RESEARCH SUMMARY

Second Step® Out-of-School Time

CONTENT MAY CHANGE SLIGHTLY BEFORE AUGUST 2020.

Helps kids develop:

- Healthy peer and adult relationships
- Growth mindset and goal-setting skills
- Social-emotional skills

By teaching kids to:

- Appreciate diverse perspectives
- Approach problems with a growth mindset
- Identify and manage their emotions
- Take others’ perspectives
- Be kind

Community Building

- Building a positive environment in out-of-school-time (OST) settings can help kids develop social-emotional skills. Using group norms and routines that reinforce social-emotional learning (SEL) concepts helps create a positive environment and supports ongoing learning.
- Second Step Out-of-School Time activities guide groups through creating norms and routines and include getting-to-know-you and team-building activities that help nurture positive relationships and group dynamics.

Growth Mindset & Goal Setting

- Kids who use a growth mindset—the belief they can improve with practice and effort—have higher course completion rates, handle school transitions better, and are less likely to show aggression than kids who believe that their abilities and personalities are fixed. Individuals with a growth mindset tend to set goals focused on individual improvement, which is associated with increases in self-efficacy, positive personal relationships, empathy, and prosocial behavior (behavior intended to help others).
- Second Step Out-of-School Time supports the development of a growth mindset by teaching kids growth mindset strategies and providing opportunities to practice and apply growth mindset through activities, several of which are organized around goal setting and achievement.

Emotion Management

- Teaching kids to recognize and identify emotions helps them to better regulate their own emotions and identify how others are feeling. Teaching emotion-regulation skills can lead to improved attention, motivation, and academic performance. Strong emotion-regulation skills are also associated with other social-emotional competencies like goal setting and empathy.
- With Second Step Out-of-School Time, kids learn and practice strategies to identify and calm strong feelings.

Empathy & Kindness

- Empathy, the ability to understand and feel how someone else is feeling, is linked to a diverse set of prosocial behaviors, including helping, comforting, and cooperating with others. Empathy can also help kids regulate aggression and other antisocial behaviors.
- Second Step Out-of-School Time teaches kids the importance of empathy and provides activities in which kids use contextual clues and perspective-taking strategies to have empathy for others and build positive relationships.
References


