



COMPASS ACADEMY

Where learners and leaders grow.

Pack at Compass Academy

Overview:

Pack is a Social Emotional Learning (SEL) experience based in community-identified competencies and includes key activities that cultivate relationship-building and vulnerability. Compass has recognized the importance of Social Emotional Learning since its inception and has designated a sacred space for students to start each day strong through the Pack class. This class has structures in place to ensure that there is an aligned experience for all students while providing the flexibility that's needed to allow for teacher and student innovation and adaptation.

Pack experiences fortify the start of each students' day, and those learning experiences should carry through their time at Compass over several years. At the end of their middle school journey, students will have a strong foundation of competency learning that supports their continued growth as they continue to high school.

Competencies:

Our school has 6 competencies that were settled upon through input from students, families, teachers, and in partnership with Johns Hopkins University. Each grade level focuses on 2 primary competencies to allow for depth in learning, as well as to ensure that students will be taught all competencies in the time they are at Compass Academy. *See table below for Competency breakdown by grade level.*

6th Grade Competency Focus	7th Grade Competency Focus	8th Grade Competency Focus
Communication Growth Mindset	Self-Awareness Metacognition	Advocacy Goal Navigation

These competencies were assigned to these grade levels based on the developmental levels of the grades and the needs of the grades. For example, 8th grade is more focused on life after Compass and those pathways, so they focus on Goal Navigation. 6th Grade is trying to create strong life habits so they focus on Growth Mindset. Though grade levels have competencies that they need to teach, grade levels also have the flexibility to teach lessons around other competencies. For example if 8th grade feels they need to address communication again they have the flexibility to do so. Each competency has several sub targets which creates purpose for lessons. Each week grade levels will try to address a



sub target with a 2-day lesson application approach (see Structure below for details).

By the end of 8th grade students have in-depth knowledge and application experience for all Competencies

Structure:

Compass has a pack class 4 days a week as our Thursday is shortened and we can't fit the class into the schedule. Pack runs approximately 50 minutes and each day has a pre-planned set of practices and lessons. Mondays and Fridays are days that are specifically designated as days to build school belonging. Over years we have found that teacher vulnerability leads to student vulnerability creating deep bonds between students, teachers, and the school. Strong circles, challenges, and personal stories are three different techniques utilized to provide opportunities for vulnerability thus creating belonging. These days allow for teachers to express individuality whilst also creating space for adaptations. Tuesday and Wednesday are days specific for competency development. Tuesday a Pack lesson is taught and on Wednesday we create opportunities for students to apply their Tuesday's Pack learning. This structure is intended to reinforce the SEL skill through application opportunities that allow students to gain skill transferability and retention. Pack learnings are intended to break out of the silo and be reinforced over time and in multiple spaces for students.

Monday	Tuesday	Wednesday	Thursday	Friday
Belonging activity. Weekly goal-setting	Competency lesson: Self-awareness	Competency application lesson: Self-awareness	No pack (short day)	Belonging Activity. Weekly reflection on goals based on data.

Above: A sample week of Pack focus areas/topics.

Competency Lessons:

Competency lessons are written with specific targets in mind. There are multiple ways to teach these lessons but they almost always follow a similar structure of the following: personal hook, target introduction, aligned activity, debrief with tangible. The single most important aspect is the debrief and student reflection. An application day is structured differently. These days usually start with the target, move into a different aligned activity, mid activity debrief, continue activity, and ending with a final debrief. Once again the most important piece of the lesson is the debrief. At the end of each lesson students should be able to identify what they learned and see where it shows up in life.

Outcomes and Data:

Social Emotional Data has always been a tough thing to quantify and we continue to experiment and improve our data collection processes. However, there are some ways in which we try to measure our



results. The first and arguably most important measurement comes in the form of students' personal reflections. These reflections come in the form of end of lesson debriefs, end of pack unit reflections, and our 8th grade capstone project and reflection. We also use a holistic student survey we administer 3 times a year. We primarily use this data to track belonging seen in trusted adults, safety and positive peer answers. We conduct small group listening sessions 3 times a year to offer a more open space for students to share what they've learned and how they are applying their learning in and out of the classroom. Lastly we look at attendance numbers, however this data is less useful since COVID.