

## Emozi® Middle School Pilot Outcomes

Hollister School District, Hollister, California 2021-2022 Academic Year

Hollister School District is a K-8 District supporting the surrounding San Benito County in Southern California.

### **Overview**

During the 2021-22 school year, Hollister School District conducted a pilot of Emozi® Middle School. The objectives of the pilot program were to learn 1) teacher attitudes regarding the Emozi® Middle School program, 2) whether or not teachers could complete a 36 lesson sequence within an academic year, and 3) if there were any efficacy signals around student and teacher SEL improvement.

### **Methodology and Outcomes**

One middle school participated in the pilot study. Two classroom instructors participated in a 45-minute interview with the independent research team. While one teacher reported completing all 36 Emozi® Middle School lessons in her 7th grade class, researchers also learned that other teachers often needed more time to complete lessons than they had set aside (20 minutes). This increased our expectations for the time it takes to deliver full lessons (30 minutes).

Hollister conducted exploratory pre- and post-test SEL data collection for students who participated in the pilot. Of the participating students, 330 6-8 grade students completed the DESSA mini (assesses social-emotional competencies, cognitive competencies; inter/intrapersonal competencies) in the fall 2021 and again in the spring of 2022.

### **Pilot Results**

In a small exploratory study of students' SEL outcomes, independent researchers observed meaningful improvement in DESSA-Mini pre- and post-test scores for students who participated in Emozi®. Both teachers interviewed reported that because of Emozi® Middle School, their own understanding of SEL improved as did their relationships with their students.