

PERSONAL GROWTH STUDIES (SEL)

personalgrowthstudies.com

1. PERSONALITY DEVELOPMENT

The process of a young person discovering their authentic identity, self-confidence, and dreams for the future.

2. COGNITIVE DEVELOPMENT

The development of a child's ability to focus, think critically, and develop positive beliefs, values, and thought patterns.

3. EMOTIONAL DEVELOPMENT

A child's journey of discovering their range of emotions, and developing the self-confidence to express those emotions.

4. PHYSICAL DEVELOPMENT

Harnessing tools like stretching, yoga, and body awareness to nurture a strong, flexible, and energetic body.

5. PSYCHOSOCIAL DEVELOPMENT

Provides a roadmap for healthy personal growth, based on Erik Erikson's framework of human development from infancy to adult.

6. MORAL DEVELOPMENT

The development of a child's moral compass, including understanding society's expectations, and developing empathy and respect for others.

7. SOCIAL DEVELOPMENT

Building a child's ability to feel comfortable and connected in social settings, and show up as a functioning, trustworthy, valuable member of any social circle.



FOCUS GROUP

Challenges & Solutions Around SEL Integration In Schools

January 26, 2022 | 10-11 am PST

- K-16 discussion
- Adapting to the changing classroom
- **Digitally delivered curriculum allows instant access to all training materials**
- **Whole child approach**

*"Our teachers have been using the Personal Growth Studies program **since the beginning of the year**. The teachers love the topics covered, the focus on mindfulness and gratitude, and the **ease of the portal**. Students have been able to have **meaningful dialog** with each other, their teachers and parents in response to working through the program. We have seen **confidence levels in students increase, their ability to work through difficult situations, and also the way that they are able to manage their regulation**. It has been a **wonderful addition to our curriculum**."*

- Tracy Ross Ph.D.
Director, Laura Cushman Academy, Miami

