

shmoon



Heartbeat® supports

**SEL**



## A safe SEL solution that everyone will love

Heartbeat utilizes research and technology to be able to get a pulse of a student while giving them space to explore, learn and develop personalized learning techniques.

Our dashboard then provides data that can be utilized to effectively make decisions and fulfill student emotional health needs that lead to academic success.



## How Heartbeat supports SEL

SEL has picked up a lot of political baggage. With an original intent of helping the whole child, Heartbeat does this right by linking non-academics to academic performance. Heartbeat is not a generic curriculum, and is safely being used across the country to identify non-academic elements of a student's reality that are impacting their academic performance.

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## How Heartbeat solves SEL

It's a fact that non-academics impact students' abilities to perform academically. Heartbeat helps students directly with just those topics avoiding the backlash traditional SEL tools face.



Provide continuous data for you to take action on school climate



Look at the whole-child and allow for personalized learning



View your students non-academic analytics through a healthy lens



# How Heartbeat is implemented in your school

Heartbeat is implemented in a specific period for 5-10 minutes, 2-3 times per week so every student has the time and space to learn about their own superpowers and challenges, as well as educational preferences.

## Administrators

Utilize campus-wide/district-wide data for restorative practices, to determine the SEL curriculum you would like to implement, what to speak on during morning shows/pep rallies, and in guiding faculty during faculty meetings. Utilize Heartbeat “favorites” to track trends of specific SEL factors that support your SEL initiatives

## Teachers

Utilize groups for each period to determine what actions can support the SEL needs of each classroom

## Counselors

Utilize Heartbeat groups to hone in on the needs of their campuses, but also for each grade level. This will inform them on if the actions they are implementing are applicable to student needs.

# FAQs

**SEL programs are too risky to implement.**

Answer: We believe it's too risky not to implement an SEL program. Particularly in the wake of the COVID-19 pandemic, more students than ever are feeling overwhelmed, isolated, and depressed. With educators/administrators stretched incredibly thin, it's easy for a student's social and emotional health to slip through the cracks. Tools like Heartbeat give students an outlet to process complex emotions and realize that they're not alone .

**Aren't SEL tools trojan horses for CRT or other social programming?**

Answer: Not at Shmoop—although we understand the confusion. It makes sense that people would hear a term like “social-emotional learning” and wonder whether students would be learning how they were “supposed to” feel or interact with the world, but in reality, nothing could be further from the truth.

Heartbeat is a place for students to reflect on their own unique social and emotional experiences and consider how those aspects of their lives relate to their experience at school. In other words, students use Heartbeat to learn about themselves as they are right now, not who somebody else wants them to be.

**SEL is a vague acronym with unclear meaning. What are students really learning?**

Heartbeat demystifies the confusing rhetoric that so often obfuscates SEL and its core benefits for learning. Instead of acronyms, Heartbeat breaks each dimension of learning down into precise and specific insights into the factors that impact student learning.

# FAQs

**I don't understand why my student's teachers need to know about their personal lives.**

Answer: We agree—that's why no teacher or administrator ever has access to your student's specific answers to any question in Heartbeat. Only your student knows what they answered for each interaction. What's more, our questions don't focus on specific details; instead, we ask students to reflect on how they react to and feel about the various nuances of their lives. Teachers only see generalized insights that mirror the student insights.

Beyond that, we can all agree that many of the most important parts of a student's life take place outside of the classroom, yet all of those parts work together to affect a student's academic performance. For instance, it might not be obvious why we'd ask (or care) if a student listens to loud music, but did you know that 1 in 5 American teenagers experiences some degree of hearing loss? So this seemingly unrelated extracurricular activity can have a direct impact on a student's ability to hear their teacher and concentrate in class. Every question in Heartbeat is tied to factors like this, and we clarify how each factor is connected to academics in the Insights students see on their Pulse.

**Why are you asking my students about XYZ when it's not relevant to their lives?**

Answer: We know not every student will relate to every single question in Heartbeat, and that's okay. However, it's important to remember that every question will relate to someone. Considering how another student's life might compare to their own is a great way for students to practice empathy. Even more importantly, if students don't want to answer a particular question, they don't have to. Students are never required to respond to any question in Heartbeat; they can skip any questions they aren't interested in answering and move on to questions that feel more relevant to their lives.

# FAQs

## Will SEL instruction conflict with a student's home or personal values?

Heartbeat does not tell students how to act or feel. Nor does it present values instruction. Rather, Heartbeat is driven by student choice. To that end, Heartbeat provides student-directed exposure to the factors and issues students consider most relevant to their learning, then equips them with awareness and insights that enable them to make informed decisions about how to effectively and successfully manage and execute their learning.

## Are Teachers properly trained to provide/support SEL instruction?

Heartbeat provides a student-directed and student-centered learning experience: Students choose which topics they consider most relevant and meaningful to their learning, then build on that knowledge to more effectively communicate and partner with teachers to improve their academic performance.

## Will SEL instruction take time and attention away from Core Academic Instruction?

Using Heartbeat requires minimal class time—in fact, Heartbeat requires no class time at all. More importantly, Heartbeat While SEL is often perceived as a supplemental, extracurricular add-on to core academic learning, Heartbeat presents students with questions and insights in areas directly linked to academic development. Everything a student learns in Heartbeat directs them back to strategies for academic success.

# Start Today

Whether you just want to learn more, get a product demo, explore case studies or just say hello, we're ready for you.



Explore our site  
[www.shmoop.com](http://www.shmoop.com)



Give us a call  
833-746-6671



Send us a message  
[sales@shmoop.com](mailto:sales@shmoop.com)

