



Spark Empower Transform

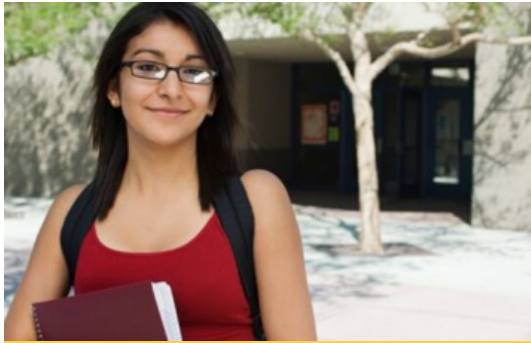
Empowering teenagers with essential life skills to build their resilience and live a balanced, meaningful life, through a process of self discovery and introspection.

www.vivensity.com

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Product Benefits



STUDENTS

- Available when they need it
- Provides solutions for immediate life concerns
- Experiential activities to energize and manage stress
- Instills a growth mindset
- Protects their privacy



TEACHERS

- No Training Required
- Student Dashboard enables easy evaluation of participation and recognition
- Can provide custom help to individuals or groups
- Immediate feedback from students



PRINCIPALS/EXECS

- No Expensive training
- Real time data on health of school
- Covers SEL curriculum
- Cost effective – no additional staff requirements

Testimonials From Students

Student Introspections:

- "I realized that I one up my friends, thanks to this video I will make better connections and listen more"
- "These videos help in making my decisions. It really helps with the struggles in my life"
- "Instead of caring about what other people think of me, I will focus on liking who I am"
- "I've been stuck with a regret for 2 years. This video helped me move on in life"
- "I've learned several social skills that have helped me make new friends"
- "The relaxation audios are effective. I often use them to fall asleep"
- "The activations get me energized when I need to prepare for a game or presentation"



[How do we use imSparked?](#)



[When do we use imSparked?](#)

Testimonials From Teachers And Principals

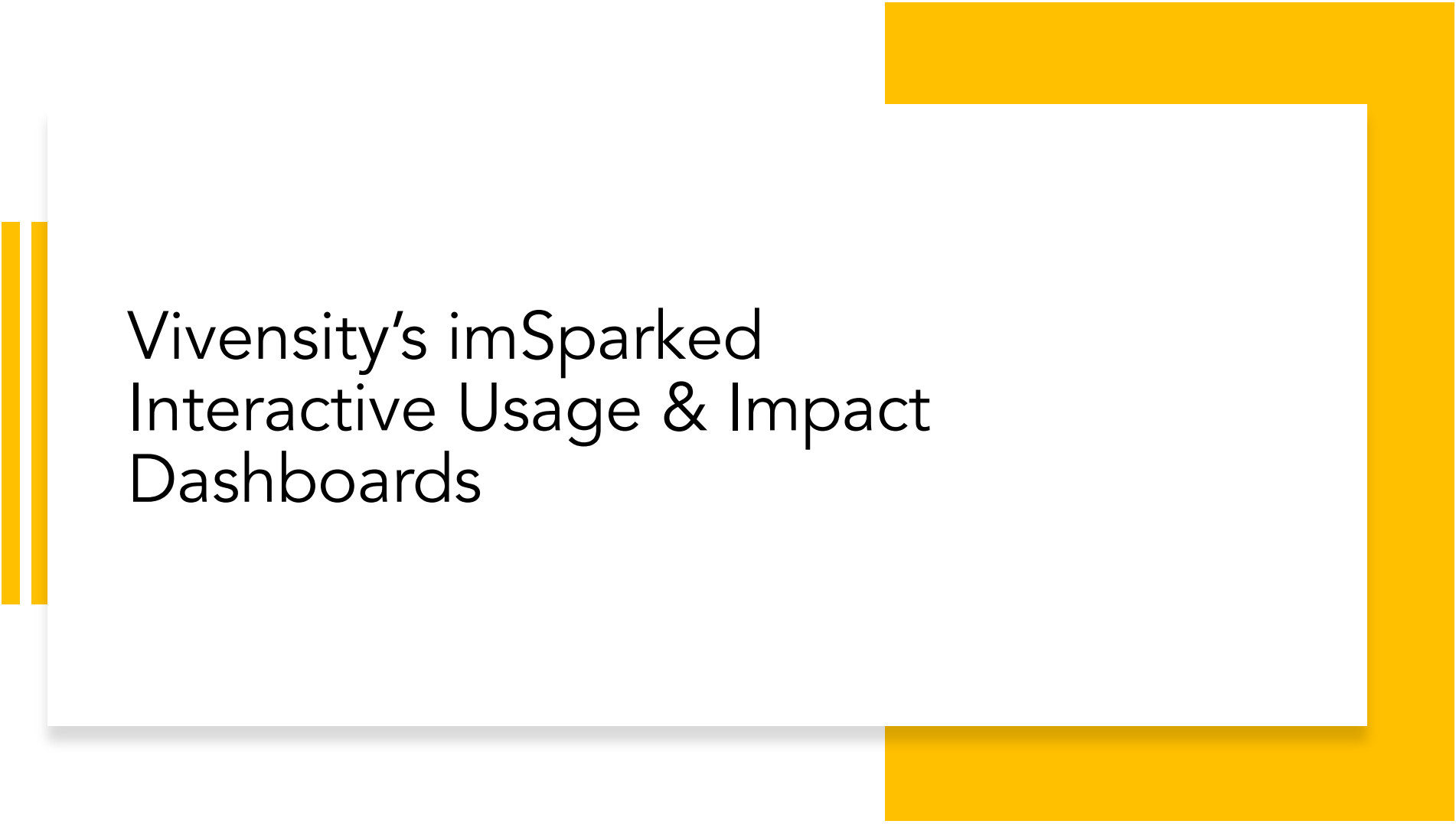


Teachers:

- It is so easy to use – I can recommend useful videos to students with just 3 clicks!
- I get feedback from my students when I recommend – this is very effective
- Comprehensive selection of content – even I am learning many new life skills!
- My students like to be able to choose what they are learning – they can get help on their current issues
- The point system is helpful as it motivates students
- Journaling is a very powerful tool – its easy to get students to write short reflections rather than long essays

Principals & School Executives

- If my students spend 5 mins. on this than any other app, it's worth it! - Palo Alto High School
- Students don't reach for help. This app meets them where they are. - Hayward High School
- We have been looking for an impactful solution for 10 yrs. so happy to have found this. – Harker High School
- We have not found an app so engaging for students –and it costs less than hiring one teacher for SEL - MVLA
- This app is very flexible, we are using it in many classes: PE, History, Art, English – Summit schools



Vivensity's imSparked Interactive Usage & Impact Dashboards

Example of an imSparked Usage & Impact Data Summary from the Dashboard

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Schools
6

Students
902

Teachers
41

Time Window
4.5 Months

Sparker Approach

Students watch a video



View (Micro-learning)



Reflect (Self Discovery)

Students introspect and set intentions



Retain (Meta-cognition)

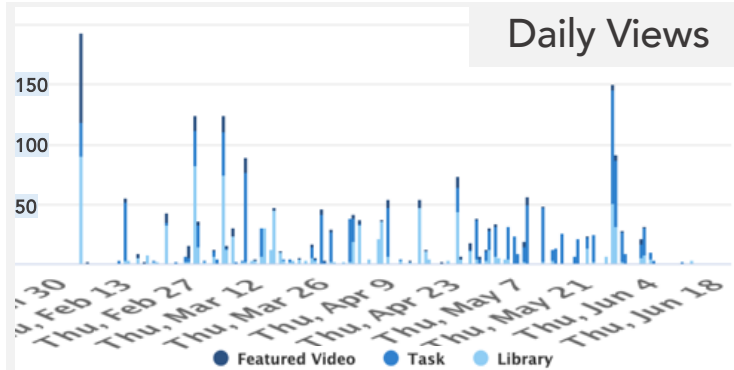
Experience is stored in the Journal & Reviewed

2300 Views
13.5 % 4pm - 4am

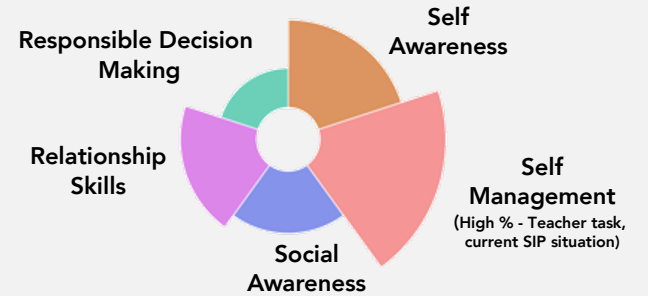
>200 Content
Features viewed

3.75/5 Rating
Content Helpfulness

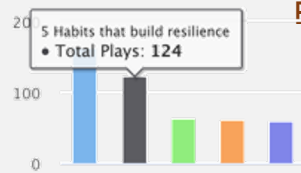
66%* Noted
Reflection/Intentions



CASEL Areas of Viewed Content

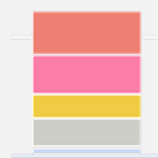


Top viewed video – **5 Habits that build resilience**



Rating 3.5/5

Emotional Response
74% +ve



84% noted Self- Reflections

What does resilience mean to you?
- Sample Responses

“To me, resilience means getting back up after life has kicked you down. Whether it means reapplying to something if you get rejected or applying somewhere else, or just continuing to keep going and fighting.”

“Resilience to me means to recover from hardships/difficulties, it means finding motivation to be self-aware and create/act positively.”



Vivensity's imSparked
Usage & Impact Surveys



imSparked High School Student Survey Highlights

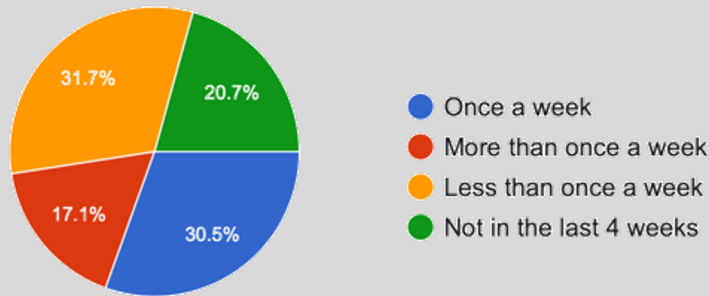
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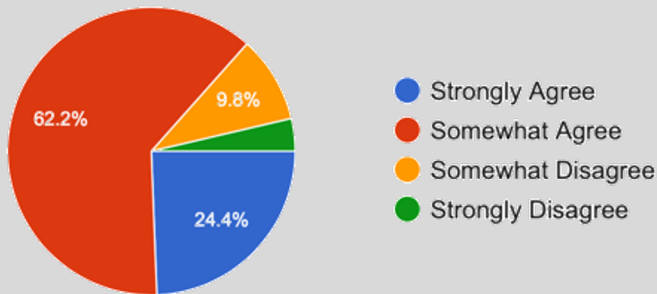
VIVENSITY™



48 % use imSparked at least once a week

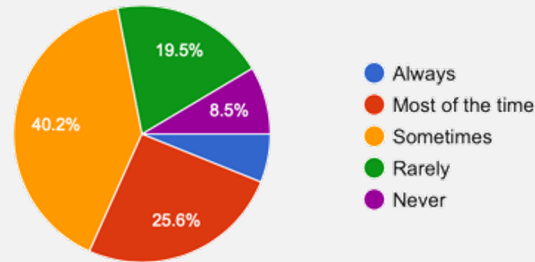


87 % find imSparked easy and intuitive

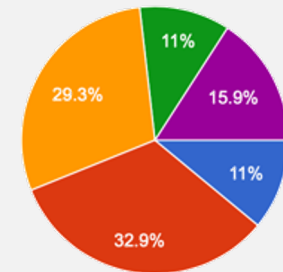


How are students empowered with imSparked?

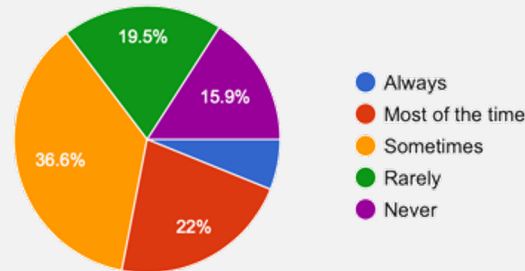
70 % Find Featured video helpful



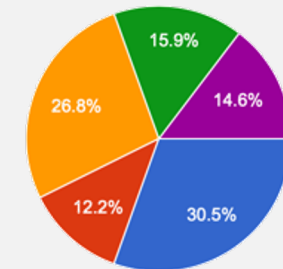
73 % Find what they need in the library



65 % Find Teacher's choices helpful



69 % Write their thoughts after watching the video.





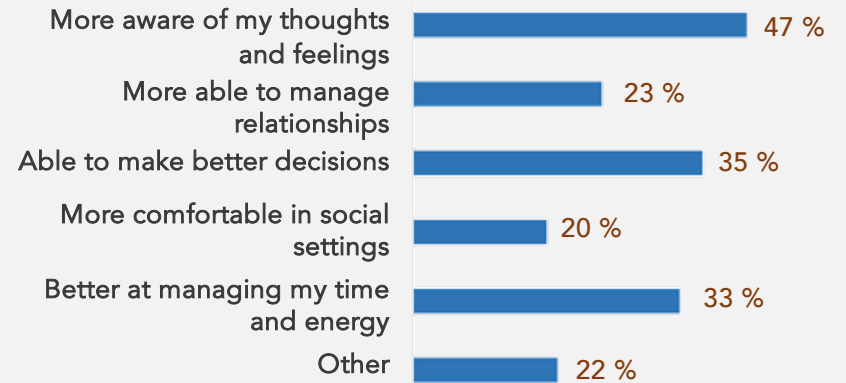
24% said that imSparked has changed their response or behavior in life situations

Responses*

- *I am able to relax during exam preparation.*
- *I'm more responsible with my homework and not procrastinating.*
- *I'm able to communicate easier.*
- *I have learned about the science behind eating healthier and I can better build trust with people.*
- *Be more confident in social settings. I find myself more confident in myself*
- *Everything that happens in your life impacts you in some way.*
- *I learned to put myself in another person's shoes if they are upset with me.*
- *I started the listen better to my friends and family.*
- *I was writing an email and made sure to include their name. I also found myself being more interested in other people's lives to help build stronger relationships.*
- *Be a better friend by being a better listener when my friend needs help. I start to offer more help to my friend by asking him how he is doing or if he would like to talk about anything.*

* Examples summarizing the responses

With imSparked, the students feel -



What are students sharing about imSparked?#



Top 4 responses, not an exhaustive list.

imSparked Middle School Student Survey Highlights

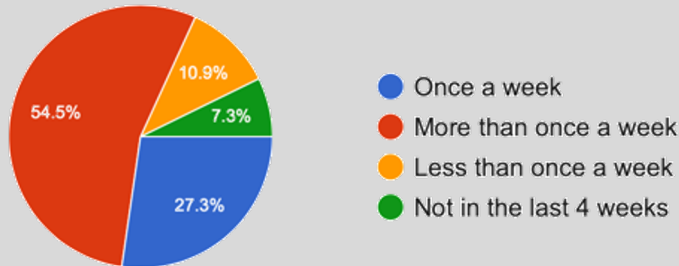
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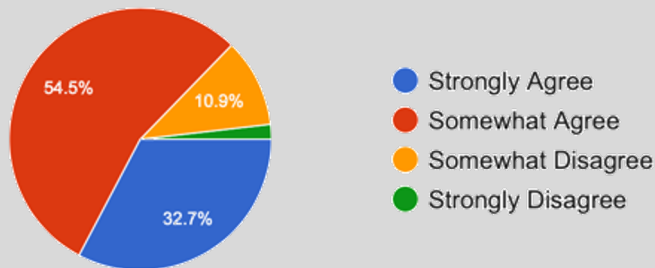
VIVENSITY™



82 % use imSparked at least once a week

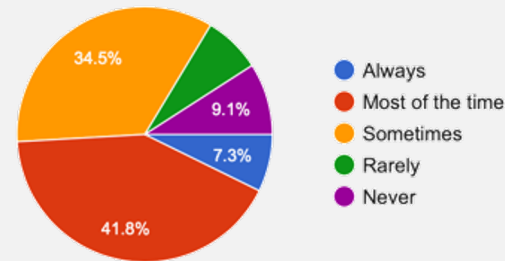


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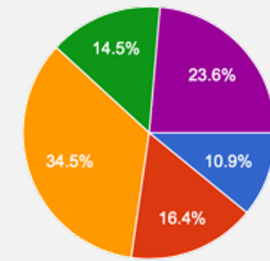


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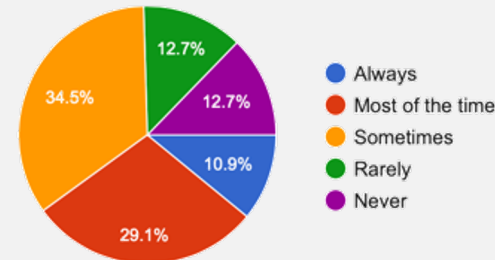
84 % Find Featured video helpful



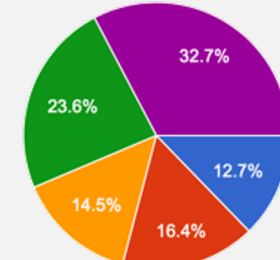
62 % Find what they need in the library



74 % Find Teacher's choices helpful



44 % Write their thoughts after watching the video.



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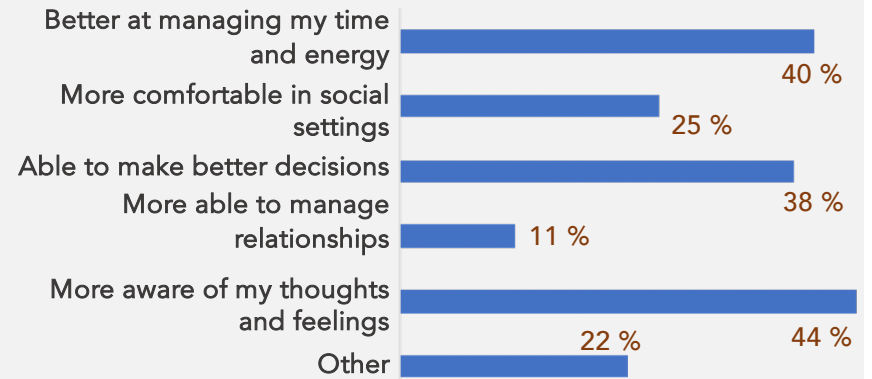


24% said that imSparked has changed their response or behavior in life situations

Responses

- *when I have completed a video I am more aware and knowledgeable of what the video is about and makes me more calm*
- *because it calms me*
- *it has changed my form of saving energy and wasting it*
- *I feel more motivated in school and I can manage my time better and be more productive*
- *It has helped me stay on track & not being behind on like thousands of things.*
- *because I learn that I can do better stuff in life and take better decisions*
- *I saw one video about sleeping better and that is what I am doing.*
- *When I give my self negative feedback.*
- *I drink more water now.*

With imSparked, the students feel -



What are students sharing about imSparked?#



Top 5 responses

imSparked Deployment Highlights

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From Pilot survey

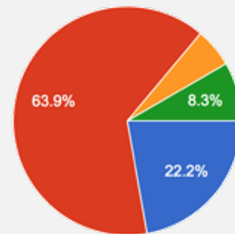
by Teacher, at a Bay Area High School

Students Respondents

9th and 10th graders

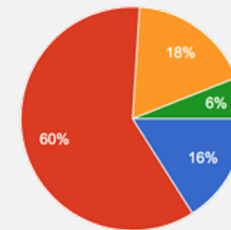
What did you think of the 5 Habits video I assigned? **82 % found it helpful.**

(Weighted Avg. from Survey)



(10th grade)

- It was great!
- It was okay.
- It wasn't helpful.
- I didn't watch it.



(9th grade)

What does resilience mean to you?

93% noted Self- Reflections

(From imSparked Anonymized Usage Data)

“Resilience means pushing through when things get hard. To me, a resilient person is one who knows their goals and will work to achieve them, continuing to stand up and keep going any time they may get knocked down. When thinking of a resilient material, for example in science, that material is bouncy, no matter the direction you push or pull it in, it will return to its original form. The same goes for people and their mindsets; a resilient mindset will keep bouncing back no matter the hardships it faces.”

“To me, resilience means getting back up after life has kicked you down. Whether it means reapplying to something if you get rejected or applying somewhere else, or just continuing to keep going and fighting.”

“To me, resilience means being able to adapt to any situation that you are in and finding ways to make good come out of those situations. It's easy to become comfortable in our lives and sort of just slide by, but resilience is truly tested in new situations where things go wrong or we don't understand what's happening.”

“Resilience means being able to keep going during hardships and distractions. One can have resilience by continuing to do their work and duty without getting overwhelmed. Through this resilience, we can live healthier lives.”

“Resilience to me means to recover from hardships/difficulties, it means finding motivation to be self-aware and create/act positively.”

* Examples summarizing the responses

imSparked Deployment Highlights

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From Pilot survey

by Teacher, at a Bay Area High School

Students Respondents

9th and 10th graders

73 % say this is a program their school should use next year

"I like how the creators kept the video short for me and other to comfortably watch this at any time."

"The program seems to do its job pretty successfully."

"I like that there are many videos that you can chose from and they all give pretty good advice and they are not too long."

"I watched then I took notes."

"I think I gonna watch some more videos."

How did you decide what to watch/listen for your "free choice" activity?

