

J. Erik Jonsson Community School – Dallas, TX
MindUP Pilot Program (February – June 2011)
Executive Summary

The MindUP Program was introduced as a pilot project to the J. Erik Jonsson Community School in February 2011 and was completed after five months in June of 2011. The addition of this classroom based program was incorporated into the existing teaching program across all grade levels (3s program through 5th grade). This study looked at changes in peer acceptance for students in the 3s program through 3rd grade while the 4th and 5th grade students were evaluated for changes in peer acceptance, empathy, perspective taking, mindfulness and happiness.

Descriptives of JEJCS Students

- 225 students from 147 families were continuously enrolled in the Three Year-Old class, PreK, Kindergarten, and 1st - 5th grades at JEJCS during the 2010-11 school year.
 - 91% Hispanic & 50% females
 - The median family income in 2010-2011 was \$27,508
 - 75% of JEJCS mothers and 64% of fathers graduated from high school
 - Spanish was the family language for 53% of students; 41% spoke English at home, and 6% spoke both languages with their families.

4th & 5th Grade JEJCS Students (group of 59)

- Initial results were conducted on both grade levels across all MindUP scales.
 - About 50% of these students showed a positive gain on the Social and Emotional Scales of -
 - Empathy
 - Perspective Taking
 - Mindfulness
 - Optimism
 - Emotion Control
 - Life Satisfaction
- 56% of these students also showed positive changes on peer acceptance across the five months of this pilot program.

3yr olds through 3rd Grade JEJCS Students (group of 166)

- 58% of these students showed a positive gain on peer acceptance across this 5-month pilot program

Student Evaluations of MindUP Program

- 91% of 3yr olds through 2nd graders reported MindUP *was good or really good*
- 91% of 3yr olds through 5th graders reported MindUP *helps kids to feel more relaxed*
- 87% of 3yr olds through 5th graders reported MindUP *helps kids to feel happy*
- 87% of 3yr olds through 5th graders reported MindUP *helps kids get along better*
- 79% of 3yr olds through 3rd graders who taught someone at home, school, or in their neighborhood about MindUP

Teacher Evaluations of MindUP Program

- 75% of teachers reported one day of training was sufficient to be comfortable and confident to implement the program.
- 100% of teachers thought that *The MindUP Curriculum* was easy to use, well organized, and clearly written.
- 100% of teachers felt positive in general about the MindUP program.
- 100% of teachers felt positive that the MindUP program had a positive effect on the students in their classes this year.

Current Research Projects under J. Erik Jonsson Community School

- Re-evaluate changes in peer acceptance, empathy, perspective taking, mindfulness and happiness after completing the J. Erik Jonsson Community School-MindUP program for a full school year.
- Mindfulness Pilot Program with parents of preschool students

JEJCS-MINDUP PROGRAM SUMMARY 2010-11

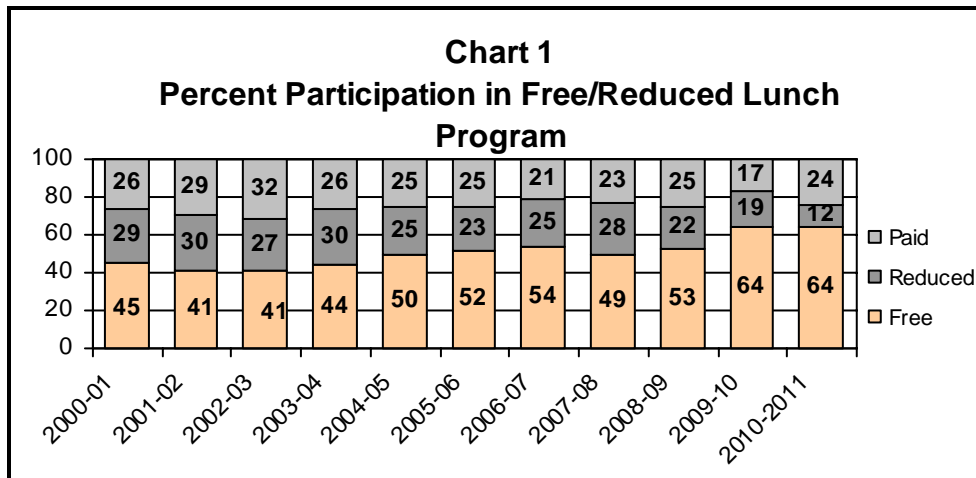
The MindUP Program was introduced to the JEJCS in February 2011 and was completed after five months in June of 2011. The addition of this classroom based program was incorporated into the existing teaching program across all grade levels (3s program through 5th grade). MindUP evaluations were completed by all students and pre/post scale surveys including empathy, perspective taking, optimism, emotion control, happiness and mindful attention were completed by 4th and 5th grade students. All students received peer acceptance evaluations at the start and end of the program.

1. STUDENT AND FAMILY DEMOGRAPHICS:

Two hundred twenty five students from 147 families were continuously enrolled in the Three Year-Old class, PreK, Kindergarten, and 1st - 5th grades at JEJCS during the 2010-11 school year.

Indicators of Socio-Economic Status (SES):

Seventy six percent of JEJCS students qualified for free or reduced lunch – a key indicator of Socio-Economic Status (SES). (See Chart 1.) The school is committed to a 75% rate upon admission.



One indicator of SES is family income. The average reported family income in 2010-2011 was \$33,079 (up from \$29,057 in 2009-10), and the median income was \$27,508 (up from \$24,960 last year). Average tuition was \$72.58 (median = \$60.00) per month *per family*.

Another indicator of SES is parent education, and a common benchmark for educational attainment is high school graduation: 75% of JEJCS mothers and 64% of fathers graduated from high school (includes those who received training in trades).

Race/Ethnicity:

JEJCS' student population continued to be predominantly Hispanic in 2010-11. Of the 225 continuously enrolled students, 91% were Hispanic, 3% White, 4% were African American, and 2% of mixed ethnicity. (Ethnicity is based upon self-identification.)

MindUP Scales:

All JEJCS 4th & 5th Graders (n=59)

Initial results were conducted on both grade levels across all MindUP scales. There were no significant changes across all scales as seen in Table 1.

Table 1

Scale	Pre-Mean Total	Post-Mean Total	Mean Difference	Significant Difference
Empathy	24.45	25.40	0.95	No
Perspective Taking	19.60	21.55	1.95	No
Mindfulness	66.05	65.03	-1.02	No
Optimism	33.00	33.36	0.36	No
Emotion Control	17.05	17.53	0.48	No
Life Satisfaction	18.90	19.05	0.15	No

Additional analysis, after removal of students with total pre-scores within the ceiling range, showed significant group shifts on all scales except Mindful Attention and Awareness. However, it is important to consider the pre-mean results where students averaged 63.4 points on this scale which is above the midpoint of 53. Based on these scales, this group of 4th and 5th graders began this program with above average levels of Mindful Attention and Awareness. Overall, this group of students started the program above the midpoint on all scales except perspective taking and made significant gains by program end. Charts 2-6 illustrate the pre and post results for the 4th and 5th grade students across the five MindUP scales.

Table 2

Scale	Scale Mid-point	Pre-Mean Total	Post-Mean Total	Mean Difference	Significant Change
Empathy (n=36)	21	21.14	23.61	2.47	Yes (<.01 level)
Perspective Taking (n=53)	21	19.60	21.55	1.95	Yes (<.01 level)
Mindfulness (n=49)	53	63.37	62.47	-0.90	No
Optimism (n=38)	27	29.68	31.87	2.18	Yes (<.05 level)
Emotion Control (n=42)	15	15.26	16.95	1.69	Yes (<.001 level)
Life Satisfaction (n=27)	15	15.19	16.70	1.52	Yes (<.05 level)

Chart 2

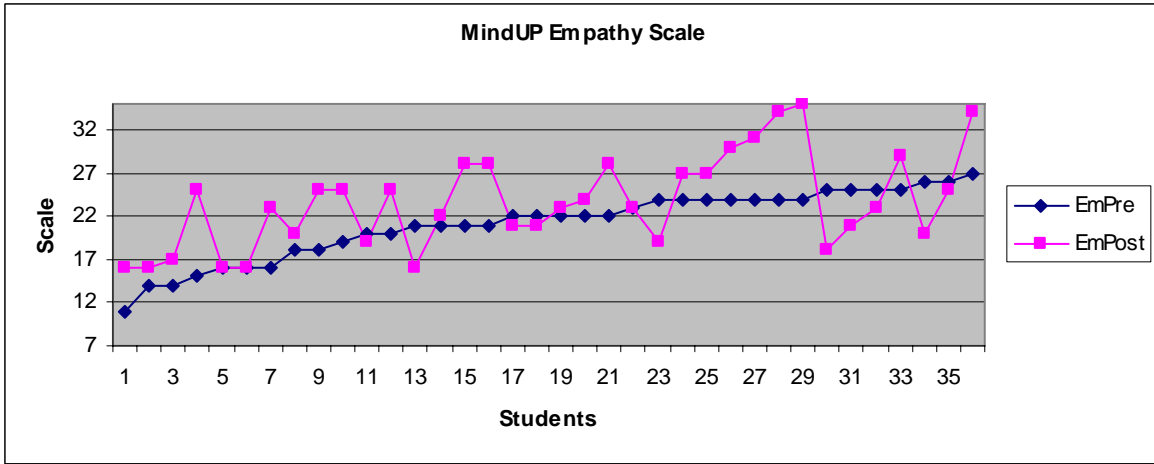


Chart 3

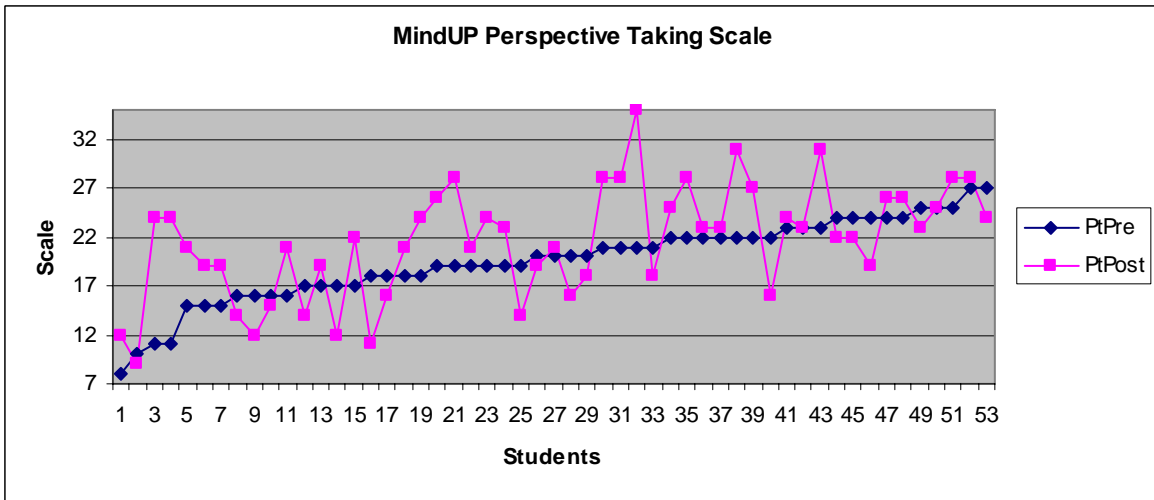


Chart 4

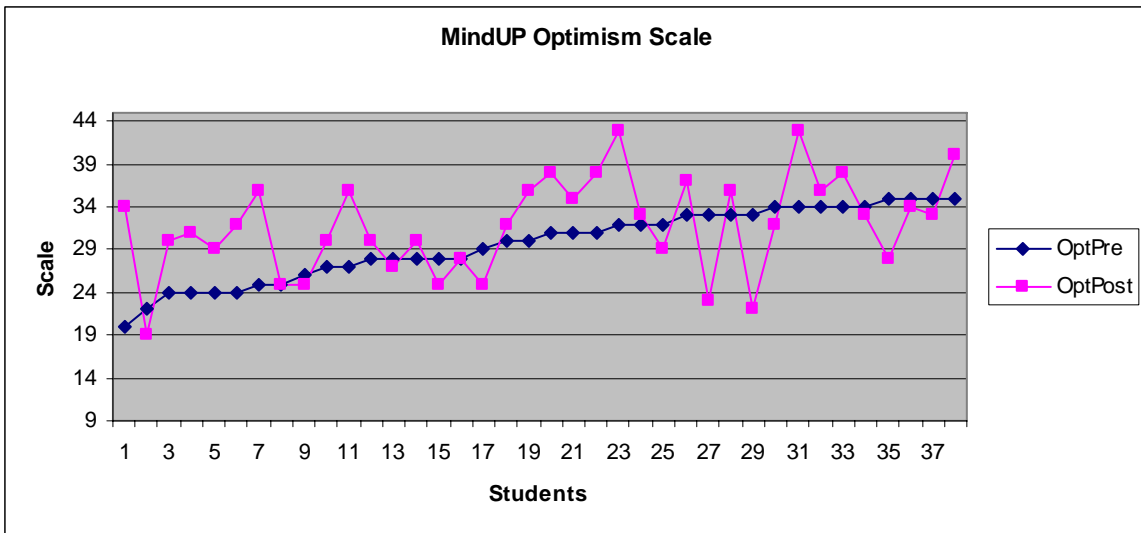


Chart 5

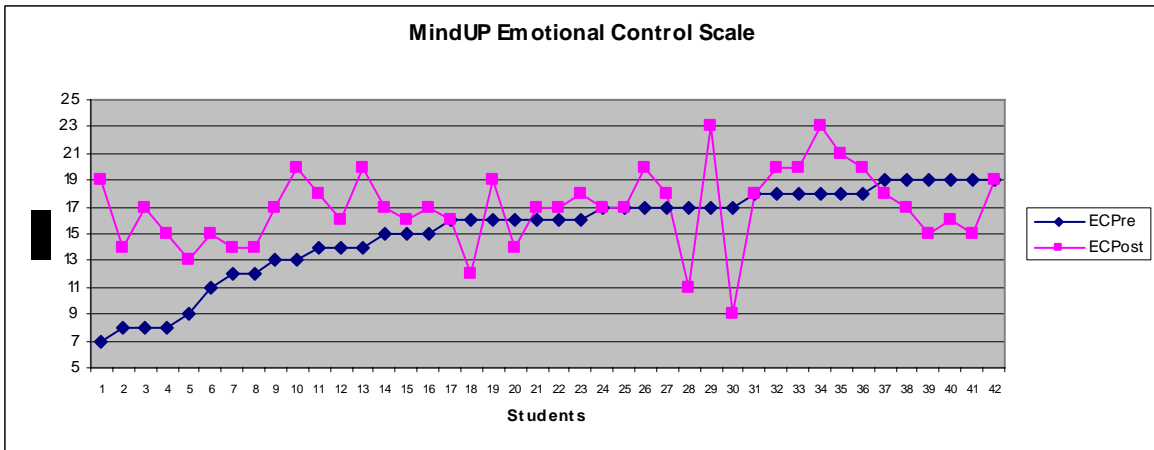
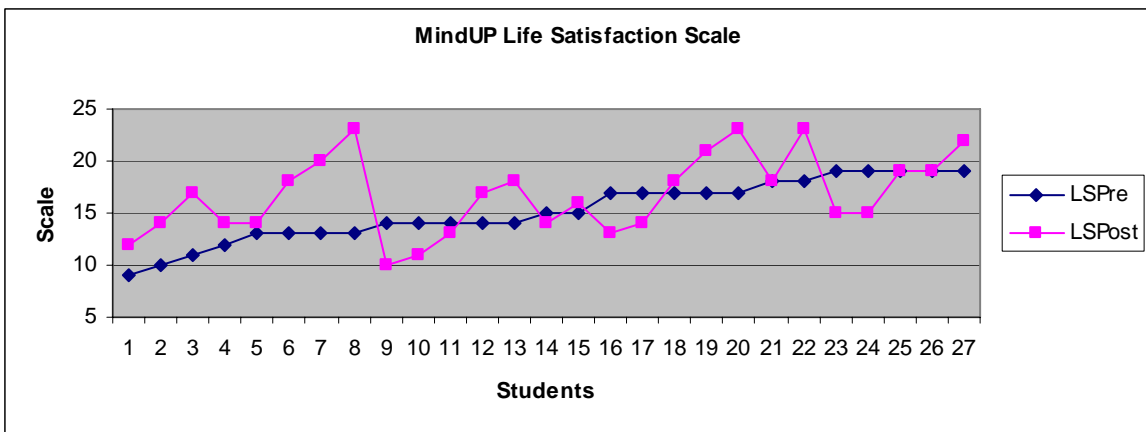


Chart 6



Peer Acceptance:

JEJCS Students Kindergarten through 5th grade (n=159)

All students (Kindergarten through 5th grade) were evaluated by their teachers on peer acceptance using the 3-item Peer Acceptance scale from the Teachers’s Ratings of Children’s and Adolescents’ Behavior (AR4) Scale. Results showed significant changes on peer acceptance across the five months of this program. See table 2 for school results,

Table 3 Peer Acceptance			
	Pre	Post	Significant Change
K (n=23)	9.30	10.70	Yes @ <.01
1st (n=32)	9.53	9.38	No
2nd (n=29)	10.00	11.28	Yes @ <.001
3rd (n=16)	8.81	11.12	Yes @ <.001
4th (n=32)	9.59	10.22	Yes @ <.05
5th (n=27)	9.93	10.85	Yes @ <.01
All (n=159)	9.59	10.51	Yes @ <.001

Student Evaluation of MindUP Program:

Primary Student Evaluation (3 year olds through 2nd grade)

- Students who reported that the MindUP program was *good or really good*.
 - 86% of 3 year olds
 - 95% of Pre K students
 - 92 % of Kindergarteners
 - 91 % of 1st graders
 - 90% of 2nd graders

All Students: General Evaluation of MindUP Program

- Students who reported that the MindUP program *helps kids to feel more relaxed*.
 - 91% of 3 year olds
 - 90% of Pre K students
 - 100 % of Kindergarteners
 - 91 % of 1st graders
 - 97% of 2nd graders
 - 94% of 3rd graders
 - 87 % of 4th graders
 - 78% of 5th graders
- Students who thought MindUP *helps kids to feel happy*.
 - 100% of 3 year olds
 - 70% of Pre K students
 - 96% of Kindergarteners
 - 90 % of 1st graders
 - 93% of 2nd graders
 - 94% of 3rd graders
 - 87% of 4th graders
 - 63 % of 5th graders

Student Evaluation of MindUP Program:

- Students who thought MindUP *helps kids get along better*.
 - 91% of 3 year olds
 - 90% of Pre K students
 - 92% of Kindergarteners
 - 91% of 1st graders
 - 87% of 2nd graders
 - 87% of 3rd graders
 - 90% of 4th graders
 - 63% of 5th graders

- Students who taught someone at home, school, or in their neighborhood about MindUP
 - 87% of 3 year olds
 - 85% of Pre K students
 - 88 % of Kindergarteners
 - 75% of 1st graders
 - 77% of 2nd graders
 - 55% of 3rd graders
 - 39% of 4th graders
 - 33% of 5th graders

- Students who would tell a friend to do MindUP:
 - 87% of 3 year olds
 - 85% of Pre K students
 - 88% of Kindergarteners
 - 88% of 1st graders
 - 87% of 2nd graders
 - 90% of 3rd graders
 - 90% of 4th graders
 - 93% of 5th graders

Intermediate Student Evaluation (3rd through 5th)

- Students who liked the MindUP program:
 - 97 % of 3rd graders
 - 77% 4th graders
 - 67% 5th graders

Teachers' Survey Evaluation:

- Evaluation of the Training
 - 75% of teachers thought that one day of training was sufficient to be comfortable and confident to implement the program.
 - 100% of teachers thought that the program manual was easy to use, well organized, and clearly written.

- Evaluation of Student Engagement over 15 Lessons
(% of classes observed as engaged or very engaged in classroom)

Lessons by Topic

1. Understanding the Brain - 87%
2. Intro to Mindfulness - 93%
3. Focusing our awareness - 93%
4. Mindful Listening - 100%
5. Mindful Seeing - 100%
6. Mindful Smelling - 100%
7. Mindful Tasting - 100%
8. Mindful Movement I - 100%
9. Mindful Movement II - 87%
10. Perspective-taking - 93%
11. Learning Optimism - 93%
12. Happy Experiences - 100%
13. Gratitude - 100%
14. Acts of Kindness - 100%
15. Mindful actions in our community - 93 %

Evaluation of the Program:

- 100% of teachers felt positive in general about the MindUP program.
- 100% of teachers felt positive that the MindUP program had a positive effect on the students in their classes this year.