



COLLABORATIVE FOR ACADEMIC, SOCIAL, AND EMOTIONAL LEARNING

To: Laura Bakosh, Ph.D.
From: Duncan C. Meyers, CASEL Manager of Research
Date: October 27, 2017
Subject: CASEL review of Inner Explorer

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Congratulations! We are pleased to inform you that Inner Explorer will be included in an upcoming version of the CASEL [Guide to Effective Social and Emotional Learning Programs](#). After review of the evaluations and program materials that were submitted, Inner Explorer has been designated as an “SEL-Related Approach.” The submitted evaluation by Bakosh, Snow, Tobias, Houlihan, & Barbosa-Leiker (2016) found effects for improved academic performance of participating third grade students. Inner Explorer is designated as an [SEL-Related Approach](#) for elementary school-aged students as it (1) addresses social-emotional competencies, but in a way that is more narrow than how CASEL defines these competencies; and (2) offers limited opportunities for students to practice skills related to these competencies. CASEL believes SEL-Related Approaches can be a beneficial part of systemic SEL.

Please feel free to share this across your network and on the Inner Explorer website.

Sincerely,
Duncan C. Meyers

Reference

Bakosh, L. S., Snow, R. M., Tobias, J. M., Houlihan, J. L., & Barbosa-Leiker, C. (2016). Maximizing mindful learning: Mindful awareness intervention improves elementary school students' quarterly grades. *Mindfulness*, 7(1), 59-67.