



# Mountain Education Charter High School

*"The first choice for a second chance to build a better future through education."*

## **Hike Your Own Hike Social Emotional Learning Curriculum**

The Hike Your Own Hike Secondary Education Social Emotional Learning curriculum is based upon the vision and research of Dr. Wayne Lovell, Superintendent of Mountain Education Charter High School. It is the culmination of years of personal and professional experience, research, and active collaboration with subject matter experts from both within Mountain Education Charter High School and from external benefactors. Our goal is to provide a first-class program that is first and foremost relevant to our students. The relationships that exist across our organization have enabled us to develop a curricular product that prioritizes instruction on the basis of relevant and timely student needs with regard to social emotional deficits. We recognize the necessity to ensure we are addressing not just the academic needs of the students we serve, but also the deeper needs that all too often are the real reason the student's path has led to us. We are presently in a very unique position to address these needs in a well thought-out and comprehensive manner including a Universal Screener with corresponding Tier 1 and Tier 2 components.

Mountain Education Charter High School has adopted six Social Emotional Learning Competencies which include the five CASEL competencies (Self-Awareness, Self-Management, Social-Awareness, Responsible Decision Making and Relationship Skills) with the addition of a sixth Self-Care competency based on definitions from the World Health Organization and The American Psychological Association. These six competencies are the basis of the HYOH program.

Students begin with the Personal Assessment of Core Competencies or PACC. This in-house developed screener provides a risk assessment specific to the six Core Competencies adopted by MECHS. Based on score, students work with their mentors to choose a specified number of RidgeRunner Tales and activities to complete. These RidgeRunner Tales are narratives written by the faculty and staff at MECHS about events in their lives and lessons they have learned from those events. Corresponding activities accompany each narrative to reinforce the lesson learned and help students apply this skill to their life. The use of narratives to teach SEL is widely supported through research as it allows the student to identify with a character in a story and learn from that character. These nonfiction tales increase this ability to identify because the characters are actual employees, real people students can identify with and feel less alone in their situation. This is completely individualized and our Tier 2 portion of the program.

The Tier 1 portion of the program is the Thru Hike Seminars. Thru Hike Seminars are lessons that everyone needs to learn to be able to successfully complete their journey through life. There are two lessons per competency including topics such as Time Management, Nutrition, Appreciating Diversity and Anxiety 101. These lessons have been developed by a committee of counselors, social workers and staff dedicated to our SEL journey. Lessons are taught by counselors and social workers so as to provide support to students in the event there is a need. There are 12 lessons per year; six will be taught to everyone at the site and the other six are used based on local site needs.

By addressing Social Emotional needs using this hybrid approach with narrative and skill based instruction, the Hike Your Own Hike program addresses a myriad of student needs in a relevant and timely manner. The evergrowing library of narratives and seminars will become a resource for addressing current student needs, as well as those needs that may arise in the future.

For more information on the Hike Your Own Hike program please contact Dr. Wayne Lovell, Superintendent, Mountain Education Charter High School or Martha Kent, Director of Social Emotional Learning.

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