



Building College-Going Mindsets

Quantily conducted a 3-year quasi-experimental evaluation of a College-Going Identity (CGI) program embedded within a Social Emotional Learning (SEL) framework, funded by an Education, Innovation, and Research (EIR) grant from the U.S. Department of Education. Implemented in Texas high schools (San Antonio, Austin, El Paso, Rio Grande Valley), the program aimed to strengthen students' growth mindsets and resilience—key drivers of college matriculation and persistence—among primarily low-income, Hispanic youth.



"The [CGI] curriculum is creating space, routines and systems to allow students to learn and grow within themselves. They learn about themselves, their priorities, impacts they want to make, etc."
- Principal

"It aligns completely with the mission of getting our scholars to open their minds, determine their priorities, values, career ambitions. It really opens up the conversation – what do you need to do to meet your goals? What do you really want from college?"
- Counselor

What Students Experienced

- A CGI-SEL curriculum including 10 structured lessons per grade level across 9-12th grades.
- Critical conversations about the challenges of persisting in college led by alumni from the same high school.
- Foundational coach training for college counselors that facilitated the knowledge, skills and beliefs in students that are correlated with first-generation college persistence.
- Training for college prep teachers on best-practices for implementing all aspects of the CGI curriculum.

Curriculum Highlights

9th Grade

- Goal Setting
- Envisioning the Future
- Proactivity & Growth Mindset
- Perseverance
- Character Traits

10th Grade

- Core Values
- Positive Self-Talk
- Positive Emotions
- Envisioning the Future
- College & Personal Exploration

11th Grade

- Ownership
- Purpose Statements
- Personal Exploration
- Coaching Growth Mindset
- Social Belonging

12th Grade

- College Degree Impact
- CGI Alumni Chats
- College Challenges
- Positive Self-Talk
- College Emotions

Outcomes



Resilience through SEL

Students reported that lessons focused on purpose, values, identity, and emotional regulation contributed to shifts in self-perception and motivation.



Growth Mindset Gains

Students attending CGI schools reported significantly stronger growth mindsets than their peers in schools that did not implement the CGI curriculum.



Results Despite COVID Barriers

The program was delivered during major disruptions to school operations. Researchers believe stronger implementation conditions could have increased the effect.