

Socorro County Options, Prevention, and Education
Summary Report of Sources of Strength in Veguita – La Promesa Elementary
2024-2025 School Year

Facilitator: Veronica Espinoza | **No. of Students:** 118 | **Grades:** 3rd-6th
Data Collection: January 2025

Overview

SCOPE implemented Sources of Strength with 120 third through sixth graders at La Promesa Elementary in Veguita, during the 2024-2025 school year. Students in the Sources of Strength program in Veguita completed a reflective evaluation activity about what they learned and what they liked about the program. The goals of the program are to create communities where a sense of belonging and connection are the norm, and to increase health and wellness by focusing proactively on mental health. This report summarizes the percentage of students who liked or learned *nothing to a lot*, followed by a summary of student feedback about what they learned and what they liked.

Key Outcomes:

- **Program Enjoyment:** 84% of students reported they mostly or greatly enjoyed the program.
- **Sense of Belonging:** 75% said the program helped them feel a stronger sense of belonging.
- **Learning and Growth:** 88% indicated they learned quite a bit or a lot from participating.
- **Recognizing Helpers:** 81% said it helped them identify trusted adults or helpers in their lives.

What Students Liked Most:

- Students most appreciated the opportunity to feel a sense of belonging, discuss kindness and emotions, express gratitude, and participate in fun, movement-based group activities. They also valued working with classmates they don't usually interact with and having access to a trusted adult they could talk to.

What Students Learned:

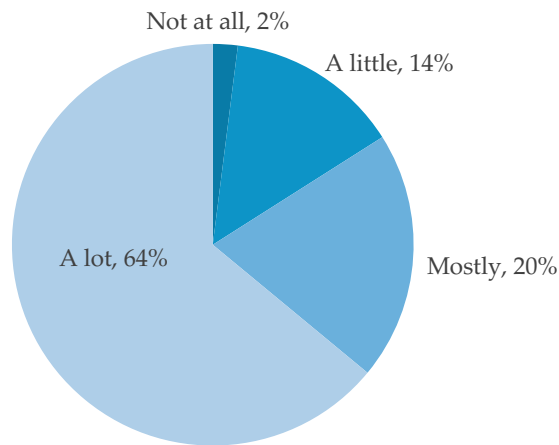
- Students reported learning how to identify supportive people in their lives, manage emotions more calmly, listen to and respect others' perspectives, and practice gratitude and teamwork. They also became more aware of their emotional responses and how to express themselves constructively.

Suggestions for Improvement:

- Students recommended longer and more frequent sessions, additional lessons—particularly on emotions and conflict resolution—more group and outdoor activities, consistent instructors, increased teacher participation, and even more interactive elements like snacks and games.

84% of students said they mostly liked the program or liked it a lot.

How much do you like participating in Sources of Strength? n=111

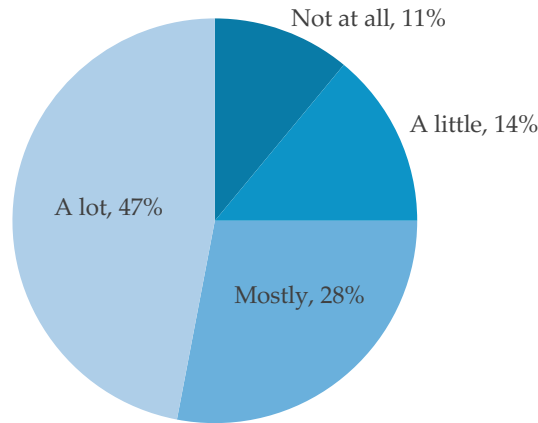


When asked what they liked best about Sources of Strength, students said they liked:

- Feeling like they belong.
- Talking about kindness.
- Talking about their feelings and being able to control their emotions.
- Learning about positivity and gratitude and acknowledging what they appreciate.
- Getting out of class and getting a break from classwork.
- Having fun and being able to socialize.
- Getting to work with students they don't usually work with/talk to.
- Getting to move around during activities.
- Specific activities/games such as the handshake activity, the activity where they're in their bodies and feel their feelings, and the pterodactyl game.
- Having a trusted adult and being able to ask for help.

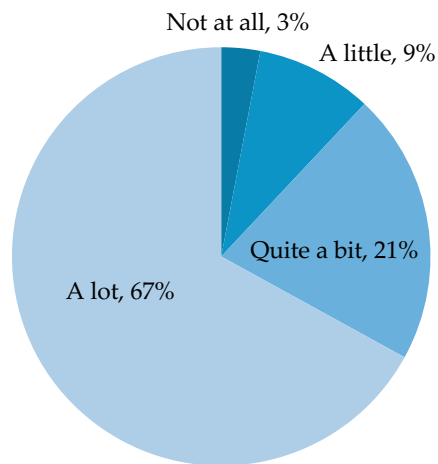
75% of students said the program mostly or really helped them feel a sense of belonging.

How much has Sources of Strength helped you feel a sense of belonging? n=111



88% of students learned a lot or quite a bit.

How much did you learn from participating in Sources of Strength? n=117

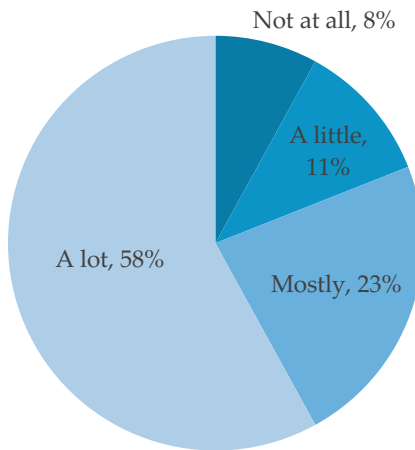


When asked what they learned in Sources of Strength, students said they learned:

- How to help others and identify their helpers.
- How to be calmer and more patient.
- How to listen and recognize other people's feelings.
- How to practice gratitude and positivity.
- How to work together with people they don't know.
- How to acknowledge and take into consideration other people's perspectives.
- How to talk to a trusted adult when they need to.
- How to respect others and treat others how they want to be treated.
- How to recognize where in their bodies they feel their emotions.

81% of students reported that the program helped them know who their helpers are mostly or a lot.

How much has Sources of Strength helped you know who your helpers are? n=113



When asked what things would make Sources of Strength even better, students said they would like:

- More and longer class periods; some would like to have Sources of Strength year-round and/or every day.
- More lessons and activities for each subject on the Sources of Strength wheel; students specifically mentioned a lesson on conflict resolution and more topics on emotions.
- More teacher involvement.
- The same Sources of Strength teacher and/or two teachers.
- Mixed grades in the same class.
- More group work.
- Class outside, more games, and more activities where they get to move around.
- More snacks.

Overall, the SOS program was well-received and made a meaningful impact on students' emotional well-being, social skills, and sense of support. Student feedback indicates strong interest in continuing and expanding the program to build on its success.