



## Along Research Overview

We know from decades of research that having at least one supportive and caring adult relationship is one of the strongest predictors of resilience to adverse life experiences in a child's life ([National Scientific Council on the Developing Child, 2015](#)). When students have positive relationships with their teachers, they are more likely to develop positive social and emotional competencies, feel more motivated and engaged in school, and perform better academically ([Cornelius-White, 2007](#); [Gelbach et al., 2016](#); [Osher et al., 2018](#); [Wentzel, 2012](#)).

**Along** is a digital reflection tool designed to help teachers make each student feel seen and understood by supporting the development of these relationships.

To design Along, we used core principles from research on how to develop strong relationships. For instance, Along offers:

- Reflection questions that express care, challenge growth, provide support, share power, and expand possibilities—the five essential components of the [Search Institute's Developmental Relationships Framework](#), identified through years of applied research. Search Institute studies have shown that students who experience those five elements in relationships with their teachers feel more connected to school, are more motivated to work hard, and earn higher grades than students whose relationships with teachers do not capture these elements of relationships ([Scales et al., 2019](#)).
- Resources for educators and students that are each tied to research showing positive benefits for relationships or life skills, such as tools to help students reflect on their most important [values](#) developed by [Character Lab](#).
- Reflection questions and resources that are co-created in collaboration with diverse students, educators, researchers and product developers, such as [GripTape](#) and [Black Teachers Collaborative](#), to ensure Along is grounded in the science of relationships and the experiences of teachers and students.

Learn more at [Along.org](#)

