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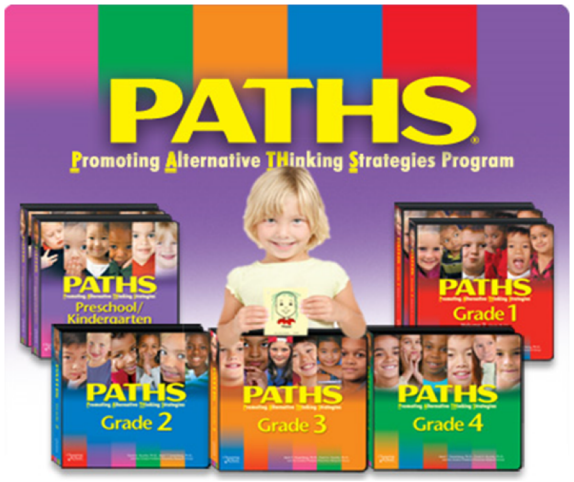

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What is The PATHS® Curriculum?

- Started as a school-based model of SEL
- Taught by classroom teachers on a regular basis
- Versions developed for PreK/K through Grade 6
- Developed in 1981 by Mark Greenberg, Carol Kusche, and colleagues
- Used in many schools in over 35 countries throughout the world
- Identified by Multiple U.S. Agencies and Other Governments as an Effective Program

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What is The PATHS® Curriculum?

Managing emotions and behaviors to achieve goals

Recognizing one's emotions and values and one's strengths and limitations

Showing awareness and empathy for others

Making healthy choices about behavior

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Forming positive relationships, team work, resolving conflict

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The PATHS® Curriculum and Schoolwide SEL

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Research Findings: The PATHS® Curriculum

Increases in Resilience:
- Increased attention/engagement in the classroom
- Improved peer relations

Improvements in Cognitive Abilities:
- Executive Functions (inhibitory control/working memory)
- Ability to plan ahead to solve complex tasks

Reducing Maladaptive Outcomes:
- Lower rates of aggression, hyperactivity, inattention
- Fewer internalizing symptoms (sadness, anxiety)

Cost Savings:
- For every dollar invested, **$21.24** estimated savings

There have been nine randomized controlled studies. They have involved children from Preschool to Grade 5 including all types of classrooms in both urban and rural settings.
Benefit-Cost Analysis conducted by the Washington State Institute Of Public Policy (July 2015)

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