



# CharacterStrong Tier 2 (CST2)

*Process and Supports to Promote Student Success*

**Tier 2 is a coordinated process to deliver targeted support for some students with needs in addition to Tier 1 universal supports.**

Some students have social, emotional, and behavioral needs that warrant support in addition to Tier 1 universal support. There is a need for targeted, evidenced-based support that can be precisely matched to the underlying reason why students' social, emotional, and behavioral needs exist, including small group skill instruction.

**A key part of the CharacterStrong Tier 2 solution is Small Group Skills Instruction.**



## **1. Empowering Confidence**

*Internalizing Emotions*

## **2. Empowering Regulation**

*Externalizing Emotions*

## **3. Empowering Relationships**

*Social Skills*

## **4. Empowering Self Management**

*Executive Functioning*

The Small Group Skills Instruction curriculum is designed for use with small groups of students who are in need of acquiring skills in one of four common areas:

- Empowering Confidence:** teaching students emotion regulation skills to respond to situations that cause strong internalizing emotions, like sadness, worry, and stress, to feel calmer and more empowered to make helpful choices.
- Empowering Regulation:** teaching students emotion regulation skills to better communicate with others and make helpful choices for self and others when having strong externalizing emotions, like anger and frustration.
- Empowering Relationships:** teaching students social skills to establish, maintain, and restore relationships with other students to better navigate social situations.
- Empowering Self-Management:** teaching students executive functioning skills to better self-manage time, tasks, and things as well as attention regulation and impulse control.





## Product Highlights

- Elementary and Secondary curriculum bands that meet the developmental needs of students
  - **POWERed Up:** Elementary curriculum that is developmentally broken down into K-2 and 3-5 curricula
  - **Empower:** Secondary curriculum that is developmentally tailored to Grades 6-8 and 9-12
- **Research-based:** All the curriculum is grounded in scientific research as well as Dr. Cook's (Chief Development Officer) research over the past decade on designing effective Tier 2 interventions
- Three components in each curriculum band:
  - **Small Group Instruction:** Eight 30-min skill building lessons.
  - **Home Family Support:** Families play an important role in helping students generalize skills beyond group sessions. The curriculum has two Family Focus Supports:
    - 3 Learning modules that educators share with families to increase their knowledge and skills around supporting their student at home
    - 8 weekly pre-scripted updates educators can send each week to families so they are aware of what their student learned and how to support it in the home environment
  - **Daily Structured Mentoring:** Daily structured mentoring that involves assigning each student in the group a mentor who meets with students on the frontend and backend of each day to support them to generalize and apply what they learned in the group sessions.
- A common lesson structure that helps the educator and students with predictability and consistency
  - **Connection:** Relational activities to build connection and sense of safety among the group before engaging in learning
  - **Grow:** Explicit teaching and engaging learning content with the following sequence:
    - Review - reminder of the skill and focus from the last lesson
    - Learn - structured teaching of new skills
    - Practice - time for modeling and practicing the new skills
    - Apply - time to map out how to use the new skill in the day to day
- Digital curriculum that is visually appealing and has minimal prep requirements (10-15 minutes)
- Data collection tools:
  - **Access to Social, Emotional, Behavioral screening tools:** Strength and Needs Screener (SNS) & Youth Internalizing and Externalizing Problem Screener (YIEPS)
  - **An Intervention Matching Process** that allows you to get precise with matching students to the appropriate skill building curriculum or performance based interventions
  - **Tools to assess proficiency** in students applying the skills learned
- Performance-Based Interventions
  - Access to 6 interventions that support students who possess knowledge and skills but need more support from the environment to encourage and motivate behavior & use of skills
  - Fidelity checklists for each of the performance-based interventions
  - Resources and tools that will support the delivery of the interventions