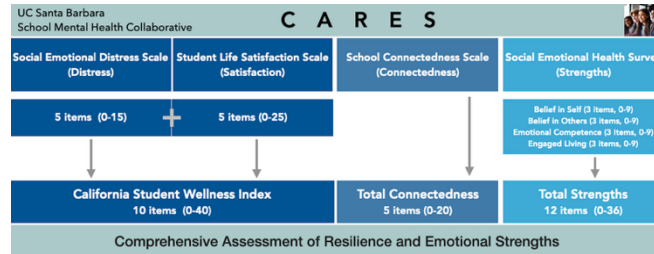


Comprehensive Assessment of Resilience and Emotional Strengths

[CARES Home Webpage](#)



• California Student Wellness Index (CSWI) (Foundation)

Life Satisfaction (BMSLSS) + Social Emotional Distress (SEDS)

[California Student Wellness Index \(CSWI 101\): Development and Validation](#)

[California Student Wellness Index \(CSWI 102\): Interpretation](#)

• Tier 1 CARES — Comprehensive Assessment of Resilience and Emotional Strengths

CSWI + school connectedness + social emotional strengths

[CARES Tier 1 Self-Study Overview](#)

[A – CARES Tier 1 Online Survey Format](#)

• Tier 2 CARES — Supplemental Online Administration and Scoring Resources

This document provides links to Tier 2 CARES assessment resources. After utilizing the CARES as a Tier 1 universal wellness screener or for an individual psychoeducational assessment, these Tier 2 measures provide open-access resources that offer additional insights into students' well-being, emotional distress, life satisfaction, and personal strengths and assets.

These Tier 2 resources are designed for individuals who hold a master's degree or higher in psychology, education, social work, counseling, or a closely related field. Users must have formal training in the ethical administration, scoring, and interpretation of psychological assessments. All assessments are provided for personal and professional use only by those who are appropriately credentialed or supervised by qualified professionals.

When utilizing these Tier 2 online assessments, please ensure that you **do not** include any unique student-identifying information.

B – [Multidimensional Student Life Satisfaction Scale-Self-Scoring-Password Required](#)

C – [Personal Well-Being Index – Self-Scoring-Password Required](#)

D – [Mental Health Continuum-Short Form & Kessler 10-Self-Scoring-Password Required](#)

E – [Student School Well-being Questionnaire- Self-Scoring-Password Required](#)

F – [Youth Internalizing and Externalizing Problem Scale-Self-Scoring-Password Required](#)

G – [Social Emotional Health Survey-Secondary \(SEHS-S-2020\). Self-Scoring-Password](#)