 1:1 EmpowerU Coach. Our coaches receive a notification of completion - and then log on to provide support and feedback - helping the student apply the new concept to their individual goals and challenges.

**Who teaches the course/what is the interaction?** Master-degreed and licensed therapists teach the course online, providing daily asynchronous coaching via text and email that is aligned to course concepts. The lessons and daily coaching create a time and place each day for students to work on themselves, helping them reach their goals with the support, feedback and encouragement provided after each lesson through the EmpowerU portal. *Building a trusting relationship is key to student success, and we make that a priority.*

**What are the outcomes for students who complete EmpowerU?** EmpowerU is dedicated to driving student engagement with a completion rate of over 85% (compared to 5-30% with other solutions). Our data shows that students who complete the program make significant progress throughout the self-paced, 6 unit- course, and these outcomes are correlated to increased grades and attendance and decreased SPED referrals.





**How much work is it to implement EmpowerU in our district?** EmpowerU was developed by school counselors to be a turn-key solution that has a very low-lift for implementation... we know how busy you are! Once a school district purchases seats in EmpowerU, it is turn-key to implement the program and start supporting students right away. We assign an account team to walk beside you and help you every step of the way. There is very little required of your staff once you go through the quick 15 minute training.

**How does my team register students for the course?** Referring staff members should refer to their EmpowerU Toolbox with Talking Points for discussion with students, a parent template to explain the course to families, and a link to enroll a student. Once you submit the form, EmpowerU takes it from there! Most schools use their Student Assistance/Support Team meetings to identify students that need extra support (Tier 2 SEL support) and use the EmpowerU course as a data-driven pre-referral tool... that also allows students to earn credit. Your district coordinator will keep track of total seats purchased and used and we share weekly utilization with you as well.

**What is the typical profile of a student that would be a good fit for EmpowerU?**

**IDENTIFYING STUDENTS FOR TIER 1 & TIER 2**

ANXIETY / STRESS	LOW MOTIVATION	LOW SELF WORTH	DISCOURAGED OR DEPRESSED
<ul style="list-style-type: none"><li>• Struggles with distorted thoughts, worries and negative thinking</li><li>• Does not handle stress well</li><li>• Procrastinates on homework</li><li>• Anxiety spills over into social scenarios and the student isolates</li></ul>	<ul style="list-style-type: none"><li>• Receives poor grades - difficulty initiating tasks</li><li>• Is bright, but not motivated</li><li>• Struggles with screen time / gaming</li><li>• Wants to do well but can't get started</li><li>• Parents worried and hover, and student gives up easily especially when parents expectations get in the way</li></ul>	<ul style="list-style-type: none"><li>• Struggles with making and keeping friends</li><li>• Low self confidence</li><li>• Distorted thoughts about self and friendships</li></ul>	<ul style="list-style-type: none"><li>• Stops participating in class and activities to the same level</li><li>• Stops hanging out with friends in and out of school</li><li>• Does not complete homework, avoids school, skips class</li><li>• Slipping grades and lost motivation</li><li>• Has negative thoughts about worth and purpose</li></ul>

**What are the expectations for daily work?** Students are asked to sign into EmpowerU for 20 minutes at least three days a week - and complete one lesson per day. Many schools help students designate a time for their EmpowerU work by incorporating it into a guided study hall, virtual advisory session, or set it up as a credit-bearing elective. There are 10-11 lessons in each unit, and it is self-paced. Depending on the school daily schedule, it can take 9-18 weeks to complete the course. We expect students to activate within the first 8 school days. Activation means completing the first unit (6 lessons). If a student does not keep pace with the course, the student will be dropped from the course.

**Do students need a laptop?** The course works on phones and tablets too, but a laptop is great. We suggest using Chrome for best results.

**Can my student get credit for course completion?** Middle and high schools grant one semester discretionary credit upon student completion of all six units. We provide your school counselor with a report and standards met, and he/she can



give elective credit based on alignment of the course to National Health and Wellness Standards. ([Scope and sequence link](#)) **There is also an option to have the course be used for an ELA elective credit.**

**How do I explain the course to students and get them on board?** We suggest you talk to your student.. show them the videos, course descriptions and testimonials...most students LOVE the course because it is all about them, and it provides them with the opportunity to reboot and take steps to feeling and doing better in all areas of their lives. It really is empowering. Let them know it is the most important course they might take - because learning to navigate life's ups and downs is critical for lifelong success. ([Student video](#))

**How will I know how a student is doing in the program?** The EmpowerU instructors will be able to log into our portal and review a live dashboard. It is a quick and easy way to understand how your students are doing in the course and what they are learning. Our student success team does the heavy lifting to engage your students and will communicate with you, only as needed, to make sure the student is on track. We will also share a student final project and final student evaluation with data upon completion. Your account manager will schedule a meeting to help kick off the program, as well as to review data after each semester.

**How has cultural competency been considered in the development of EmpowerU?** Significant attention to word choices, characters, and use of pop culture was considered throughout development of the course to ensure access and appropriateness for all students, regardless of race or gender. Our content and processes have been scrubbed by AMAZEworks, an equity training and consulting firm, to help ensure that our solution is accessible to ALL students. We analyze data collection to assess discrepancies for race, culture, gender, religious preference and make adjustments accordingly.

**What if a student says they'd like to take the course, but never engages?** The Empower U instructor tracks the student's progress and sends automatic texts and emails to encourage the student to participate. After 2 weeks, if there is no engagement, the instructor will notify the referring counselor and the student that the student has been dropped from the course, and the seat can be reassigned to another student at no additional cost.

**How is a student graded?** Empower U will send a rubric, including hours and outcomes, when the student has completed the course. A student must earn 70% or more to pass.

**How do I bring this to my school?** Contact us to schedule a presentation and to get pricing information!

**If you have additional questions, please contact [info@empoweru.education](mailto:info@empoweru.education).**