

THE ACADEMY FIVE-STAR EVALUATION FRAMEWORK

Standards for Identity-Centered Educational Programs

Purpose of Evaluation

THE ACADEMY evaluates programs according to a single governing question:

Does this curriculum reliably restore the internal conditions required for human agency, clarity, relational engagement, and ethical self-authorship under conditions of stress or threat?

Programs are not evaluated by popularity, emotional intensity, or short-term motivational effect. Evaluation focuses on whether participation consistently produces **observable and durable changes** in internal state, decision capacity, and identity coherence **without coercion, dependency, or harm**.

Five-Star Program Designation



A Five-Star designation signifies that a program meets all non-negotiable criteria required for safe, ethical, and effective identity-centered transformation at scale.

Each criterion reflects established findings across neuroscience, psychology, narrative identity development, and applied ethics.

Evaluation Criteria

1. Psychological Safety & Regulation

Participation is associated with reduced threat reactivity and improved nervous-system regulation, creating conditions necessary for reflection, learning, and ethical choice.

2. Human Connectedness

Participants demonstrate increased relational engagement and reduced isolation without exposure-based vulnerability or loss of personal autonomy.

3. Self-Worth & Dignity

Participation supports reduced shame responses and a strengthened sense of personal worth independent of performance, status, or past outcomes.

4. Agency & Self-Efficacy

Programs reliably support restored self-authorship, increased confidence in decision-making, and reduced reliance on external authority.

5. Clarity Under Pressure

Participants demonstrate improved judgment, emotional regulation, and decision capacity in high-stakes or emotionally charged situations.

6. Identity Coherence & Repatterning

Curriculum design supports integration of cognitive, emotional, moral, and narrative identity, enabling examination and revision of limiting self-concepts.

7. Outcome-Oriented Focus

Participants sustain attention toward clearly defined, values-aligned outcomes rather than fear-based or avoidance-driven thinking.

8. Ethical Clarity & Boundaries

Participation supports clearer ethical judgment, increased congruence between values and action, and strengthened personal boundaries under pressure.

Designation Statement

A program may be designated as a **Five-Star Program by THE ACADEMY** when these outcomes are **structurally supported** by curriculum design, sequencing, and ethical safeguards, rather than dependent on facilitator charisma, participant compliance, or contextual conditions.

The Five-Star designation communicates **methodological integrity**, not performance ranking or comparative scoring.