



Resource Brief

Odysseyware + BASE Education

Website:

<https://www.odysseyware.com/solutions/social-emotional-learning>

Grade Level:

3 to 12

Time:

- Courses are self-pace, approximately 45-60 minutes each

Cost:

- Price based on implementation type: site license or per pupil license.
- Contact your local Odysseyware Representative for further details on pricing

Additional supports:

- Curriculum contains comprehensive teaching notes
- Educator training available in person training
- Online support

Summary

The BASE Education program developed by Odysseyware is a web-based curriculum available in both English and Spanish developed to help students:

- Enhance mental health literacy.
- Assist in the development self-awareness.
- Understand the multiple dimensions of health.
- De-stigmatize mental illness.
- Understand concept of recovery and resiliency.
- Develop skills to utilize personal and community resources.
- Recognize signs and symptoms.

The content aligns with CASEL's Social Emotional Learning Core Competencies and Positive Behavior Intervention and Support framework. There are over 60 courses, including:

- Anger management
- Coping strategies
- Healthy Communication
- Motivation
- Black and White Thinking
- Talking to Peers

Considerations

While BASE Education courses can be assigned as self-paced learning opportunities, use in facilitated classroom discussions or in small groups is recommended for a more enriching discussion and to maintain safety when content is particularly sensitive. The modules can be used outside of the health classroom to support on-going mental health education and personal development for students.