

RISE

COGNITIVE BLUEPRINT

Navigate life with intention.

SCIENCE-INFORMED. PRACTICAL BY DESIGN.

RISE helps young adults better understand the patterns shaping how they think, react, behave, and navigate life.

Built for modern students and support environments, the framework combines cognitive development, behavioral awareness, guided reflection, and real-world application into an experience designed to feel relevant, practical, and accessible.



● R • RECOGNIZE

Identify patterns, beliefs, habits, and responses.

● I • INVESTIGATE

Build awareness and understanding of thoughts, reactions, and behaviors.

● S • SHIFT

Practice intentional change, adaptive thinking, and healthier responses.

● E • EVOLVE

Develop long-term resilience, confidence, growth, and self-direction.

Designed for Engagement

RISE uses short-form lessons, guided reflection, and practical application to help students connect behavioral and developmental concepts to real life, including:

- recognizing behavioral patterns
- strengthening self-awareness
- navigating challenges more intentionally
- building healthier responses
- developing greater ownership over growth and decision-making

Flexible by Design

RISE integrates seamlessly into existing student-support and developmental environments through flexible pacing and modular implementation.

- classrooms
- workforce-readiness programs
- mentoring environments
- advisory programs
- nonprofit organizations
- counseling-adjacent settings

Phase	Modules	Focus Area	Example Topics
Recognize	6 Modules	Awareness & Patterns	Beliefs, conditioning, self-perception, inherited patterns
Investigate	5 Modules	Reflection & Understanding	Habits, emotional responses, mindset, energy awareness
Shift	6 Modules	Intentional Change	Adaptive thinking, decision-making, personal growth
Evolve	10 Modules	Long-Term Development	Resilience, confidence, leadership, self-direction

Additional introductory and bonus modules support reflection, integration, and extended application.

Grounded in Behavioral and Developmental Research

RISE draws from established concepts in cognitive behavioral principles, growth mindset research, self-efficacy theory, habit formation science, and emerging adulthood research.

RISE is an educational framework designed to work alongside existing student-support systems. Professionally grounded, developmentally appropriate, and ready to implement.

Built for the administrators, counselors, educators, and program directors looking for structured, practical tools that meet students where they are.



Find out if RISE is a fit for your organization.

