

Resilience Inc Announces SELENA VR Mental Strength Training App



California, Los Angeles, Mar 19, 2021 ([Issuewire.com](https://www.issuewire.com)) - Resilience Inc. has launched SELENA VR (Virtual Reality) to boost mental strength through training. The Virtual Reality component of the SELENA curriculum was developed to boost student engagement and complement the organization's Social Emotional Learning lesson plans for K-12 schools globally. Now, students can practice overcoming fear and anxiety as well as improve self-awareness and self-control skills through a VR experience.

VR devices provide unparalleled immersive engagement which facilitates great strides in Social Emotional Learning (SEL). As students develop greater self-awareness and self-control, they gain control over uncomfortable situations, which directly improves study habits and overall academic performances. The direct outcome of playing SELENA VR results in increased test scores, enhanced study skills, elevated self-awareness, and self-control.

About Resilience Inc.

Resilience Inc. is dedicated to providing learning tools for teaching mental and emotional intelligence to K-12 schools. The organization focuses on reducing poor academic performance, depression, drug addiction, low student engagement, and preventing school shootings. The Social-Emotional Learning Enhancement Application (SELENA) program provides curriculum and applications that develop skills in self-awareness, self-management, social awareness, relationship building, decision-making, and goal setting.

Students can access the SELENA program through multiple platforms, including 100% remote video lessons, audio exercises, computer/console video games, virtual reality experiences, one-to-one exercises, and other deployment tools. Resilience provides this program not only for students, but also for parents, counselors, and stakeholders who have an interest in improving

SELENA - Social Emotional Learning Enhancement Application

Provided by Resilience, Inc

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their mental and emotional health. The program covers sixty-five Social Emotional Learning (SEL) modules such as empathy, anger management, diversity, finding inspiration, resilience, goal setting, communication, gratitude, dealing with conflict, bullying, and sympathy. SELENA consists of educational, training, and testing components in each module.

K-12 leaders can utilize the SELENA program to help accomplish their goals of improving test scores, enhancing content retainment, developing school culture, increasing overall student engagement, creating engaging experiences, improving school safety, and reducing violence. For more information about Resilience Inc. and the SELENA program, visit the website at <https://mylearningtools.org/>.

When asked about the launch, Public Relations Manager Michelle Brooks commented, “As our mission statement declares, ‘We will not stop until SEL is taught, trained, and tested at every school in the country.’ SELENA VR is one of many tools we will continue to develop to create engaging methods for students to learn social and emotional skills.”

To arrange a press interview please contact outreach@mylearningtools.org

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