



2020-2021

# IMPACT REPORT



Be the Change's purpose is to enhance student's strengths, to help students integrate and make sense of their experiences in a healthy manner. We seek to fulfill that purpose through the following programs we offer:

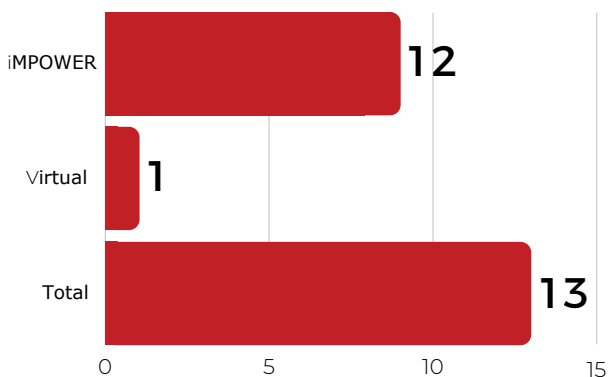
**iMPOWER** is an intensive social and emotional learning (SEL) program curated for grades 6th-12th.

**iMPOWER** Online is an online SEL program focused on combating the detriments of online learning and isolation as a result of the COVID-19 pandemic.

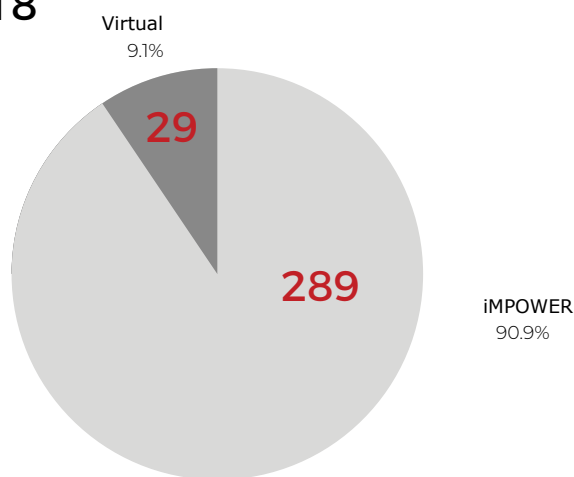
Our programs are serviced by trained facilitators and focus on developing students' social and emotional regulation, decision-making skills, interpersonal competencies and positive future orientation. Participants engage in an experiential learning process that reinforces competencies such as: self-worth, effective communication, relationship development and making healthy and beneficial life decisions.

Amidst the pressing times, the following data is reflective of our venture in fulfillment of our purpose initially stated for the 2020-2021 school year.

### Programs Serviced



### Participants Serviced Total 318



### Campuses Serviced

- Odessa Career and Technical Early College High School
- Midland Senior High School
- Alamo Jr. High School
- Texas Leadership Charter Academy

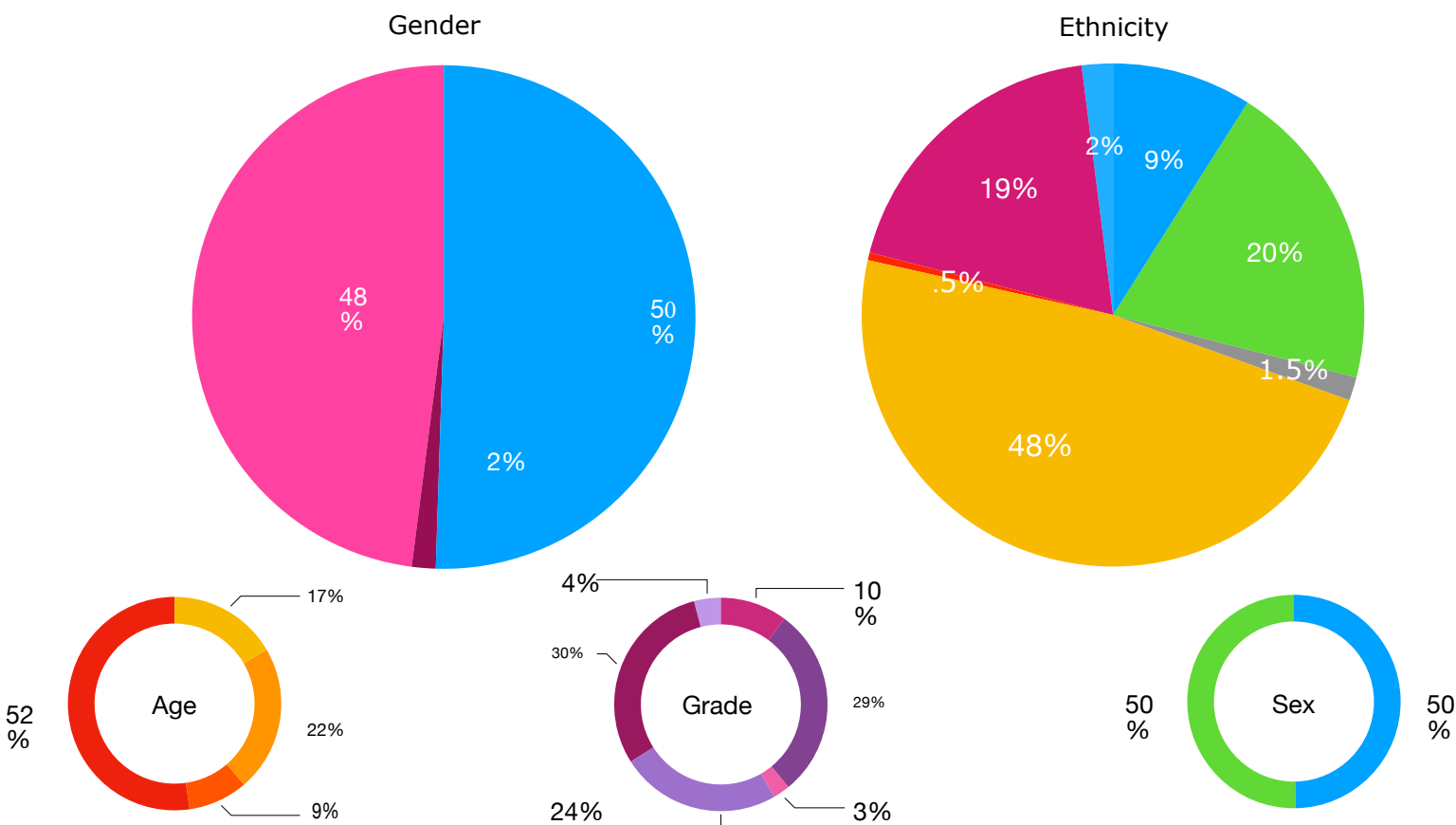
### Voluneteer #

Volunteers 39

Volunteer Hours 317

# Participant breakdown 2020-2021 academic year

iMPOWER



Gender	
Boy	100
Non-Binary	4
Girl	96
Total	200

Grade	
7th	20
8th	58
9th	6
10th	48
11th	60
12th	8
	200

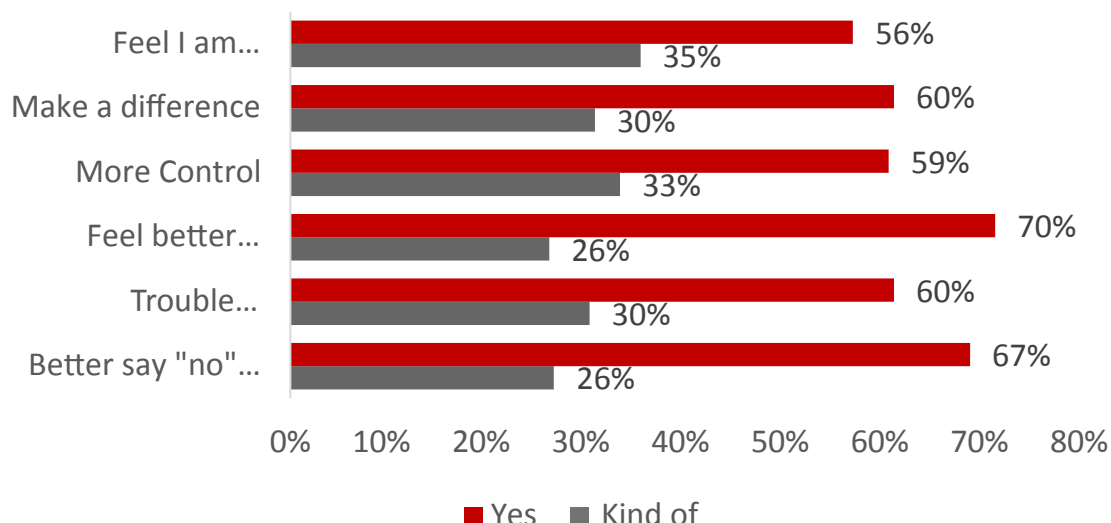
Age	
13	33
14	44
15	18
16	105
	200

Sex	
M	100
F	100

Ethnicity	
Caucasian / White	40
African American	18
Asian / Pacific / Islander	3
Latino / Hispanic	96
Native American	1
Multi-Racial	38
Other	4
Total	200

# Student-participant outcomes

## Self Awareness and Self-Regulation

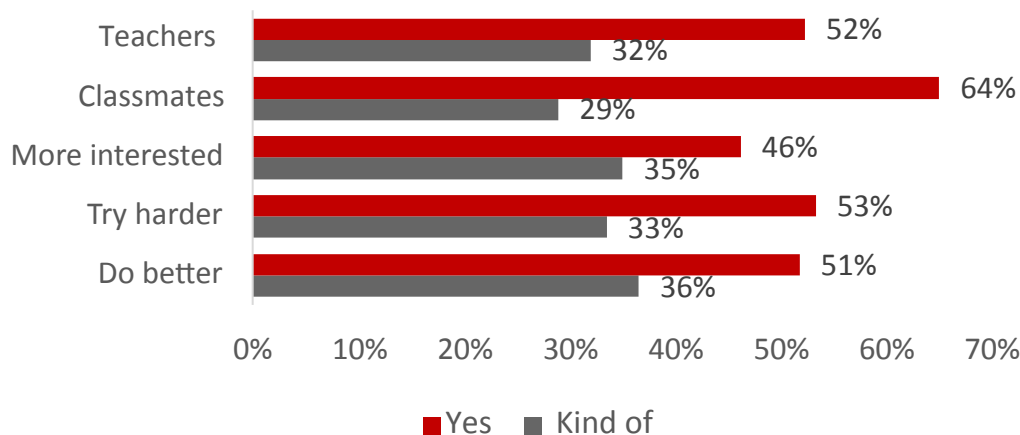


### ***"Coming to iMPOWER has helped me too..."***

- Feel I am better at handling whatever comes my way
- Feel that I can make more of a difference
- Feel I have more control over things that happen to me
- Feel better about myself
- Stay out of trouble
- Better say "no" to things I know are wrong

**Teachers: 71% agree iMPOWER has assisted their students in staying out of trouble**

## Motivation



### ***"Coming to iMPOWER has helped me too..."***

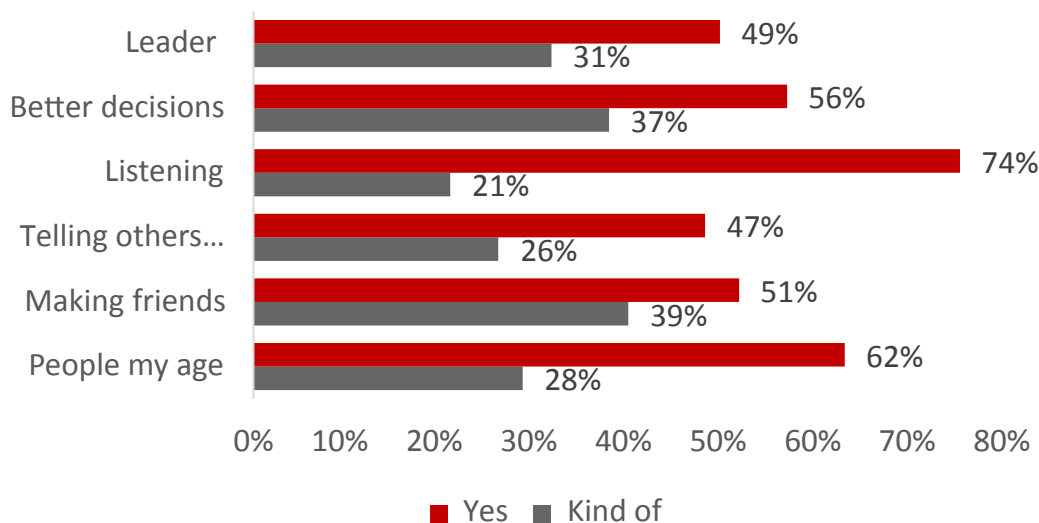
- Get along with my teachers
- Get along better with my classmates
- Become more interested in going to school
- Try harder in school
- Do better in school

**Teachers:**  
**86% agree to greater participation in class activities**  
**71% agree to greater interest in coming to school**  
**100% agree to greater peer-to-peer interaction**  
**86% agree to greater peer-to-instructor interaction**



# Student-participant outcomes continued

## Social Skills

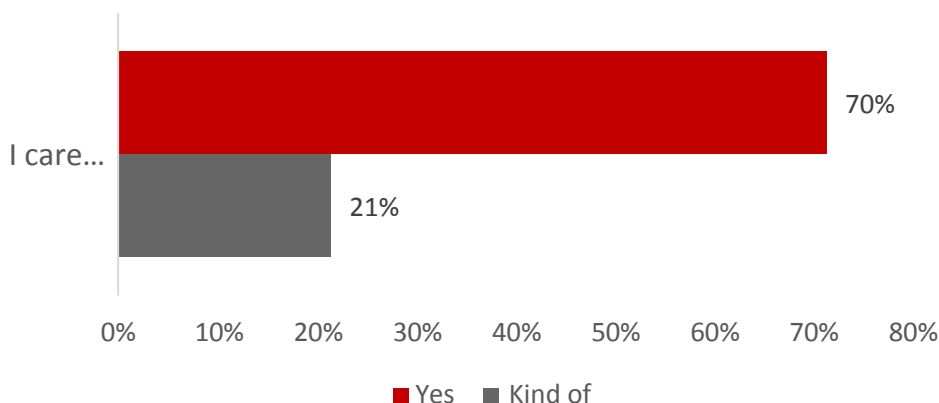


***"Coming to iMPOWER has helped me too..."***

- I am more of a leader
- I make better decisions
- I am better at listening to other people
- I am better at telling others about my ideas and feelings
- I am better at making friends
- I get along better with other people my age

**Teachers: 86% agree their students are better at getting along with people their age**  
**86% agree their students are better at telling others about their ideas and feelings**

## Empathy



***"Coming to iMPOWER has helped me too..."***

- I care more about people's feelings

**Teachers: 86% agree their students care more about the feelings of other people**

# Participant Feedback

## Program: iMPOWER

### b) What do you like about this program?

SURVEY #	PARTICIPANT RESPONSES
6	That it lets you talk about your decisions in life, it makes you talk more about feelings.
11	How we can feel comfortable.
14	I liked this program because it shoed us how much we have in common and helped us get along with each other and not be judgmental towards one another.
17	I like how we did a lot of work that had to do hands on and also brought a lot of us together.
21	What I like about this program it kinda makes me feel like a better person.
22	I like that the program helps me and others open our heart to others.
25	I like this program, makes everyone feel welcomed, and that we all have a voice.
27	It helped me talk more, I am more open about my feelings
28	We are able to express ourselves and be more ourselves and not get judged.
30	What I liked about the program is my ability, which I didn't know I had, to make conversation with other people.
33	I like how we can al be honest and trust that no one will judge us.
35	This program helped me be more open about my feelings and helped me be more comfortable around others.
36	The program tries to help people in need to open up.
45	I like the fact that you can talk about things you haven't been able to express with your friends and family.
55	I like this program because you get to be yourself.
58	I liked that two people took time out of their lives to help kids understand that their life is their choice.
59	The program is fun and it helped me a lot to understand that other people have a story too.
60	What I like about this program was that I was able to listen to how others feel and what they cover up sometimes.
62	It gives us a chance to be ourselves and come out of our shells.
64	I really liked how much fun we had, and how open and honest we could be. It really felt like everyone let their walls down with no fear of repercussions. It was a very fun and welcoming space.
65	I like how this program is open doors for everyone.! They share their experience through life, which is great.
66	It makes you get close your classmates and make new friends and find people the same as you.
69	We were able to connect.
70	The program is cool and it's fun because you meet new people and learn new things.
74	I like that everyone is able to open about their feelings without being judged., and that I learned that not everyone is perfect.
82	I like that this program taught us about being vulnerable and it's okay to be at times and get to know each other more through a personal level.
84	It had a very comforting vibe. It really made me look forward to coming to class especially on Tuesdays.
88	We got to know each other and know who we are as a person.
89	I like how we can be real about our feelings.
99	I like how it made a group strangers not strangers anymore.
108	You can express yourself the way you feel.
113	It helps open up a connection so the shy of our generation, so the people who feel worthless, they feel appreciated here.
114	I like how this program finds it important to reach out to the youth.

# Teacher Feedback

## Program: iMPOWER

c) If you could change one thing about this program what would it be?

SURVEY #	PARTICIPANT RESPONSES
3	Program needs to be more frequent.
4	If I could change one thing about the program is that I would enjoy having it at the campus more often. I believe this program does a great job of helping guide our students towards a better path in life.

d) General thoughts.

SURVEY #	PARTICIPANT RESPONSES
1	Overall great the students loved it. I believed they learned a lot.
2	I have enjoyed y'all so much these past weeks. My students have become just a bit better since y'all have been coming.
1	I am thankful to be a part of this program.
2	I love the purpose of this class. It is hard to work with only 30 minutes. More time would be nice.
4	Donny and Albert have done an incredible job with Be the Change. I like the organization, activities, thought-provoking discussions and ideas these guys brought into help make a difference in our community here at Alamo.



[www.bethechangepermianbasin.org](http://www.bethechangepermianbasin.org)