



## BE CALM PROGRAM



# Help Early College Students Thrive.

A research-based program developed for NC Early Colleges

## WHAT YOUR SCHOOL RECEIVES



Comprehensive staff training in mindfulness and social-emotional support strategies



Free “off the shelf ready” curriculum and all materials to deliver classroom lessons and counseling groups.



Implementation and sustainability support from a dedicated Be CALM trainer

## WHAT SCHOOLS ARE ASKED TO DO

- Classroom teachers deliver 12–16 lessons (45 minutes weekly) to 9th and 10th graders
- School counselor provides coaching support to teachers and delivers a six-week small group program
- A school-based implementation team creates a plan to integrate simple strategies to support social-emotional wellbeing and strong connections schoolwide

## WHAT ELSE YOU NEED TO KNOW

- Schools must have time to deliver all program components
- Some schools will be asked to wait a year to deliver the program (a \$500 incentive provided)
- All schools will participate in evaluation activities (staff and student surveys, implementation checklists, and staff interviews)

**Schedule a call for more detailed information.**

IRB Study # 24-1695

For questions or concerns about your rights as a research subject, please contact the Institutional Review Board at 919-966-3113 or by email to [IRB\\_subjects@unc.edu](mailto:IRB_subjects@unc.edu).



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## THE CHALLENGE

- Early College students experience high levels of stress with the demands of dual enrollment and just being a teenager today.
- Educators find it hard to maintain their own wellbeing while supporting students.



## THE BE CALM SOLUTION

- Starts with Educator Wellbeing, recognizing that no program works well without this foundation.
- Uses mindfulness to build student skills for life success from the inside out.
- Aligns well with NC's Portrait of a Graduate (Crosswalk available).



## IMPACT SO FAR

Results from pilot studies of the Be CALM Program show:

- Reduced teacher burnout
- Improved teachers' student-support skills
- Stronger student emotion regulation and conflict resolution skills
- Increased academic confidence and motivation