



The Social Emotional Learning Achieved by
Trinity Education for Excellence Program (TEEP)
Middle School Students
SUMMER INTENSIVE 2023

“TEEP taught me how to be more responsible, respectful and how to restrain myself. They also taught me how to own up and show leadership to others.”

— TEEP Middle School Participant



What We Do

Trinity Education for Excellence Program (TEEP) is a six-year tuition-free, out-of-school time youth development and leadership pipeline program that has been inspiring young leaders since 2007. The program includes academic enrichment, engaging electives, leadership development, paid employment opportunities, peer mentorship, field trips, high school and college admissions assistance, and mental health support.

The TEEP road to excellence begins with character formation. By adhering to shared values among peers and near-peers, participants establish **safety**. Once bonds of trust are formed, students are further supported to step into their leadership potential with peers and near-peers, **inspiring and affirming** one another through meaningful relationships developed over time. TEEP centers youth voice in program development and establishes employment opportunities to **empower** one another in the co-creation of **community**.

Starting in our middle school program, youth learn to practice our core values and make these values (the 5 R's) the compass to their decision-making:

**Respect • Responsibility • Restraint •
Reciprocity • Redemption**

Beginning as rising 7th graders, young people of color engage in a five-week summer intensive for three consecutive summers.

- Morning sessions focus on academic confidence through project-based curricula
- Afternoon sessions offer experiential learning
- Participants meet for several community-building events during the school year

Graduates of the middle school program continue in TEEP's Leadership Development Program (LDP). LDP students serve as mentors and paid counselors to their younger peers. They also participate in year-round college and career mentoring.

“At TEEP, I've learned much ... most importantly, I've learned about the TEEP values and how to apply those in everyday life to become a better person. Sticking to these values, I can strive to... be a better person for those around me.”

— TEEP Middle School Participant





A Summer To Remember!

This year, the summer intensive portion of the program was full of exciting activities aimed at rediscovering the city, fostering and showcasing each other's creativity, collaborating on projects, exploring career paths and benefiting from counseling.

Marking TEEP's 24th Anniversary this year, 16 middle school students were provided a safe and welcoming space to share their opinions and voice concerns. Participants were given the necessary tools to build their self-advocacy skills. They were encouraged to speak their views, to be themselves in every space and to express themselves in healthy and meaningful ways.

■ Daily academic enrichment learnings with real-world knowledge:

- Every morning, students were asked opening check-in questions that encouraged reflection and a verbal response
- They were engaged in starting conversations and began developing public speaking and critical thinking skills
- Enrichment workshops focused on advocacy
- Youth learned about different art mediums, experimenting with a new art project each week

■ **Summer Anthropologists.** Three older participants were responsible for observing and documenting everything that transpired throughout the summer. Their daily social media content was shared with the TEEP community, TBC staff and the outside world.

■ Boston-based Field Trips:

- Duck Tours
- Fenway Park
- Freedom Trail
- The Massachusetts State House
- Mapparium
- The Sports Museum
- The New England Aquarium

■ **Summer field days and celebration!** Youth enjoyed Friday field days at Blue Hills, building joyful community through fun and games. A joyous graduation ceremony on August 4 at Trinity Church in the City of Boston gave participants a chance to share summer highlights with friends and family.

“I can see my kids were excited when they came home at the end of the day. They said that every day is full of fun and joy.”

— TEEP Parent



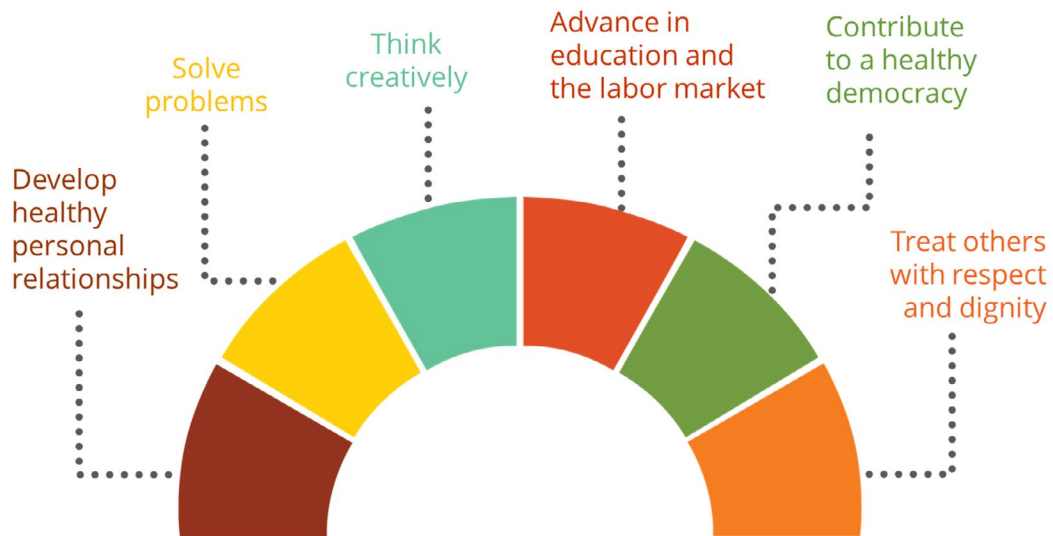
The Difference We Make

TEEP Middle School Student Results — Five-Week Summer Intensive, 2023

- **GROWTH:** SEL competencies increased by 16 percent, as observed by staff
- **MEANING:** Students made meaningful strides in Being, Doing, and Relating
- **VALUE:**

RESEARCH CONFIRMS

SEL equips youth and adults to:



(1) Greenberg, M. T. (2023). Evidence for social and emotional learning in schools. Learning Policy Institute. <https://doi.org/10.54300/928.269>



How We Measure Social-Emotional Learning

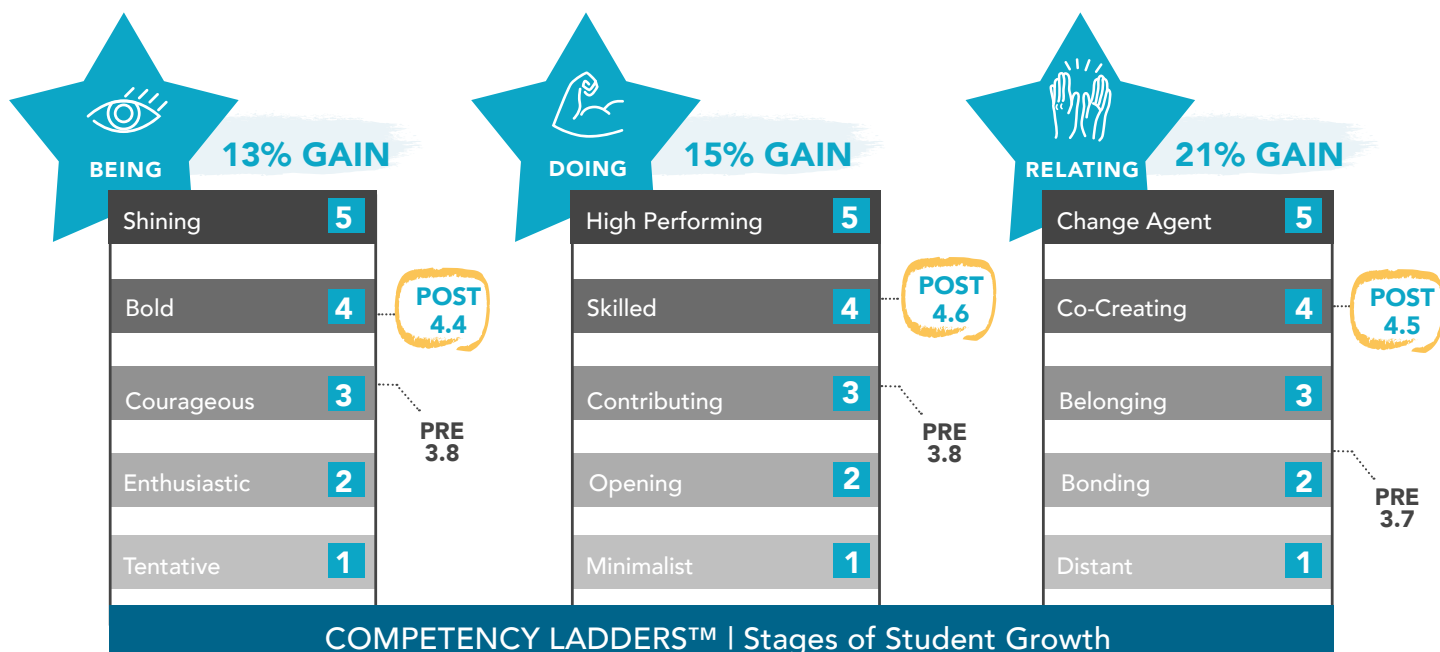
Working in partnership with [SEED Impact](#), three [SEED Competency Ladders™](#) were customized by TEEP faculty and integrated with our programming to measure, credibly report and accelerate major shifts in competency.

We measure and evaluate growth in whole-student development across the **three domains**:

- **Being:** comfort with self
- **Doing:** aptitude with new skills
- **Relating:** interpersonal relationships

SEL Competency Gains

Staff working closely with each middle school student observed their change



Gains in Being and Doing were observed at 13 percent and 15 percent, respectively. As shown, SEL gains in Relating averaged 21 percent, more than a full-stage advance (20%).

Across all three SEL Competency Ladders, the **average gain of 16 percent** for all students represents advances in:

- **Being:** from Bold to Courageous
- **Doing:** from Contributing to Skilled
- **Relating:** from Belonging to Co-Creating



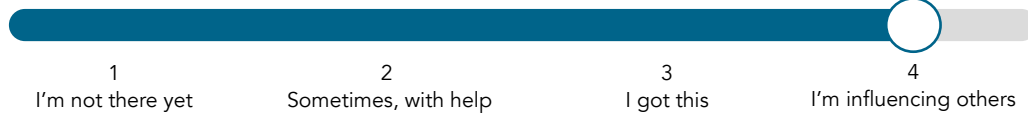
“My daughter is definitely more outspoken and assertive since starting TEEP. She’s also very open about her progress and often reflects on how rewarding the experience was for her. TEEP has allowed her to feel more confident in group settings.”

— TEEP Parent

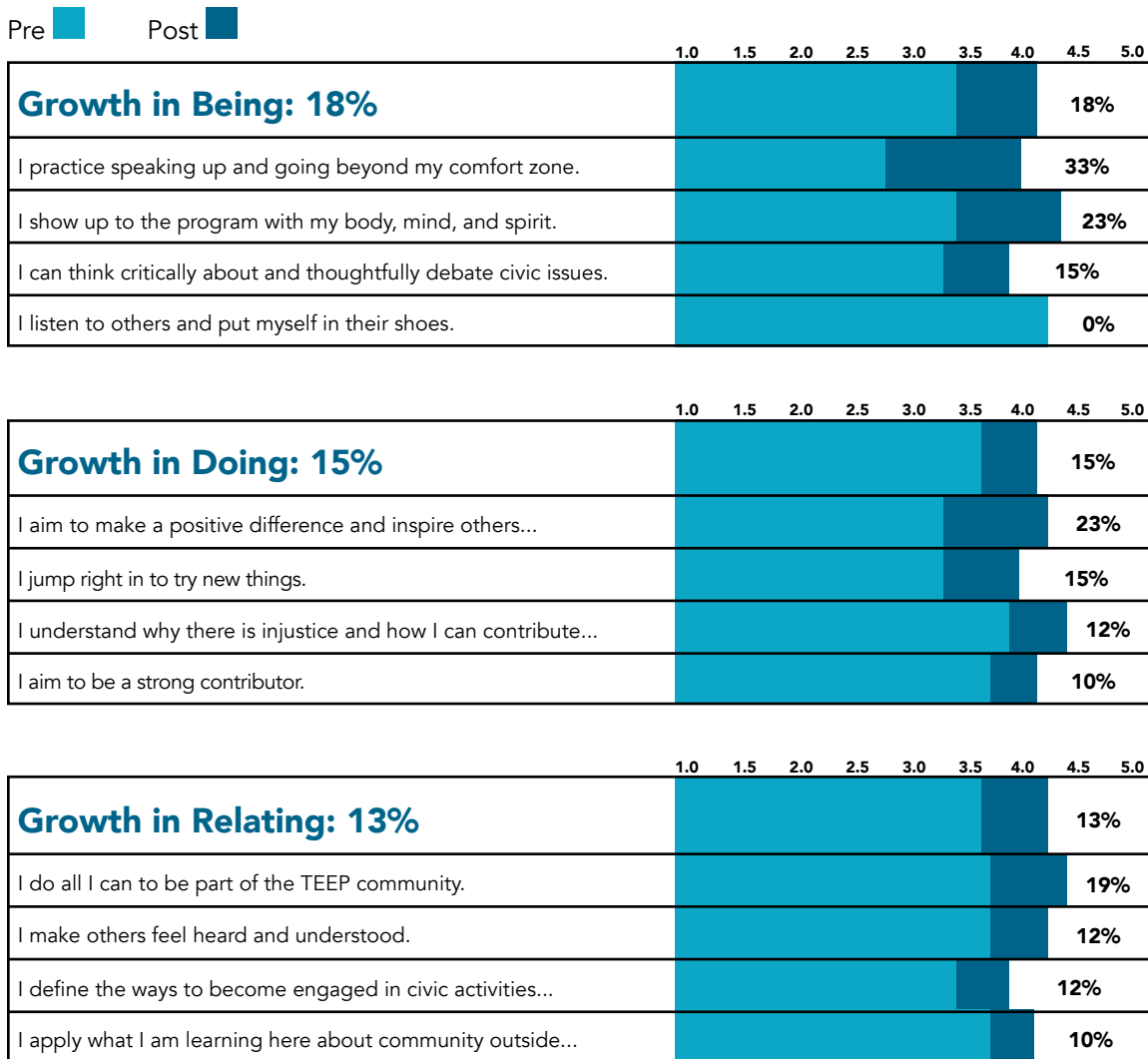
Student Self Assessments

On the final day, the middle school students engaged in self-reflection using a survey tool customized by the TEEP staff, with guidance from SEED Impact.

To self-assess their mastery of the practices shown below, they used this rating scale:



Students indicated **15 percent growth on average across twelve SEL practices**, four per domain:



As shown, students showed the most remarkable change in the BEING practice:

“I practice speaking up and going beyond my comfort zone.”

*Correlation. These twelve practices were developed to mirror the five stages of the three SEL Competency Ladders used by the TEEP staff. A positive correlation of 0.3 was found when comparing the two data sets, indicating consistency of teaching artists’ observations with students’ self-assessments.

STUDENT REFLECTIONS

What did you learn that you can use in the future?

I think the 5 R's are a very important TEEP value that I can use in the future because every time I do things, I can think about the 5 R's before taking action.

I learned to listen and help others more.

I learned to treat everyone with respect. I was treated with respect and support throughout the program, making me feel welcome and accepted. Respecting others shows you trust and understand them even though you may not always agree.

TEEP taught me how to be more responsible and respectful and how to restrain myself. TEEP also taught me how to own up and show leadership to others.

How will this most help you and others?

This can help me and others by creating a more respectful environment.

I can use this in school because I can help my classmates with stuff they need help with. This will help me become a better person and a better friend.

This will help me develop good friendships and positive relationships, showing respect to others, listening, and being supportive.

This will help others by giving them an idea of who they can and should be.



OUR THANKS

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Together with new institutional funders (SuccessLink and CLA Foundation), and the many generous individual donors, this funding community makes this work—and these results—possible.