

August 2018

**4-Year Project**

June 2022



*30 schools in rural Nebraska*



*7 students from each classroom*



**10 weeks:**

- Spring of kindergarten
- Fall of first grade

## Comprehensive Approach



### Teachers

- 10 weekly 30-min. coaching sessions
- 10 weekly 30-min. curriculum teaching sessions



### Parents

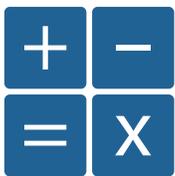
- Six - 2.5-hour parenting sessions (kindergarten year)



### Children

- 10 weekly 30-min. sessions in kindergarten
- 10 weekly 30-min. sessions in first grade

## Findings from INSIGHTS in NYC



*Increased Math Skills*



*Increased Reading Skills*



*Increased Attention*



*Decreased Behavior Problems*

*"I've changed my thinking and am now a calmer and more in-control parent."*

*"Little by little, I am getting along better with my son. We still have a lot of work to do with each other. The good part is that I know I'm headed in the right direction."*

**For more information visit:** [go.unl.edu/insights](http://go.unl.edu/insights)

# INSIGHTS Aligns with Nebraska AQuESTT Tenets

- Positive Partnerships, Relationships and Success
- Educator Effectiveness

*"I have been teaching for more than 20 years and sometimes I forget to implement strategies in my classroom. The program put me back in charge."*

## Benefits

### Teachers

- 2 free professional development trainings
- Up to \$700 in stipends

### Parents

- Up to \$605 in stipends
  - » \$80 for each parent session (6)
  - » \$25 per questionnaires (5)

## Meet the Characters



**Coretta the Cautious**

*Shy and Cautious*



**Freddy the Friendly**

*Social and Eager to Try*



**Gregory the Grumpy**

*High-Maintenance*



**Hilary the Hardworking**

*Industrious*

## INSIGHTS in Nebraska Enhances

Social-Emotional  
Development

Self-  
regulation

Math  
Achievement

Reading  
Achievement

Understanding of  
Temperament

Empathy

## I am interested!

Contact us to learn how you can participate in this evidenced-based learning curriculum.



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[go.unl.edu/insights](http://go.unl.edu/insights)

## **We are excited to introduce INSIGHTS in Nebraska to your school!**

INSIGHTS is an evidence-based emotional and behavioral skills intervention that has been found to reduce disruptive behavior, improve attention skills, and improve reading and math achievement. Developed in 2008 by New York University, researchers from the Nebraska Center for Research on Children, Youth, Families and Schools (CYFS) are receiving funding from the U.S. Department of Education's Institute of Education Sciences to study the program's efficacy in rural Nebraska schools.

INSIGHTS in Nebraska is a four-year project and will be available in 30 rural elementary schools in eastern and central Nebraska, with curriculum beginning January 2019.

Teacher and child curriculum occurs for 10 weeks during the spring of the kindergarten year and 10 weeks during the following first-grade year.

### **How does it work?**

- The intervention is delivered to children once per week for 10 weeks in kindergarten and first-grade classrooms.
- Teachers use puppets to teach children that while certain situations may be easy for some individuals, they may be more challenging for others.
- The children engage the puppets in daily dilemmas to foster empathy and strengthen their problem-solving skills.

### **Comprehensive Approach**

- Teacher, parent, and classroom programs work synergistically to support children's social-emotional development and academic learning.
- The intervention assists teachers and parents in recognizing how children's behavior is often related to their temperament/personality.
- Children also benefit from understanding that individuals respond differently to daily life situations due to their temperaments.

## **INSIGHTS in Nebraska consists of three programs:**

### ***INSIGHTS for Teachers***

Training and coaching sessions help teachers to gain a better understanding of child temperament and how to integrate the curriculum in their classroom. They will also teach the INSIGHTS curriculum once per week with the help of a facilitator.

- 10 weekly 30-min. coaching sessions
- 10 weekly 30-min. curriculum teaching sessions

### ***INSIGHTS for Parents***

Parents learn about their child's temperament and how they can structure the home environment and their reactions to their child to help the child be successful.

- Six - 2.5-hour parenting sessions (kindergarten year)

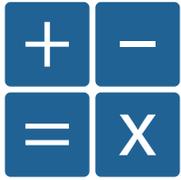
### ***INSIGHTS for Children***

Children engage the puppets in daily dilemmas to encourage empathy and strengthen their problem-solving skills. Teachers and facilitators help the children understand how one's temperament influences how they respond to different situations.

- 10 weekly 30-minute sessions in kindergarten; 10 weekly 30-minute sessions in first grade

## Why INSIGHTS in Nebraska?

Children enrolled in INSIGHTS experience a significantly faster growth in math skills, reading skills and attention. They also saw a decrease in behavior problems.



**+ Math Skills**  
(Effect Size=.31)



**+ Reading Skills**  
(Effect Size=.55)



**+ Attention**  
(Effect Size=.39)



**- Behavior Problems**  
(Effect Size=.54)

## Nebraska AQuESTT Alignment

INSIGHTS contributes to your school's AQuESTT Evidence-based Analysis Responses:

### Tenet: Positive Partnerships, Relationships and Success

- INSIGHTS trains teachers to individualize instruction based on a child's temperament.
- INSIGHTS aims to increase family engagement through parent training sessions.

### Tenet: Educator Effectiveness

- INSIGHTS has been proven to increase teacher emotional support of students and improve classroom organization.
- Teacher and parent report of child temperament, behavior and achievement.

## Evidenced-Based

- INSIGHTS is part of the National Registry of Evidence-based Program and Practices.

## Benefits

### Teachers

- 2 free professional development trainings
- Up to \$700 in stipends

### Parents

- Up to \$605 in stipends
  - » \$80 for each parent session (6)
  - » \$25 per questionnaires (5)

## Control Group

Half of the participating schools will be randomly selected for the control group. If your school is placed in the control group, our research team will collect data from your classrooms and teachers will be compensated for filling out questionnaires. However, your school will not receive the INSIGHTS curriculum.

## Continuing Benefits

After the study concludes in 2022, we will offer complimentary INSIGHTS training to your school's teachers and administrators.

## My school is interested!

Contact us to learn how your school can participate in this evidenced-based intervention, part of the National Registry of Evidence-based Program and Practices.



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