



teen • wellness

Web-based tools for counselors to educate students

- Online social and emotional education modules
- Easily monitor student progress and give feedback
- No additional time investment



Teen Wellness makes it easier and faster for counselors to teach resiliency skills to teens facing life challenges. Based on well-practiced theories of resiliency, Teen Wellness provides a structured set of online educational modules that include lessons, interactive homework, and character stories. Pre-test, administer, monitor, and provide feedback online.

- Provide one-on-one education to more students without scheduling additional meetings.
- Online pre-tests identify educational modules that best suit each student's needs.
- Counselor dashboard makes it easy to monitor student progress.
- Tutorials and FAQ that help you navigate the integrated system.

Name	Edit	Grade	Referral Source	Enrolled	Agreement	Initial Score	Last Chapter	Final Score	Under IEP
rgwr123e		9	Expulsion re-admit contract	6/2/2010		Review	13 (6/2/2010)	12 (6/2/2010)	no
lt12698		11	Teacher request	6/2/2010		5 (6/2/2010)	13 (6/2/2010)	12 (6/2/2010)	yes
xzyw1034		10	IEP requirement	6/1/2010		10 (6/2/2010)	Feedback		yes

Counselor dashboard

Teen Wellness is an educational program

- Appropriate for use in life skill or health education classes.
- Can be used as part of readmit contracts or IEP plans.
- Not appropriate for clinical activities. Educational use only.

Teen Wellness is safe and secure

- You are the only person who can access information submitted by your students.
- Everything is under your control, including the creation, administration, and deactivation of student accounts.
- Secure HTTPS internet connection with firewall and data encryption.



Teen Wellness content is composed of 13 chapters, each of which highlight one specific resiliency skill. Each chapter is four web pages long, and includes the main lesson, interactive homework exercises, and example character stories. It will take your students 15 ~ minutes to complete each chapter. It will take you about 5 minutes to review and give feedback on homework submitted by each student. Lexile® Measure: 880L

Chapters		Theoretical Background	Chapter Sections	Content	
Chapter 1	Setting Goals	Behavior Activation	Lesson	Reading materials for the specific resiliency skill taught in the chapter	
Chapter 2	Lifting Mood		Try It	Homework exercises that help students apply the skill taught in the chapter to their own life situation	
Chapter 3	Avoidance Patterns				
Chapter 4	Changing Behaviors				
Chapter 5	Coping Skills	Mindfulness	Build Skills	Exercises that give tips on how to apply the skill taught in the chapter	
Chapter 6	Optimism	Positive Psychology			
Chapter 7	Self-Confidence	Problem Solving Approach	Wrap Up	A short summary of the chapter with a question submission form	
Chapter 8	Solving Problems				
Chapter 9	Social Support		Interpersonal Psychotherapy	Fictional Character Stories	Fictional stories that show concrete examples of how to apply the skill taught in the chapter to typical life challenges teens face
Chapter 10	Communication				
Chapter 11	Managing Conflicts				
Chapter 12	New Situation	Summary Chapter			
Chapter 13	Resiliency				

Teen Wellness workflow is designed with the understanding of the regulatory and operational requirements under which school counselors administer social and emotional education to their students.

