

ARK FOR TEACHERS



Through its efforts, ARK (Adults Relating to Kids) has helped school districts across the state implement an “empathetic teaching” model designed to build the student/teacher relationship and improve the overall social-emotional climate of their campuses. Backed by ground-breaking research, the *ARK for Teachers* program empowers educators to relate to students in ways that build their self-concept, leading to healthier environments and improved performance.

Empathetic teaching focuses on the relational component of effective teaching and involves a process of intentionally extending unconditional love and care to students—disciplining their behavior while still valuing them as persons. Distinctly different from authoritative teaching, empathetic teaching places a much greater emphasis on the prevention of classroom misbehavior with the understanding that kids behave better and perform better for teachers they believe care about them.

ARK for Teachers includes programs for Pre-K and Kindergarten, Elementary, and Secondary teachers.



A recent Harvard study revealed that the unconditional love and care of just one adult can change the life trajectory of a child.

ARK programs are based on ground-breaking research conducted in partnership with the University of Texas School of Public Health that discovered a new paradigm for building the self-concept of a child. Rather than focusing on a child’s performance, true self-esteem comes from a child experiencing a relationship of unconditional love and care from an adult who is primary in that child’s life – whether that is a parent, teacher, counselor, coach or other caring adult.



The Self-Concept Triad was developed by The ARKGroup (the Adults Relating to Kids non-profit) in cooperation with Dr. Ron Lorimar at the University of Texas School of Public Health

High self-esteem increases a student’s capacity for self-worth. Students work harder and behave better for teachers they think care about them.

RESEARCH

The Aldine ISD Middle School Dropout Prevention Project

Over a six-year period, ARK worked with the Aldine Independent School District – the ninth largest school district in Texas – to implement ARK for Teachers at its middle schools. The program included 14 schools involving 20,852 students during the 2011-12 through 2016-17 school years and was tested for effectiveness by a Sam Houston State University research team as the “Aldine ISD Middle School Dropout Prevention Project.” The results showed ninth-grade out-of-school suspensions dropped by 49% over a four-year period for students who had been exposed to ARK-trained teachers during their entire middle school experience compared to students who had not. The program also had positive effects on student retention rates, state exam performance, student attendance, and in-classroom behavior.

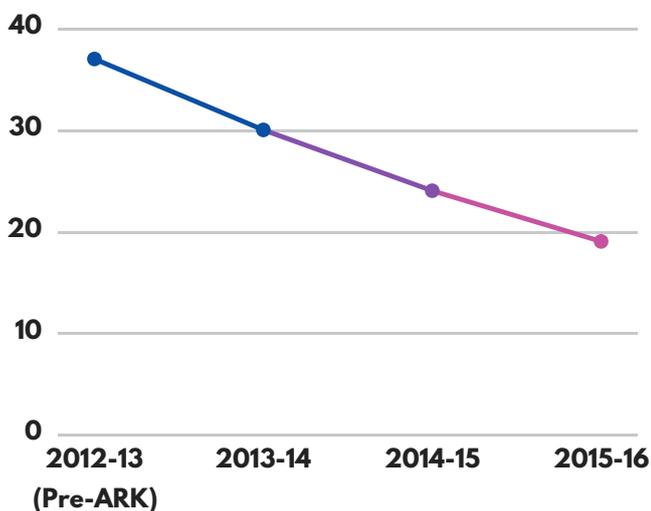
In a 2016 Stanford University study, researchers found empathetic teaching – in contrast to authoritarian teaching – resulted in a 50% reduction in out-of-school suspensions.

The ARK and Aldine ISD study supported these findings at an even greater scale.

ALDINE ISD DATA

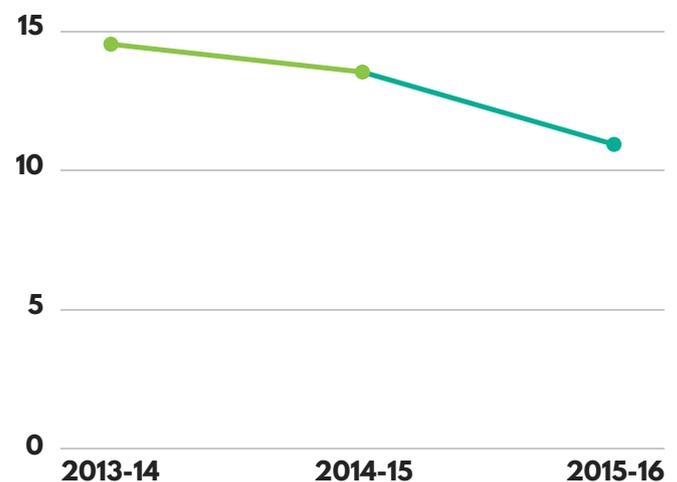
49% ↓ IN 9TH GRADE OUT-OF-SCHOOL SUSPENSIONS

*For students who were exposed to ARK-trained teachers throughout their entire middle school experience compared to those who had not.



25% ↓ IN 9TH-10th GRADE ATTRITION RATES

*For students who were exposed to ARK-trained teachers throughout their entire middle school experience compared to those who had not.



(Suspension data is based on TEA incident codes: 73,74,75,76, 77, 78, 79, 80, and 88. Extracted from Aldine ISD database, 6/2017.)

THE ARK PROCESS



SAM HOUSTON STATE UNIVERSITY DATA

The Aldine ISD Middle School Dropout Prevention Project was evaluated by researchers at Sam Houston State University. The data revealed students who strongly agreed that a teacher likes and cares about them were:

- **Proven to have a 79.1% decrease in the rate of misbehavior incidences compared to students who did not feel that a teacher likes and cares about them**
- **More than twice as likely to pass the state-mandated 9th grade Algebra I exam**
- **Approximately 1.5 times more likely to pass the state-mandated 9th grade English I exam**
- **Absent from school an average of one less day per year**

For more information, visit www.thearkgroup.org

STEP 1 ARK TRAINING

ARK staff conducts facilitator training with your team on key principles of the award-winning Adults Relating to Kids program.



The ARK program stems from ground-breaking research conducted in partnership with the UT School of Public Health that discovered a new paradigm for building the self-concept of a child, focusing on a child experiencing unconditional love/care from an adult who is primary in their life.

STEP 2 ARK CIRCLES

ARK facilitators lead "ARK Circle" sessions with your team twice a month for six months



TRANSFORMATION VS. INFORMATION



Did you know University of London researchers found it takes practicing a new behavior for at least two months (66 days on average) before a behavior becomes habitual? That is why ARK uses a six-month process to help you foster TRANSFORMATION rather than simply providing information.

STEP 3 ARK SUPPORT

ARK staff provides continued counsel and support to your team's lead facilitator throughout the program



As a 501(c)(3) non-profit, ARK's goal is to build stronger families, schools, and communities, starting with the most important adults in every child's life.