

# SUMMER PROGRAM

## SUMMER SEL PROGRAMMING TO ACCELERATE LEARNING BY FALL

The latest research predicts that students will start next year more than 20% behind academically because of the "COVID Slide." Districts are searching for creative ways to use summer break to focus on the social-emotional growth of both teachers and students, preparing mindsets for learning in the coming year. EmpowerU is offering special programming that will fuel student growth and resilience, preparing them for learning by fall.



## HOW DOES IT WORK?

EmpowerU is proven to help teens make lasting personal change, gain confidence, lower anxiety, increase emotional well-being, and improve friendships, time management and grades.

Students complete daily online SEL lessons that are supported by highly personalized motivational coaching by EmpowerU trained therapists. Each individual licensed instructor builds a trusting relationship with the student and provides daily feedback and encouragement to help students meet goals.

EmpowerU teaches students how to make effective change, one small step and one day at a time, engaging students as active participants in their wellness journey to create lasting change.

## SUMMER EMPOWERU REBOOT:

### BUILD STUDENT RESILIENCE

### EARN NEEDED CREDIT

### PREPARE MINDSETS FOR LEARNING NEXT FALL

- Structured to meet your districts summer school schedule.
- Engaging online SEL lessons delivered to students each day through the EmpowerU portal.
- Daily practice of coping and resilience strategies, cemented by deep reflection by students as they apply core concepts in their daily life
- Supported by 1:1 EmpowerU motivational coaching proven to help students make connection between lessons and their goal and life.
- Easily accessible by phone, computer or tablet.
- Option to earn either Health Elective or English Elective
- Rolling admission beginning May 31
- Proven to lower anxiety, build confidence, and increase emotional well being.

*"I feel better every time I complete an EmpowerU lesson. I'm definitely more motivated and feel like I am taking daily steps to become the best version of myself."*

*Female Student  
18 years old*

## ABOUT EMPOWERU

EmpowerU's highly personalized, online social-emotional learning program helps young people replace anxiety and depression with resilience and confidence, fueling student transformation at a fraction of the cost of therapy.

## VISION

To help millions of students transform from anxiety and doubt into more self-directed and confident human beings who can thrive and succeed, even in the face of difficult circumstances.

## GET STARTED TODAY

[CLICK HERE FOR A QUOTE](#)

[CLICK HERE TO  
SCHEDULE A MEETING](#)

QUESTIONS?  
LET'S CHAT!

[info@empoweru.education](mailto:info@empoweru.education)  
<https://empoweru.education>



## EMPOWERU PROGRAM DETAILS

Your district can purchase student seats directly from EmpowerU for summer students. There are ESSER2 and other funds available to support student mental health this summer. Space is limited as demand for this program is very high. The course will also be offered this summer through Northern Star Online (See Link Here)

### Tier 1 - 2 week Intensive (Health or ELA version)

*Credit Recovery Format - \$109/student*

This two week intensive course is 1.5 hours each day, condensing the course into 10 sessions with 2 hours of 1:1 coaching to help student apply learning outside of class.

### Tier 2 - 4, 6 or 12 week course (Health or ELA version)

*\$349-\$389/student*

The summer EmpowerU course is self-paced over either 4, 6 or 12 weeks to fit within the student's summer schedule. The Tier 2 solution includes 6 hours of 1:1 coaching support throughout the course.

## EMPOWERU PROVEN RESULTS

EmpowerU engages struggling students as active participants in their wellness journey by combining daily online social-emotional learning lessons with 1:1 coaching support.

More than 93% of students who complete EmpowerU's online program make a dramatic shift from discouragement and anxiety to improved wellbeing, motivation and hope.



"EmpowerU is more than just talking about problems, it gives students tools to engage in the process of self-improvement and equips them to overcome obstacles – now and in their future."

BILL, Principal