

Project Title: [GoZen Online Program Renewal](#)

## What is GoZen!?

**GoZen! creates online social and emotional learning programs loved by kids ages 5-15, parents, professionals, and schools.** Our mission is to reach 1 million kids with skills to transform stress, anxiety, worry, anger, perfectionism, negativity, and social worry into POWER in the year 2021! We don't help kids *manage* challenging feelings, we help them **transform** them into confidence, courage, and resilience! We're basically emotional alchemists.

Applicant's name/ Title: [Mollie Kemp, School Counselor](#)

Email address: [kempm@dexterschools.org](mailto:kempm@dexterschools.org)

Daytime contact number: [x4504](#)

Amount Requested: [\\$197](#)

Grades of students affected: [3<sup>rd</sup> and 4<sup>th</sup>](#)

Number of students affected: [all Wylie students](#)

Date Requested: [February 26, 2021](#)

Date Needed: [March 24, 2021](#)

**1. What is your proposal and objective?**

One of the largest components of my job as school counselor is teaching. I am grateful to have many opportunities to educate our kids about the social and emotional skills they need for lifelong success and strong mental health. This year, the district has adopted the TRAILS SEL program, which has been timely and useful with the pandemic and its impacts on mental health.

CASEL (The Collaborative for Academic, Social, and Emotional Learning) one of the leading research organizations in SEL, says this:

**The research documenting the impact of SEL is compelling.**

More than two decades of research demonstrates that education promoting social and emotional learning (SEL) gets results. The findings come from multiple fields and sources, including student achievement, neuroscience, health, employment, psychology, classroom management, learning theory, economics, and the prevention of youth problem behaviors. (<https://casel.org/impact/>)

At Wylie, students have at least 25 touchpoints with me this year, and many have more through interactions like informal chats in the hallway, Anti Bullying Club meetings, Student Council, and small groups. Right now, I see kids weekly for a virtual TRAILS SEL lesson. I also assist about 100 students in small groups focusing on self-regulation, self-esteem, friendships, grief, changing families, and other SEL-related topics. Additionally, I have a chance to talk with many students individually, either by request of a teacher, parent, or a self-referral.

During my time at Wylie, I have seen a consistent increase in the number of students who struggle with symptoms of anxiety or who have diagnosed anxiety. (This year, it has been exceptionally prevalent.) GoZen is a website dedicated to helping children with anxiety and other significant struggles. I have used the free components of the site, including webinars, blogs, and brief intervention strategies, to increase my knowledge about the roots of childhood anxiety, and to better address it with children and families. I have also referred families to this site. This year, I have three support groups that focus on worries, and we use this site each time we meet.

Since 2017, Wylie has invested in “professional access” to this site, which has allowed me to utilize all of its research-based resources and frequent updates.

Access to the GoZen website also provides interactive practice, instructional animations, lesson plans, email support, and bonus content.

**2. Type of proposal**

- a. Is this a new or returning grant? **This is a returning grant.**
- b. Did you receive funds from any other source for this request? **No.**

**How does this proposal benefit the students?**

**Students would learn and employ more social-emotional skills via my access to this resource. I would also continue to have an array of updated resources to share with parents and guardians.**

**3. Briefly explain how your proposal fits into curriculum guidelines.**

**Tools offered on this website reflect our school's focus on SEL instruction, as well as our attention to growth mindset. In addition, they support the following *Mindsets and Behaviors for Student Success: K-12 College- and Career- Readiness Standards for Every Student*, outlined by the American School Counselor Association, which drive my instruction:**

**Mindset Standards**

**M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being**

**M 2. Self-confidence in ability to succeed**

**M 3. Sense of belonging in the school environment**

**M 5. Belief in using abilities to their fullest to achieve high-quality results and outcomes**

**M 6. Positive attitude toward working and learning**

**Behavior Standards (Learning Strategies = LS, Self-Management Skills = SMS, Social Skills = SS)**

**B-LS 1. Demonstrate critical-thinking skills to make informed decisions**

**B-LS 4. Apply self-motivation and self-direction to learning**

**B-LS 6. Set high standards of quality**

**B-LS 7. Identify long-and short-term academic, career, and social/emotional goals**

**B-LS 9. Gather evidence and consider multiple perspectives to make informed decisions**

**B-SMS 1. Demonstrate ability to assume responsibility**

**B-SMS 2. Demonstrate self-control**

**B-SMS 3. Demonstrate ability to work independently**

**B-SMS 4. Demonstrate ability to delay immediate gratification for long-term rewards**

**B-SMS 5. Demonstrate perseverance to achieve long- and short- term goals**

**B-SMS 6. Demonstrate ability to overcome barriers to learning**

**B-SMS 7. Demonstrate effective coping skills when faced with a problem**

**B-SMS 10. Demonstrate ability to manage transitions and ability to adapt to changing situations and responsibilities**

**B-SS 1. Use effective oral and written communication skills and listening skills**

**B-SS 2. Create positive and supportive relationships with other students**

**B-SS 3. Create relationships with adults that support success**

**B-SS 4. Demonstrate empathy**

**B-SS 5. Demonstrate ethical decision-making and social responsibility**

**B-SS 6. Use effective collaboration and cooperation skills**

**B-SS 7. Use leadership and teamwork skills to work effectively in diverse teams**

**B-SS 8. Demonstrate advocacy skills and ability to assert self, when necessary**

**B-SS 9. Demonstrate social maturity and behaviors appropriate to the situation**

**Detail your budget request.**

**The cost for a year of website access is \$197.**

**Are there other details that would help the committee in the decision-making process?**

**If you would like to check out the site, I would recommend viewing the following links:**

**Overview of resources accessible with the proposed professional membership:**

**<http://www.gozen.com/pro/>**

**Research supporting the site:**

**<http://www.gozen.com/research/>**

**Sample video:**

**<http://www.gozen.com/video1intro/>**