

MEASURING OUR IMPACT: SOCIAL EMOTIONAL LEARNING IN ACTION

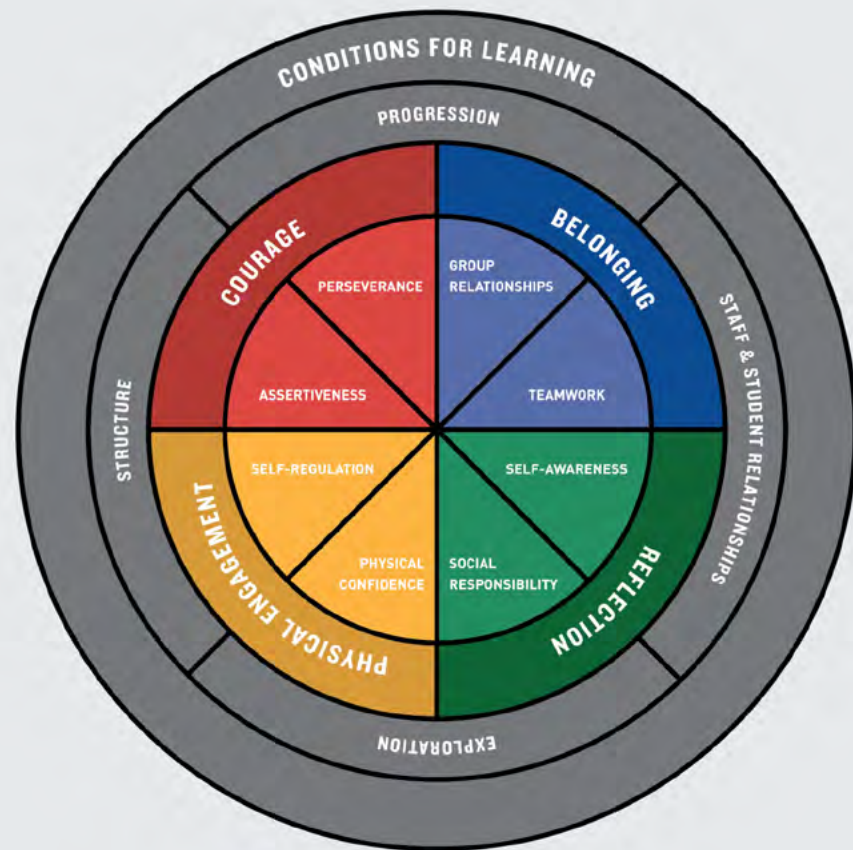
Outward Bound is at the center of a fundamental shift in the nation's educational paradigm. We are helping students become more engaged, compassionate, and confident. By teaching key social and emotional skills, our programs are helping students outgrow their comfort zones and learn to lead together.

The Outward Bound Domains of Thriving (DoT) combines our 60 year history with the latest insight and research on social-emotional development. The

DoT highlights the four areas of human development that are impacted on an Outward Bound course: Courage, Belonging, Reflection, and Physical Engagement.

The Outward Bound Outcomes Survey (OBOS), designed and validated by the Partnerships for Education and Resilience (PEAR), measures student change in 12 areas critical to the development of these four domains. Students take the survey at the end of their course, and report on each area. We analyze the results and leverage the learnings to improve programming, staff training and ensure we are providing equitable outcomes for all students across race and gender.

Social and emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.



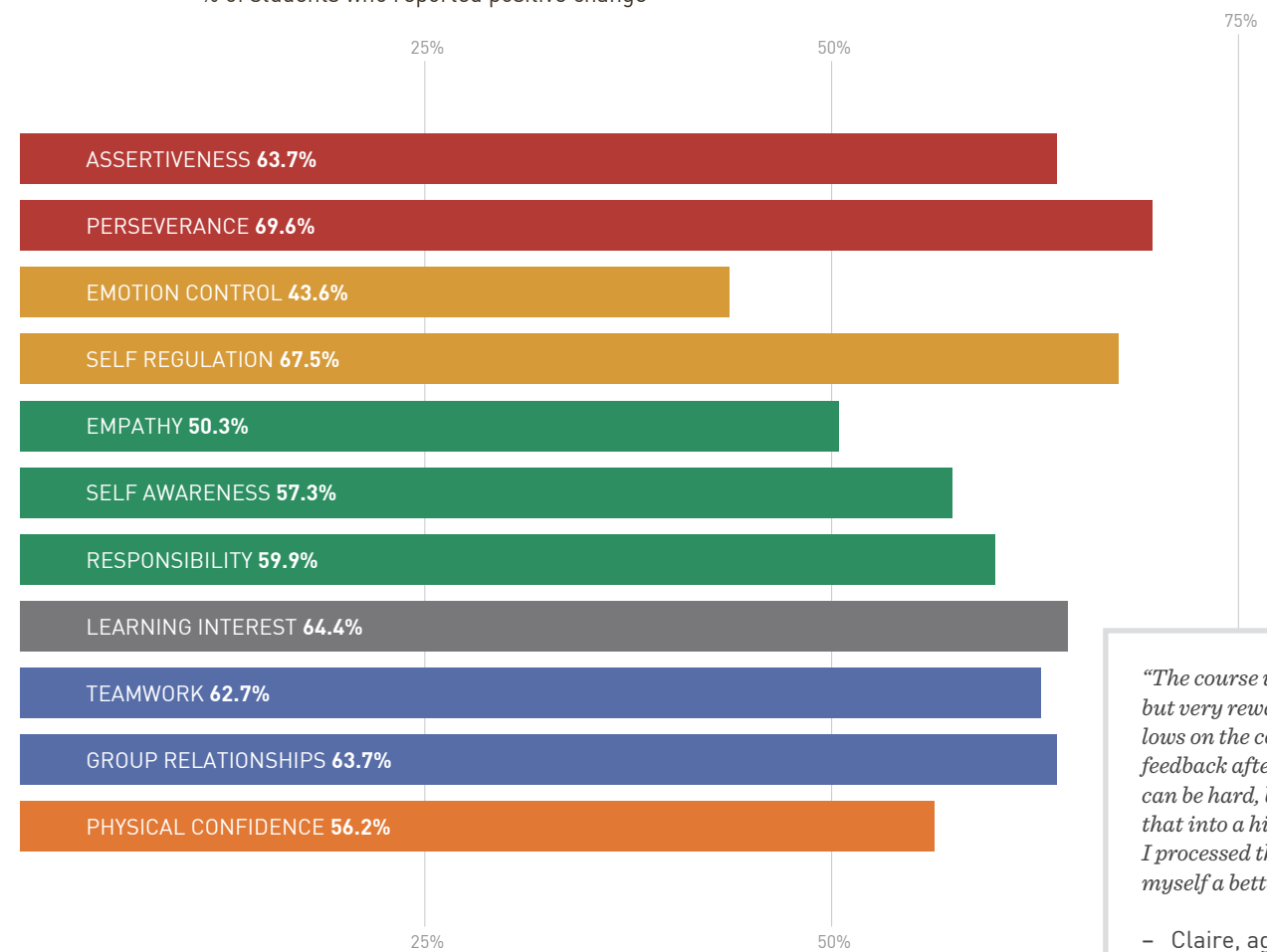
ALL MEASURED OUTCOMES SHOWED POSITIVE CHANGE

Behavioral change through experiential learning programs is incredibly hard to measure and even harder to prove results. We are proud to say in our first

year of deep analysis of this data, our results showed that students reported statistically significant positive change across all twelve measures on our overnight programs and all six measures on our ropes course one-day programs. Additionally, there were no statistically significant differences between race/ethnicity groups on any of the 12 scales for either program type. There were interesting differences across gender, course length and age for our overnight programs that are explained further in this section.

OVERNIGHT PROGRAMS

% of students who reported positive change



"The course was a very challenging but very rewarding experience. The lows on the course included taking in feedback after long days on trail which can be hard, but I managed to turn that into a high later on course when I processed that feedback and made myself a better leader."

- Claire, age 16



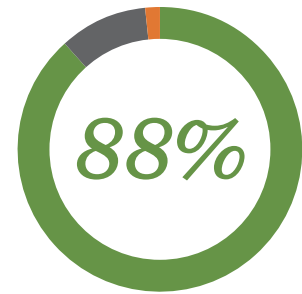
Percent of Students Self Reporting Change Using the OBOS in 2021. Total of 366 surveys were completed.

Permission to use the Outward Bound Outcomes Survey (OBOS) was obtained from PEAR.

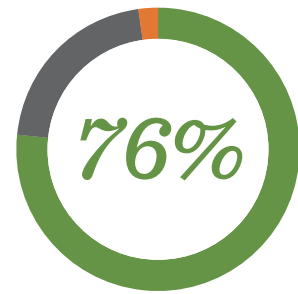
Any opinions, findings, and conclusions or recommendations expressed in this material are those of Outward Bound California and do not necessarily reflect those of PEAR.

ON OUR OVERNIGHT PROGRAMS

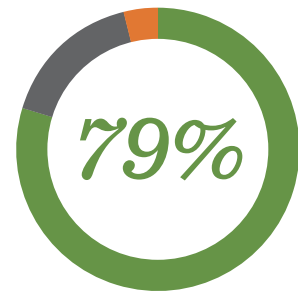
● Agree ● Neither Agree nor Disagree ● Disagree



of students gained courage to face challenges



of students committed to making a difference in their world after their course



of students felt they learned to work more effectively in a group

ON OUR ONE-DAY PROGRAMS

● Agree ● Neither Agree nor Disagree ● Disagree



I have gained confidence to try new things



I am more aware of how to support those around me



I can work more effectively in a group

EMPOWERING YOUNG WOMEN

Female identifying students reported more positive change in three of the measures (Assertiveness, Self-Awareness and Physical Confidence) on our overnight programs. They also reported a high change in Perseverance. We see these results qualitatively each year from our female students. They come back from course saying they found their voice in the group and surprised themselves in what they were able to physically do.

"Since the course, I'm a lot more self-assured, confident, and reaching out for more adventure. I embrace challenges more and definitely appreciate everything around myself. In general, I am much happier and appreciative."

- Hannah, age 15



72%

ASSERTIVENESS

76%

PERSEVERANCE

68%

SELF-AWARENESS

61%

PHYSICAL CONFIDENCE

CHALLENGE ROPES COURSE OUTCOMES

% of students who reported positive change on each scale

While the change is less dramatic on our one-day programs (which we would expect having only 6 hours with students vs. a week+) all measures still showed statistically significant positive change in critical outcomes such as physical confidence and group

relationships. Many of the groups represented by these surveys came together on our ropes course in McLaren Park for the first time in person in a year or more. It was powerful for them and us to be a part of their healing and reorientation to social activity.

