The Clymbing Guide

Practical Advice and Best Practices for using Clymb

Clymb

Table of Contents

Introduction

Getting Started

Clymb's Features

Youth Features

Table of Contents Cont.

Using Clymb's Data

Support and Troubleshooting 17
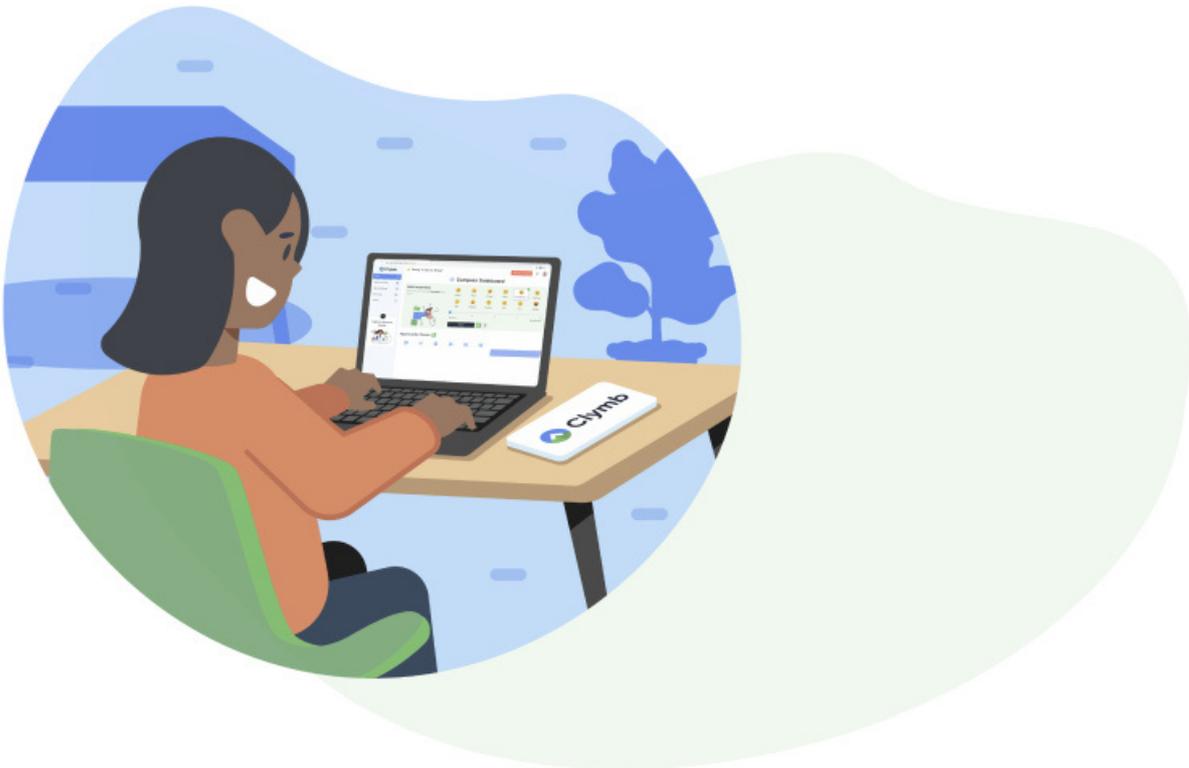
Introduction

What is SEL?

Social Emotional Learning, or SEL, is defined by CASEL as "The process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions."

When children use tools to regulate their emotions, use a growth mindset to work toward goals and build strong supportive relationships, they can be the best version of themselves and thrive across environments. Like learning to read, SEL is ongoing and builds upon itself. To develop these skills, adults in a child's life need to focus on the whole child's well-being and emotional growth.

The Importance of SEL

SEL is as essential as core subjects. Robust SEL programs build a foundation for an inclusive, secure, and positive environment that help youth form connections. SEL helps children become more successful in the classroom and beyond by reducing disruptive behavior and promoting emotional intelligence.

A 2021 review discovered that SEL interventions improve a young person's prosocial and emotional skills, along with curbing symptoms of anxiety and depression. These positive outcomes affect young people both socially and academically. One study also showed that implementing SEL lessons increased grades and attendance.
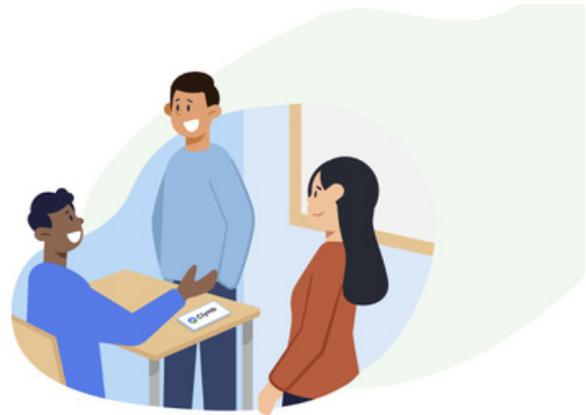
What is Clymb?

Clymb is an evidence-based SEL software that teaches self-regulation skills. Clymb is highly interactive and customized to each user. When a young person logs in, they check in with their mood and focus level. Youth in 3rd grade or older take a brief social emotional competency survey. After the check-in, Clymb's algorithm makes personalized recommendations that support their immediate needs or progress in mastering the five CASEL competencies.

What is a Clymb Champion?

A Clymb Champion is an adult stakeholder like a teacher or counselor that supports youth who use Clymb. A Clymb Champion's primary role is to facilitate Clymb Time. Clymb Champions can also:

- Assign the SEL survey
- Monitor individual student data
- Use the Resource Library
- Update student profiles
- Celebrate students with badges

What is a Clymb Lead?

A Clymb Lead is a person at each school or site trained in the Clymb platform and it's implementation, and can support Clymb Champions in navigating the platform. In rock climbing, a climb lead goes ahead to forge a path for the rest of the team. Clymb Leads are usually administrators.

If a Clymb Lead cannot answer a question or needs additional help, the Clymb Team can support. The Clymb Team aids onboarding, implementation, and technical assistance as needed.

Email Clymb at:
support@clymbup.io

Clymb's Support Center:
www.clymb.zendesk.com

Getting Started

Creating culture, consistency, and routine

Youth benefit most from Clymb when they have a routine for using the platform. If your organization leadership doesn't set a Clymb Time, Clymb Champions know their students' needs and can decide when would be most beneficial.

Clymb Time is the small chunk of time you and your youth dedicate to using Clymb. Clymb Time takes 5-10 minutes. Many Clymb Champions find that using Clymb eventually increases instructional time as youth learn SEL and self-regulation skills.

Clymb Champions should aim to use Clymb at a consistent time, at least 2-3 times per week, to maximize SEL competency growth. Some Clymb Champions use Clymb multiple times per day, while others use it daily. Because SEL is relevant across subjects, there is no wrong time to Clymb.

We suggest using Clymb during transitional times such as:
- Homeroom
- After lunch or recess
- As an exit ticket
- Before independent computer work

Clymb works on any device with a web browser, including phones and tablets. Clymb Champions should consider that technology is required to access the program when planning and establishing routines. If Clymb Champions need support in implementation, they can contact the Clymb Team, who can offer additional suggestions.

The best way to establish a positive classroom culture around Clymb is to model. Clymb Champions can participate during Clymb time by using the Resource Library to select a video for themselves or play a video for the whole class.

Where to Clymb

Whole group:
- Takes attention off individuals when everyone participates
- Mood check-in for class
- Share videos from the Resource Library for brain breaks

Small Group:
- Students can check-in individually or watch specific videos from the Resource Library
- Extra dose of SEL support for students who need it
- Can function as an SEL mini-lesson
- Students can share devices

Individual:
- Can occupy early finishers
- Option for a calm-down corner
- Students may want privacy for completing their activity

Outside School:
- Students have 24/7 access to their Clymb accounts
- Students can use Clymb with their family or individually
- Requires internet access

How to Clymb

Clymb Champions can use Clymb to support student needs in the moment or to promote their long-term SEL growth. Both immediate and long-term needs are best supported through consistent use of the platform. Clymb can be used as an individual calming activity or Clymb Champions can play a video for the class to help them relax. Student check-ins and the "Know Your Emotions" poster both serve as potential points of connection with students.

SEL Checkpoint Survey

The SEL Checkpoint survey measures a young person's self-identified social emotional skills. Students in 3rd grade and older take the survey. Clymb Champions can view their students' scores on their dashboard. Click on an individual youth account to view their scores over time.
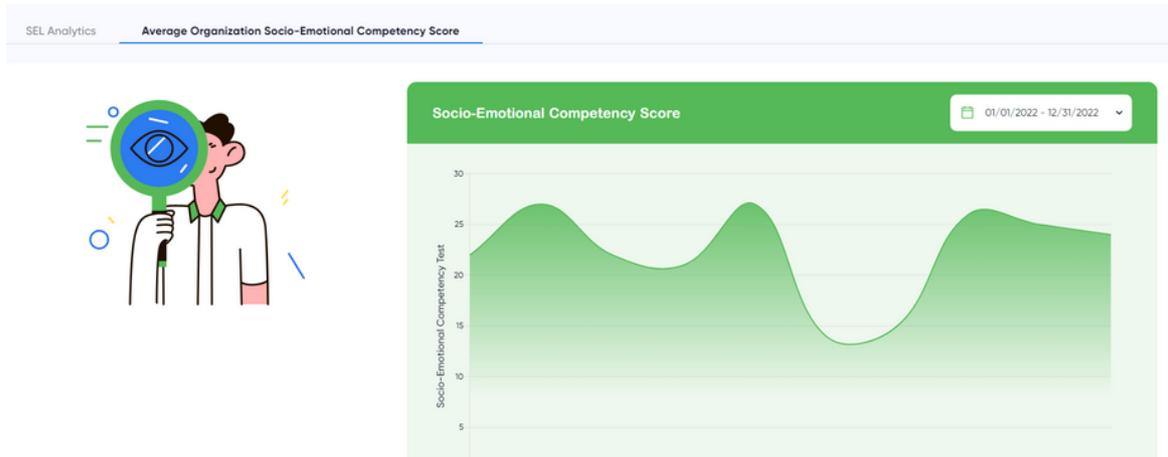
The survey responses are on a Likert scale that ranges from "Not like me at all" to "Very much like me."

Depending on the needs of a group, Clymb Champions may need to explain the survey questions. Reinforcing the questions can help youth answer questions more accurately. When survey responses are accurate, Clymb Champions get more insight, and youth get more targeted resource recommendations.

SEL Checkpoint Survey Questions

1. I blame others when I'm in trouble.
2. I think about how others feel.
3. I can control how I behave.
4. I am good at solving conflicts with others.
5. I feel responsible for how I act.
6. I care about how others feel.

7. I think before I act.
8. I get along well with others.
9. I am good at deciding right from wrong.
10. What others think is important to me.
11. I am good at waiting for what I want.
12. I have one or more close friends.

"Know Your Emotions" Poster

The "Know Your Emotions" poster aligns with Clymb's Compass Dashboard. Clymb recommends hanging this poster somewhere youth can see it daily. Clymb Champions can also put small copies at desks or hang the poster in their classroom. Depending on the needs of their group, Clymb Champions should review the poster with students to promote accurate check-ins.
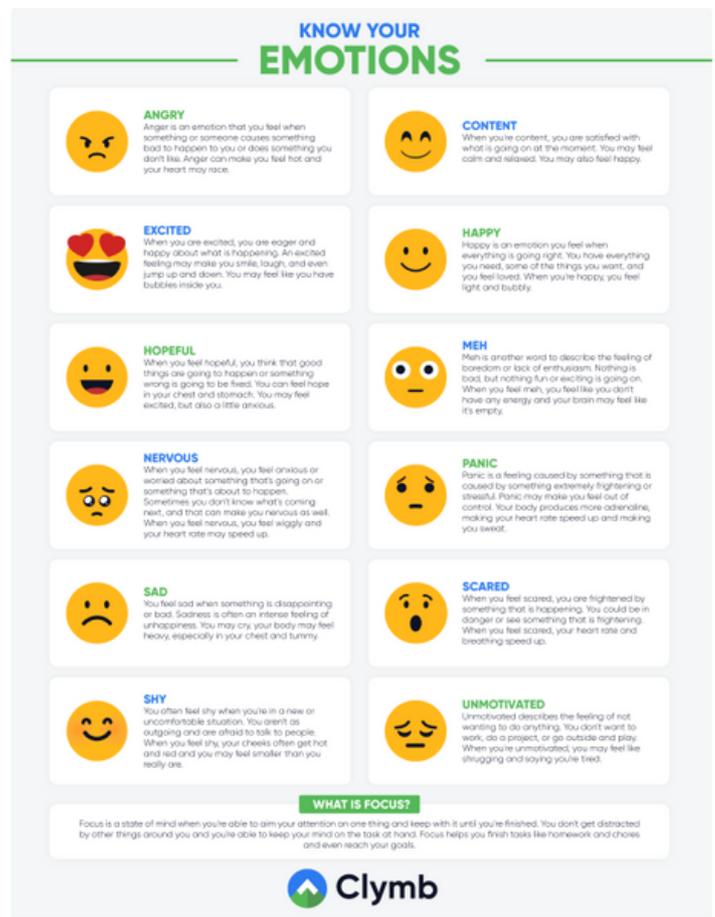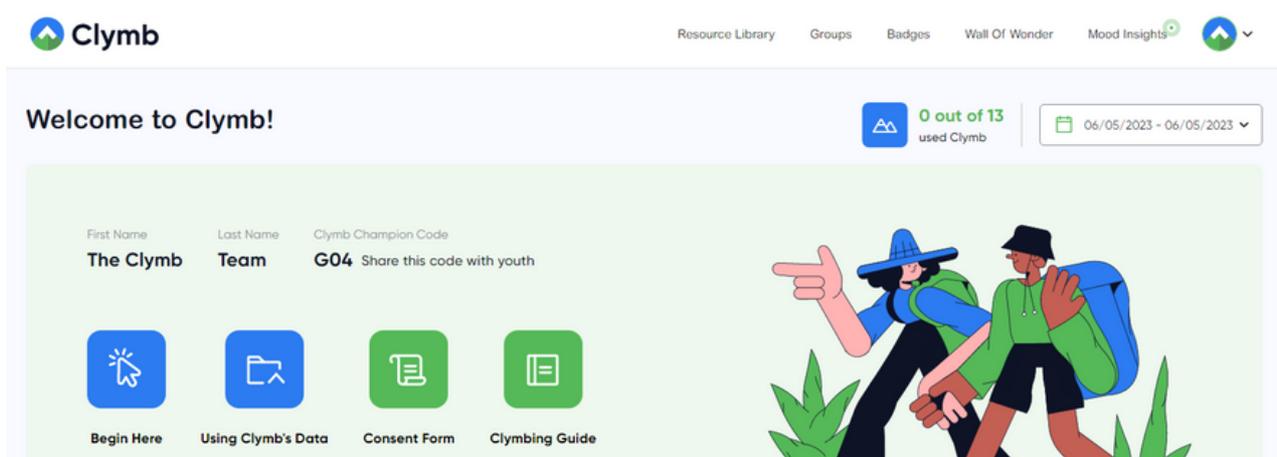
Clymb's Features

Clymb is designed to be intuitive and user-friendly. Below are explanations of Clymb's core features and functionalities.

Clymb Champion Dashboard

The Clymb Champion dashboard is the home page for Clymb Champions. It has their name, registration information, and several resources, including The Clymbing Guide. Clicking on these will open a new tab and take you to that resource. In the top right-hand corner there are clickable tabs titled Resource Library, Groups, Wall of Wonder, and Mood Insights.

Clicking on the Clymb icon in the top right corner opens a drop-down menu links to View Account, Edit Account, Change Password, and Logout.

Resource Library

Clymb's Resource Library contains hundreds of emotional wellness resources. These resources were developed by therapists, teachers, mindfulness instructors, and emotional wellness scholars and are clinically proven to support mood and emotional intelligence.

Ways to search the Resource Library

1 **Filter by CASEL Competencies**

Clymb's resources are categorized by CASEL's five social-emotional competencies: self-awareness, social awareness, self-management, responsible decision making, and relationship skills.

2 **Search by Content Type**

There are six different kinds of content: Coping Cues, Energizing Movements, Growth Mindset Statements, Mindfulness, Mindful Stretches, and SEL Curriculum. Different types of content offer different forms of support.

3 **Search by Keyword**

Search for specific videos by entering the title or words associated with the content.

4 **Show Favorites**

Youth users can click the "heart" icon to mark resources as favorites. They can return to these videos by checking the "favorite" box below the search bar.

Wall of Wonder

The Wall of Wonder is a tool to teach healthy online engagement. New questions are posted daily that youth can respond to with text or images. Youth can also share badges, streaks, or their favorite resources to the Wall of Wonder. Clymb uses a filter so that comments will not be posted if they contain any inappropriate language. Clymb Champions may also edit or delete posts that are inappropriate for the Wall of Wonder.

Groups and Classes

The Groups page is a dashboard where you can view youth and groups, import youth, create groups, or register youth. Think of this like a central hub where you can manage learners and your individual groups and/or classes.

The "All Groups" tab will show you your classes or groups
- Click on a group name to see individual youth and click on a name to view a user's data profile
- Click the pencil icon to edit a group name
- Click the three dots to delete a group or send out the SEL checkpoint

Clymb Champions can view all associated youth accounts at once by selecting "All Youth."

- Assign multiple youth to a group by clicking the checkbox in the lower right corner of a youth account
- Update youth passwords by clicking the three dots and selecting "edit youth profile"
- Share a youth's profile with another Clymb Champion by selecting clicking the three dots and selecting "Assign to Clymb Champion"
-

Create a new group by selecting "Create Group" and register individual accounts by clicking "Register Youth."

Importing Classes

The green and blue buttons at the top right of the groups page are for importing youth and youth groups. Select "View Import Template" to view a Google Sheets document that Clymb Champions can use to import multiple youth accounts simultaneously. To do this, make a copy of the document, fill out the youth information, download it as an .xl document, and upload it by clicking "Import Youth Template."

Mood Insights

Mood Insights

Youth Notifications   Mood Insights

Youth Mood Notifications

Q Select Youth ⌄	04/19/2023 - 05/18/2023 📅	

Notification	Date
Demo Youth Is Sad Today	05/18/2023 10:14:42 AM
Demo Youth Has Selected Angry For Three Days In A Row	05/10/2023 3:35:30 PM
Demo Youth Posted On WoW: Bruce Springsteen!	05/02/2023 1:44:53 PM
Demo Youth Posted On WoW: My Mom - She Is A Great Cook.	05/02/2023 10:23:51 AM

View notifications about youth moods. Clymb notifies Clymb Champions when one of their youth selects the same emotion for three days in a row. This can help identify youth who are regularly dealing with difficult emotions on a consistent basis. Clymb Champions can search notifications by name or date range.

Mood Insights

Youth Notifications   Mood Insights

Mood Insights

Mood Before ⌄	Mood After ⌄	May 11, 2023 ⌄	May 18, 2023 ⌄	All, Male, Fe... ⌄	Age ⌄	Ethnicity ⌄	Grade ⌄	Groups ⌄

Names	Type	Mood Before	Post Viewed	Mood After
Demo Youth	◉	Happy (4.0)	Shake It Out (Energizing Movement)	Hopeful (4.0)
Demo Youth	◉	Hopeful (3.0)	Feelings Of Panic (Coping Cue)	Content (3.0)
Demo Youth	◉	Happy (4.0)	Being A Leader (Growth Mindset)	Content (3.0)

By clicking on Mood Insights, you will find individual information about youth moods both before and after they used a resource from the Clymb library, as well as the name of the resource they used.

Youth Features

Compass Dashboard

The Clymb Champion dashboard is the home page for Clymb Champions. They are asked the question, "How do you feel the most right now?" and can answer by choosing one of the emojis on their screen, along with indicating their current level of focus on a scale of one to five. The dashboard is differentiated for children in grades K-2, 3-5, and 6-8.

When the button is highlighted orange, youth can click on the "Start SEL Checkpoint" button in the top right-hand area of the dashboard. Clymb's social-emotional competency data shows growth over time and measures Responsible Decision Making, Relationship Skills, Self-Management, and Social Awareness.

The Notifications icon is shaped like a bell and is located in the upper-right corner. Notifications give updates on the Wall of Wonder, streaks, and badges.
The Resource Library functions the same way for youth and Clymb Champions.
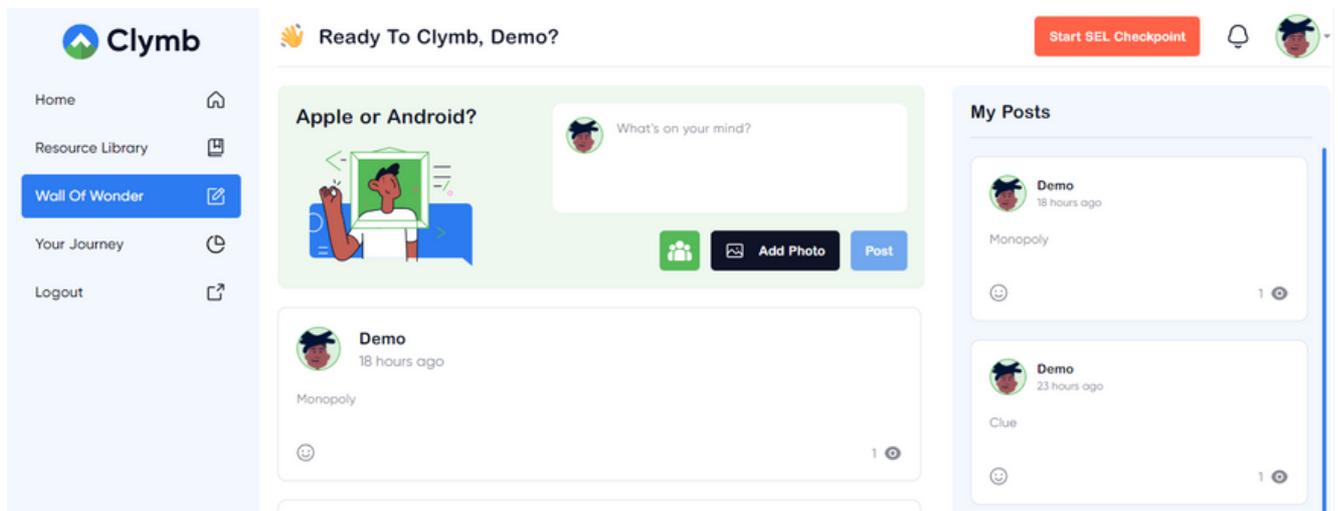
Appreciation Station

Below the dashboard is the Appreciation Station. Young people can select an icon (family, friends, school, me, my teacher, or my sets) to show what they are thankful for. Youth can view their logs by selecting "Your Journey" and then "Appreciation Log." Champions can view each student's appreciation log on their individual profile.

Wall of Wonder

The Wall of Wonder, as mentioned previously, is a space similar to a social media page where youth can answer prompts, react to their peers' answers, and share Clymb resources or badges and streaks. This promotes healthy engagement online and good social media habits. Additionally, youth can see a log of their own posts.

Your Journey

Youth can view their Badges, Streaks, Appreciation Log, and SEL Log by selecting "Your Journey." The SEL Log shows their mood check-ins and their SEL Checkpoint score. A screenshot is included on the following page.

Using Clymb's Data

Clymb gathers information from youth SEL surveys and check-ins. Clymb Champions can access this data by clicking "Groups" on their dashboard, selecting a group, and clicking on an individual student.

Clymb Champions can also access the data by selecting "Groups," then "All Youth," and finally selecting an individual student.

From the individual profiles Clymb Champions can view a log of the student's appreciations, moods, and social emotional competency scores. By clicking on the calendar icon, Champions can view data over different time frames.

Clymb Champions can use Clymb's data to:
- Checking the temperature of your classroom or group
- Tracking growth and notice patterns to inform intervention
- Informing whole group SEL instruction

Data Privacy

Clymb takes every reasonable step to secure information shared within the platform. Data confidentiality is our primary concern. Our software is FERPA compliant, and Clymb will never sell data. Schools and districts can decide how long Clymb maintains their data. Youth data, such as survey results or

appreciation logs, can only be viewed by authorized adult users. Symbols indicate to youth who will be able to view their inputs into the Clymb software. Parents of children under the age of 13 will be sent an option to opt out of their child's participation with Clymb's software.

Regression

If a Clymb Champion notices regressions in youth data from their SEL Checkpoint surveys, they should first ensure that users understand Clymb's features and how to use them appropriately. If the pattern continues, other factors may be causing the regression.

Regression can also signal that a child needs additional learning support or has unmet needs. If a child's data continues to regress, they may need to be referred to additional support services.

Stagnation

Stagnation is not necessarily a negative. Some individuals need to spend extended time working through a particular area or skill. Respect the process as a journey that will be unique to every student. Meanwhile, note that a plateau could be an indication of a need for more targeted interventions from a professional. Check in with the student and start considering whether a referral to additional resources may or may not be helpful to them. Also keep in mind that the capacity for SEL learning and growth expands as kids get older. Some of the awareness and skills we're asking them about may flourish a little later on as their brain develops.

Growth

Growth in data from the SEL Checkpoint survey means that children are increasing in SEL skills and their applications. Based on research on Clymb's assessments, data growth predicts increased school engagement and reduced behavioral incidents.

Using Data at a School Level

Leaders at schools and organizations can use data from their Clymb dashboard to inform school-level decisions.

- Measure collective growth over time in specific SEL competencies
- Bolster grant-writing
- Inform budget allocation for SEL support programming
- Identify students for targeted social/emotional intervention
- Professional development
- Set school-wide SEL goals

Support and Troubleshooting
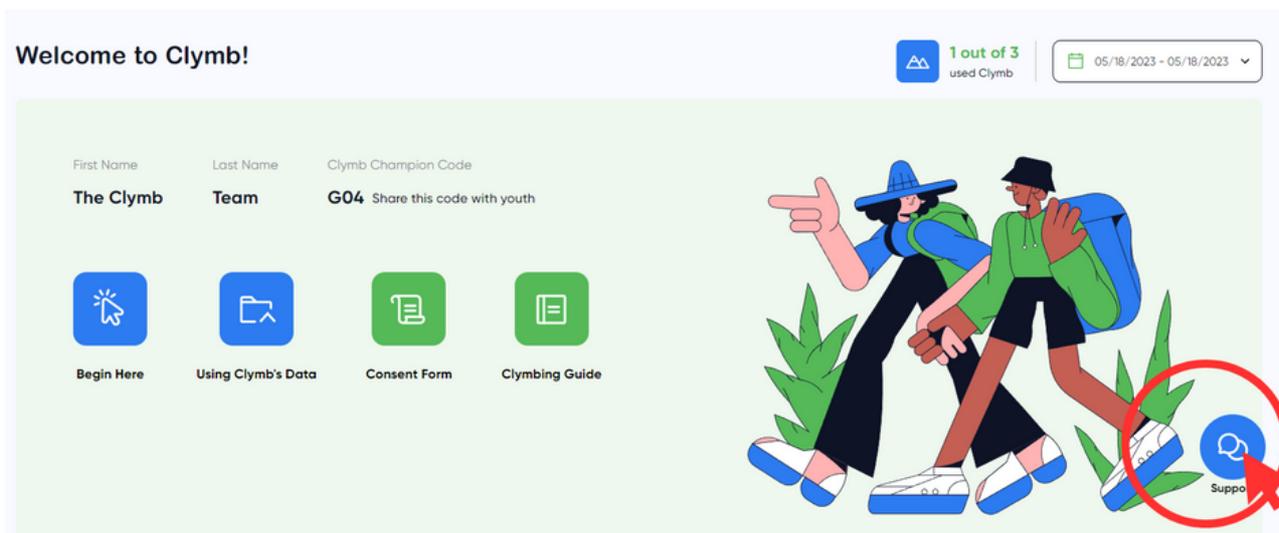
The Clymb Support Center has step-by-step tutorials in video and text that support troubleshooting and navigating Clymb's features. It can be accessed by clicking this link, selecting the support icon on the Clymb Champion dashboard, or going to www.clymb.zendesk.com/hc.

When you go to the support center, the articles and videos are organized by account type. Within each category, there are three sections: getting started, how-to, and troubleshooting.

If you have a question not addressed by the support section or need additional support, please email support@clymbup.io or contact your partnership success specialist.

When sending a support request, please include details like what occurred, the organization you work with, what time of day the issue occurred, and, if possible, a screenshot or recording.