

CASEL Competency #1: Relationship Skills

The significant findings related to relationship skills included listening and maintaining positive relationships in the student's life. The students rated him/herself on a scale of Always (5) to Never (1).

I listen to people that I disagree without getting defensive.

| N= 76 | Total | Mean (Average) | Median | Mode |
|------------|-------|----------------|--------|---------------|
| After | 285 | 3.75 | 4 | 4 (35) |
| Before | 210 | 2.76 | 3 | 3 (31) |
| Difference | 76 | 1 | 1 | 1 (30) |

The significance in this question is the average of the students who gained listening skills, and the mode also changing from Sometimes to Almost Always. The qualitative data below supports this learning.

I have positive relationships in my life.

| N= 77 | Total | Mean (Average) | Median | Mode |
|------------|-------|----------------|--------|-----------------|
| After | 328 | 4.26 | 4 | 5 (35) |
| Before | 256 | 3.32 | 3 | 3 & 4 (24 each) |
| Difference | 72 | .94 | 1 | 0 (27) |

Although this question did not prove statistically different, the mode is worth noting with the number of students moving their answer to Always, when Sometimes and Almost Always shared the designation prior.

In the qualitative question about one way the student's life has changed, these comments were reflective of relationship skills:

- I got a better talking to my dad.
- Before taking this class I never thought my feelings were valid and I let a lot of people take advantage of me especially boys... If I never took this class I would've probably ended up bottling up my emotions again and would've tried to take my life again. Overall this class taught me to not bottle up my emotions and make poor decisions I'd regret later in life.
- The way I think of how to treat other people even if they don't treat me back with the same respect.

CASEL Competency #2: Self-Awareness

In the area of self-awareness, the students showed significant differences moving from *Once in a While* designation to *Almost Always*, with *Sometimes* rated as a 3.

When challenges arise, I feel all my feelings.

| N=75 | Total | Mean (Average) | Median | Mode |
|------------|-------|----------------|----------|---------------|
| After | 278 | 3.71 | 4 | 4 (27) |
| Before | 197 | 2.63 | 2 | 2 (24) |
| Difference | 81 | 1.08 | 1 | 1 (23) |

In the qualitative question about one way the student's life has changed, these comments were reflective of self-awareness:

- This book changed me by being able to communicate my feelings. And it showed me how to have a different outlook on everything.
- I have learned how to feel all of my feelings.
- I was a lot happier and could express my feelings easier.
- I expressed emotions that have been locked away for years and I express my emotions more now.
- One way my life has changed after going through the *8 to Great* process is that I view emotions and mood a lot differently. The way our minds function emotionally is much more systematic than I had originally imagined, and knowing this has helped me.
- *8 to great* changed my life in so many good ways. The biggest lesson I learned was there is always a way how you deal with things. The most important one to me was feel all your feelings. I always tried to hide my feelings but that made it harder to be happy. I learned that is okay to feel them all it will help you heal faster.
- I feel like I am happier and know more of what I want out of life.

CASEL Competency #4: Social Awareness

Students showed significant difference in *I express gratitude on a regular basis*.

| N=75 | Total | Mean (Average) | Median | Mode |
|------------|-------|----------------|----------|---------------|
| After | 279 | 3.72 | 4 | 4 (34) |
| Before | 192 | 2.56 | 2 | 2 (32) |
| Difference | 87 | 1.16 | 1 | 2 (29) |

In the qualitative question about one way the student's life has changed, these comments were reflective of social awareness:

- I expressed my gratitudes every day and has affected my mood so well.
- That I should always be nice to people because you never know what someone is going through.
- My outlook on life changed after taking 8 to Great because I was 10 times more grateful for the things I had, and the I had people in my life. Saying my gratitudes everyday helped me wake up happier, be more motivated, and have an overall happier life. This class helped me realize when I was the problem in some of my relationships, and when it was time to end some relationships with others that were the problem. It helped me stand up for myself and realize that its okay to say no.
- One of the biggest things I learned was how to get over my emotions and feelings for a certain individual that I had broken up with over a year ago, and it was the best feeling to feel free but also to be able to look back on good memories and understand that it was great to have them but that it was in the pass and fully understanding that that's okay.
- I feel that not only do I communicate better with my friends, family, and coaches, but I also have come to find a better state of mind and peace. I have forgiven myself for things that I have done. I also most importantly have a better look on the little things in life. I have found happiness.



CASEL Competency #5: Responsible Decision Making

There are three questions related to the competency in responsible decision making. The first two show behavior change, while the final question is a testament to the ability of the *8 to Great* process and its' usability by high school students.

I forgive myself.

| N=76 | Total | Mean (Average) | Median | Mode |
|------------|-------|----------------|----------|---------------|
| After | 261 | 3.43 | 3 | 3 (29) |
| Before | 170 | 2.24 | 2 | 1 (25) |
| Difference | 91 | 1.20 | 1 | 1 (28) |

I forgive others.

| N=76 | Total | Mean (Average) | Median | Mode |
|------------|-------|----------------|--------|--------|
| After | 295 | 3.88 | 4 | 4 (41) |
| Before | 217 | 2.86 | 3 | 3 (22) |
| Difference | 78 | 1.03 | 1 | 1 (26) |

I understand how to use the 8 to Great Process.

| N=76 | Total | Mean (Average) | Median | Mode |
|------------|-------|----------------|--------|---------------|
| After | 322 | 4.42 | 4 | 5 (37) |
| Before | 167 | 2.20 | 2 | 1 (26) |
| Difference | 155 | 2.04 | 2 | 2 (24) |

In the qualitative question about one way the student's life has changed, these comments were reflective of responsible decision making:

- I have a lot more forgiveness and patience for others.
- One way my life changed was understanding the importance of positivity and that if you want positive things to come into your life you have to try and make your thoughts and actions positive as well.
- I look at how I can handle situations differently now.
- I respect people more.

Tammy Stuhr, CEO
authormyday@gmail.com
(402) 643-1330



"Moving ideas forward... Collaborating with individuals, organizations, and businesses to develop programs and projects"

CASEL's key settings are important for academic-social-emotional growth. Students reported they are able to identify sharing the 8 High-Ways in those key settings.

- 76% Used the 8 High-Ways in another class.
- 87% Used the 8 High-Ways outside of school time
- 76% Used the 8 High-Ways to help a family member have a more positive outlook
- 57% Used the 8 High-Ways to help friends have a more positive outlook.

THE 8 to Great HIGH-WAYS

* road map to success!

- 1 GET THE PICTURE**
Visualize the end result.
Think it 'til you feel it.
- 2 RISK**
Ask yourself, "If FEAR was not a factor..."
and RUN TO, *not from*.
- 3 FULL RESPONSIBILITY**
Move from Blaming and Complaining
to ACTING and DREAMING.
- 4 FEEL ALL YOUR FEELINGS**
To heal, allow both
MAD (*Angery*) and SAD (*Release*).
- 5 HONEST COMMUNICATION**
ASK for what you want and
LISTEN from the heart.
- 6 FORGIVENESS OF THE PAST**
We were all doing the best we could
with the information we had.
- 7 GRATITUDE FOR THE PRESENT**
Three things you're grateful for each day,
NO REPEATS.
- 8 HOPE FOR THE FUTURE**
Don't give up. The road to success
is never a straight line.

Hope is what happens when you have a process.

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