

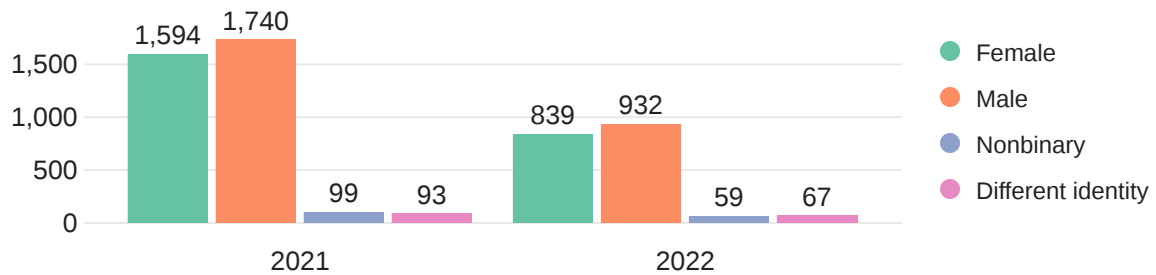
## Santa Cruz City Schools 2021 and 2022 Wellness Survey

Example

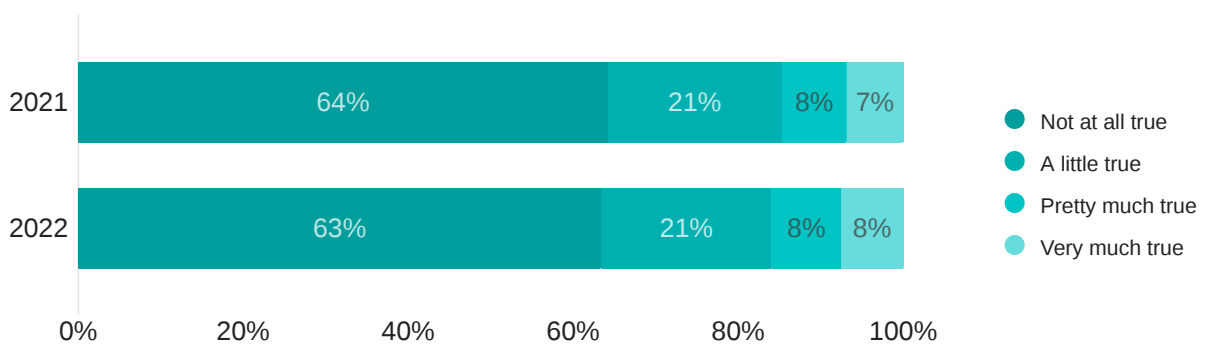
### Middle and High Schools

### Past Month Student Distress

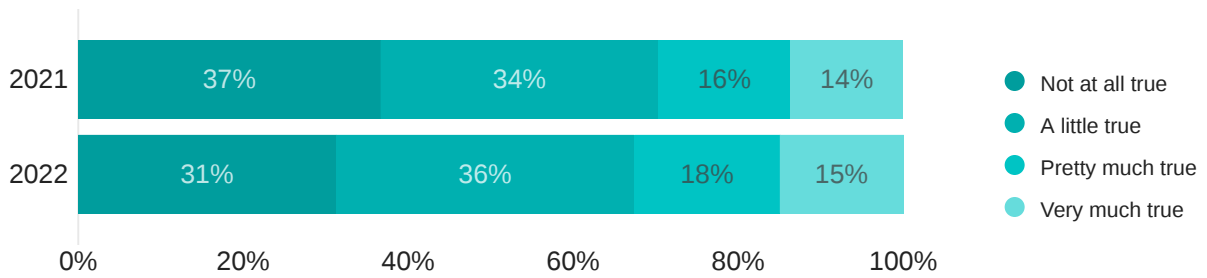
#### Q3 - How do you identify? - Selected Choice



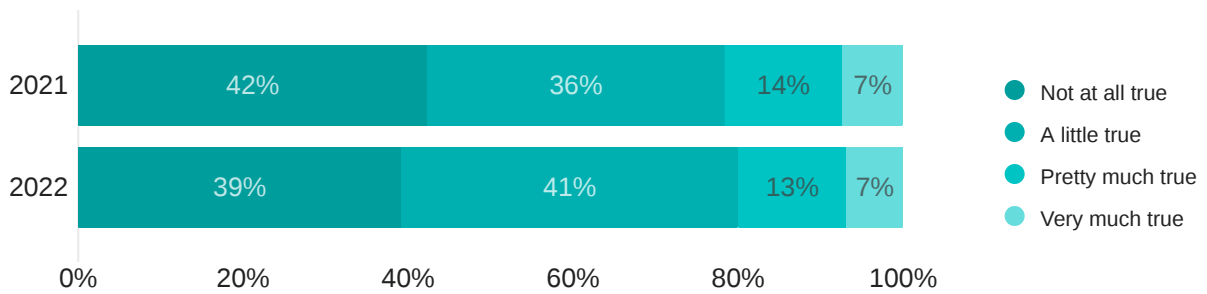
In the past month, I had a hard time breathing because I was anxious.



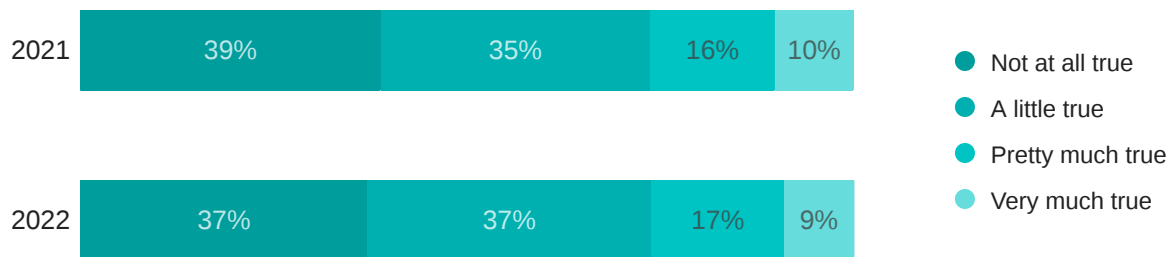
In the past month, I worried that I would embarrass myself in front of others.



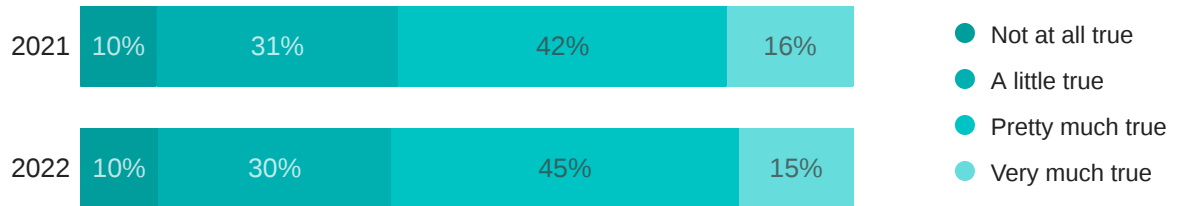
In the past month, I was tense and uptight.



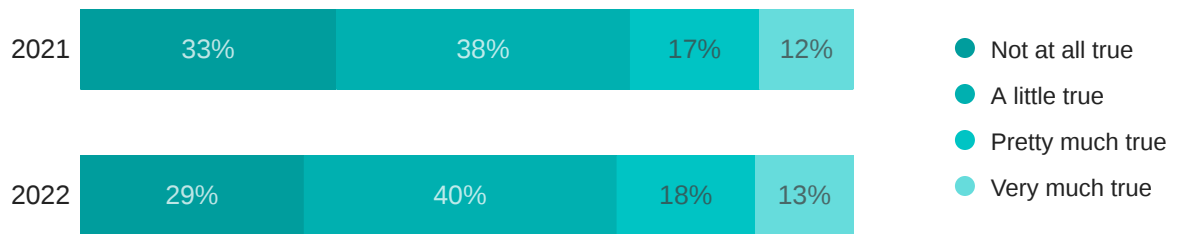
In the past month, I had a hard time relaxing.



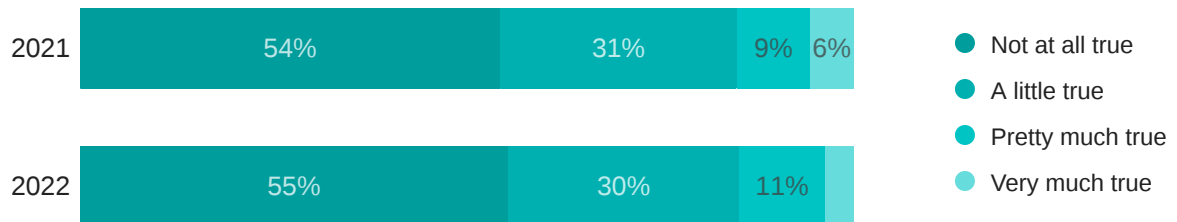
In the past month, I felt sad and down.



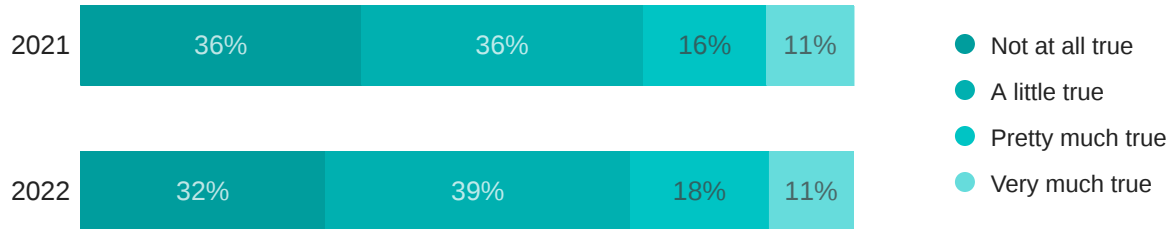
In the past month, I was easily irritated.



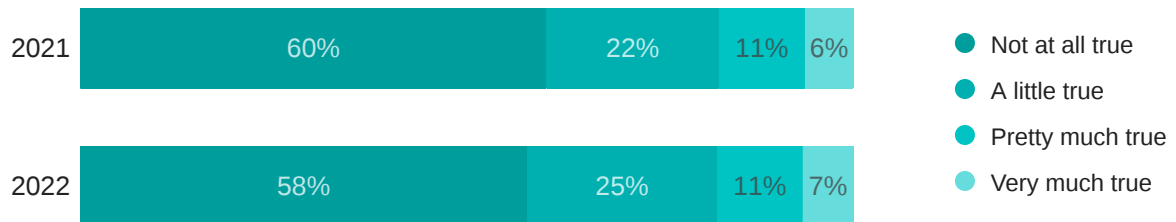
In the past month, it was hard for me to get excited about anything.



In the past month, I was easily annoyed and sensitive.



In the past month, I was scared for no good reason.



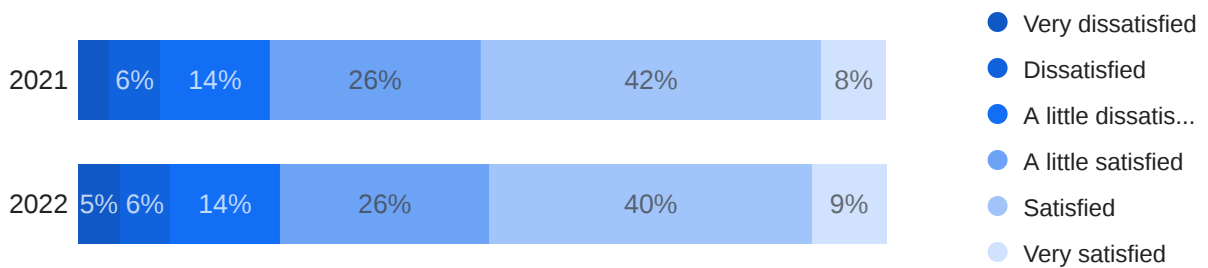
## Student Life Satisfaction

I would describe my satisfaction with MY SCHOOL EXPERIENCE as:

A Statewide comparison from past years of 10,000 high school students:

Very Dis-satisfied + Dis-satisfied = 17%

Satisfied + Very Satisfied = 41%

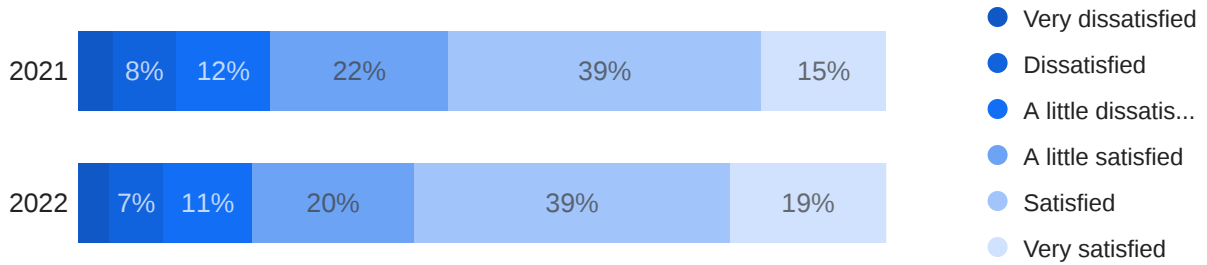


### I would describe my satisfaction with MYSELF as:

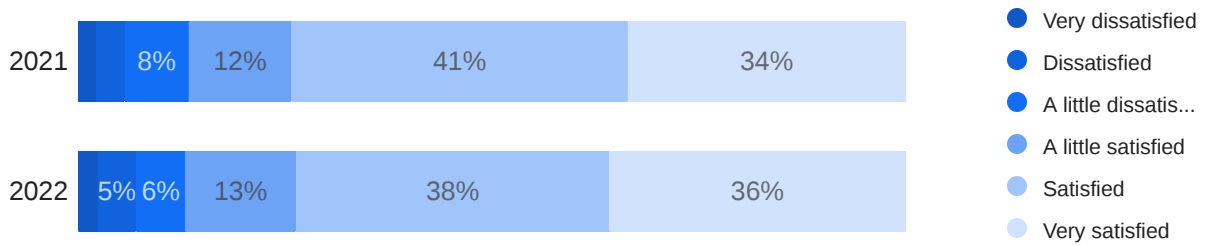
A Statewide comparison from past years of 10,000 high school students:

Very Dis-satisfied + Dis-satisfied = 15%

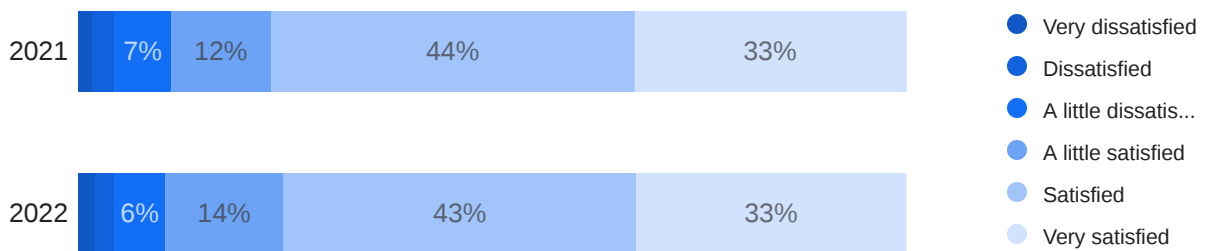
Satisfied + Very Satisfied = 54%



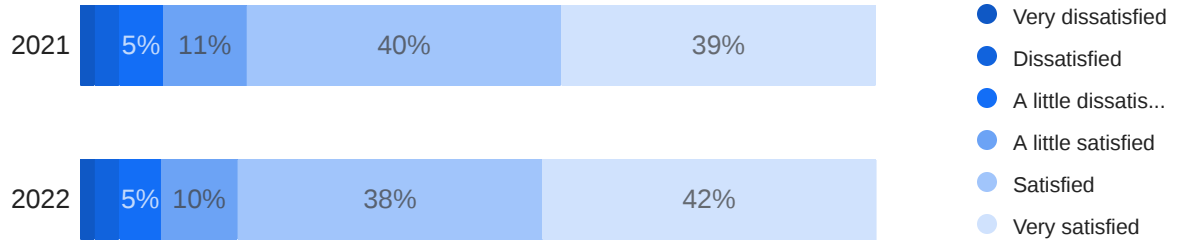
### I would describe my satisfaction with MY FAMILY life as:



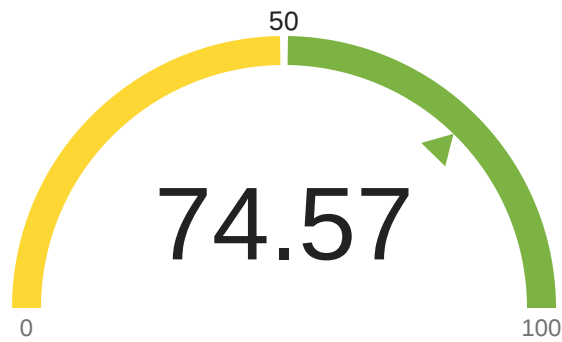
### I would describe my satisfaction with MY FRIENDSHIPS as:



I would describe my satisfaction with WHERE I LIVE as:

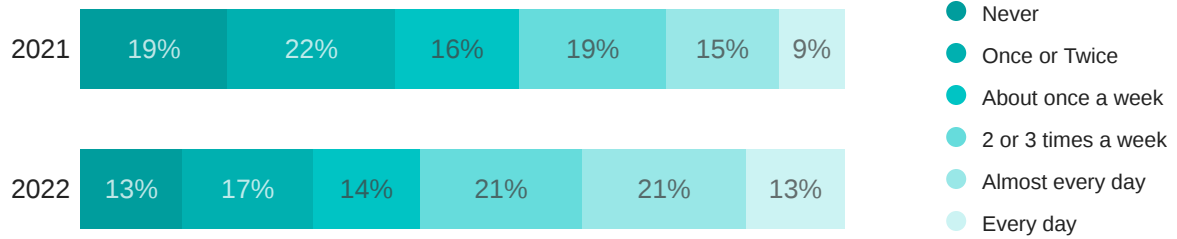


From 0 = Dissatisfied to 100 = Satisfied, I would describe my satisfaction with MY LIFE OVERALL as:  
(Value shown in the average for all students.)

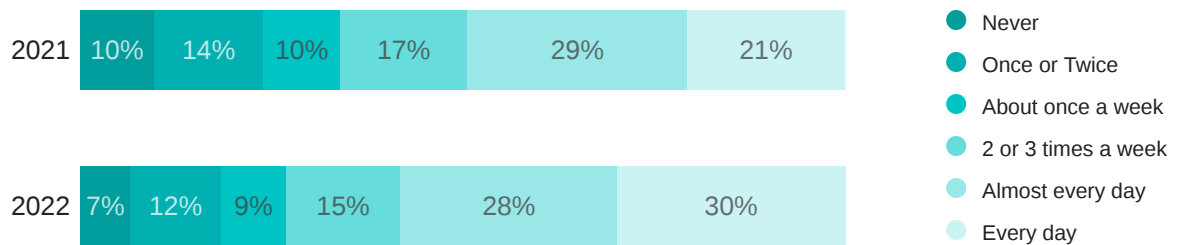


## Social Well-Being

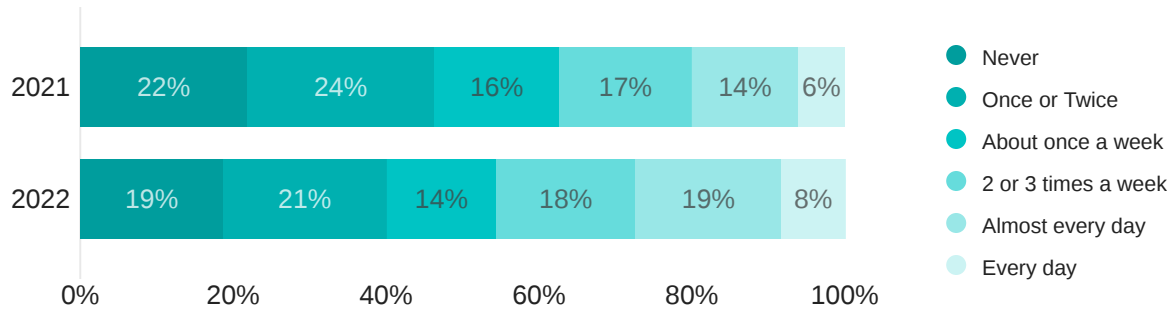
During the past month, how often did you feel: That you had something important to contribute to society.



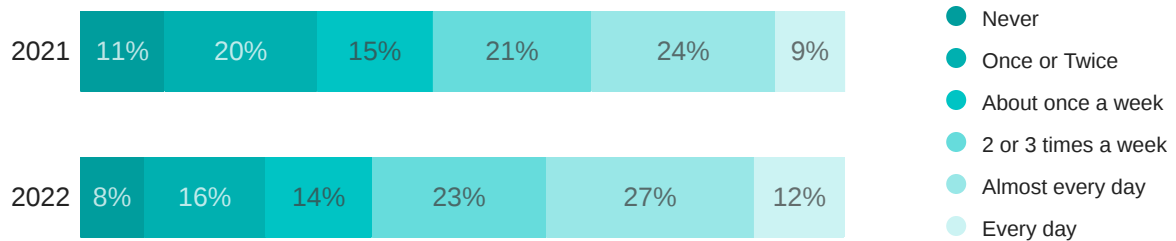
During the past month, how often did you feel: That you belonged to a community (like a social group, school, neighborhood, etc.)



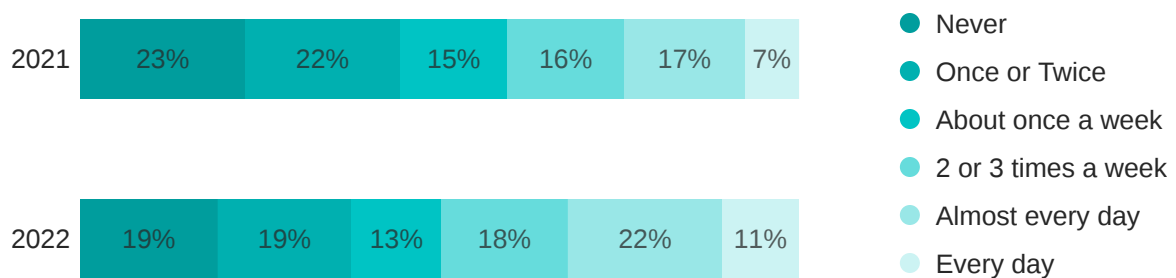
During the past month, how often did you feel: That our society is a good place or becoming a better place for all people.



During the past month, how often did you feel: That people are basically good



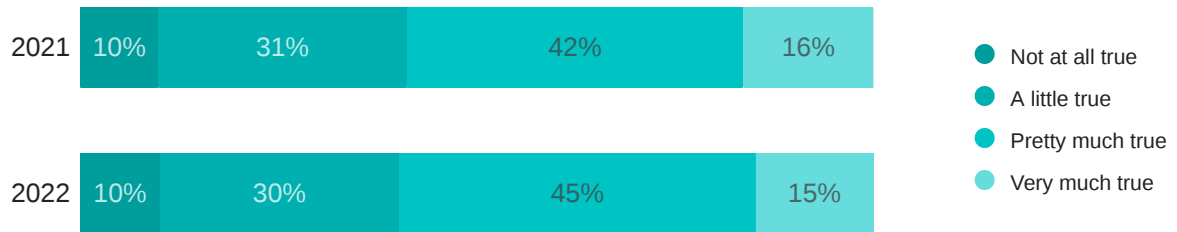
During the past month, how often did you feel: That the way our society works made sense to you



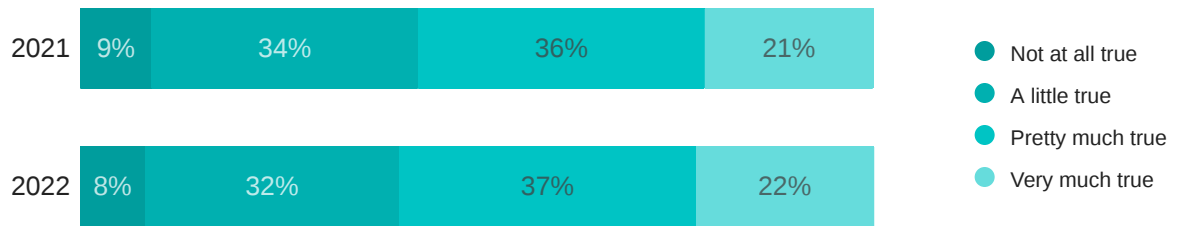


## Optimism

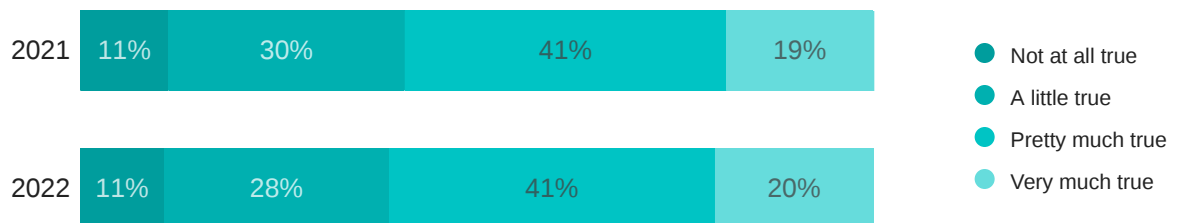
I usually expect to have a good day.



Each day I look forward to having a lot of fun.

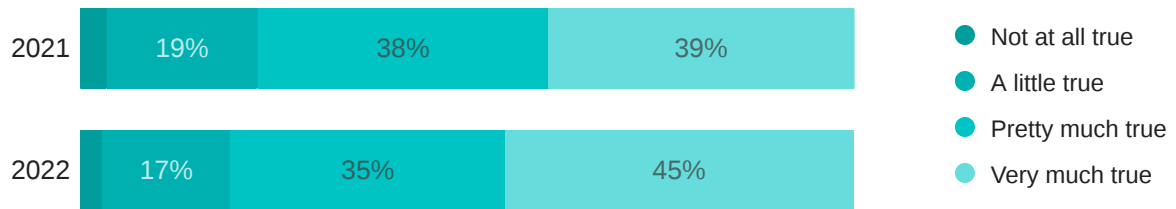


Overall, I expect more good things to happen to me than bad things.

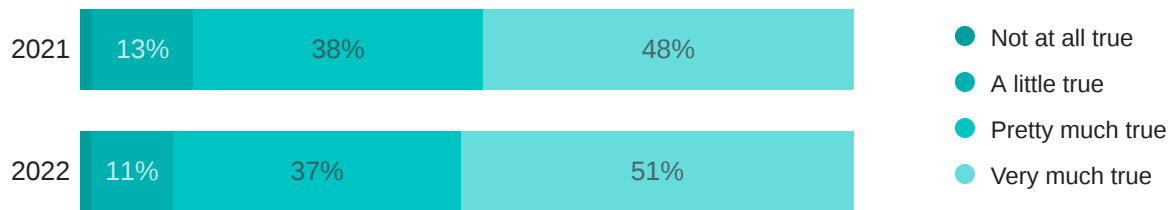


## Gratitude

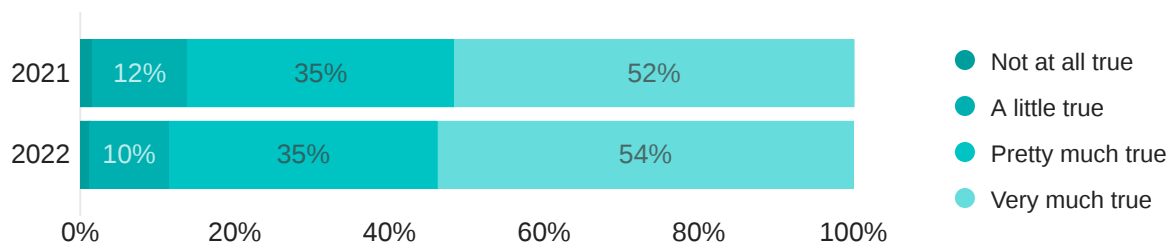
I could make a long list of things that I am grateful for.



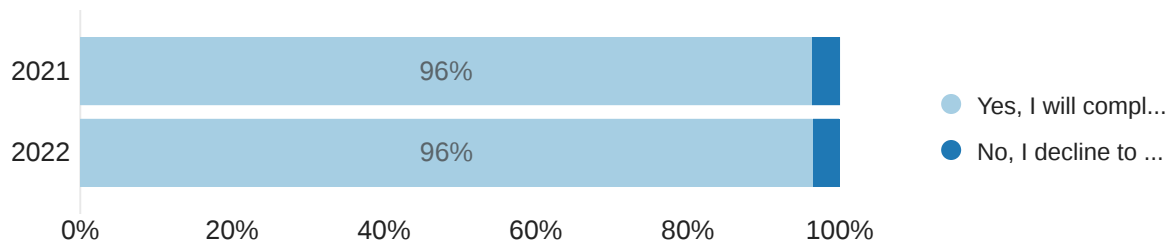
I am grateful to many different people.



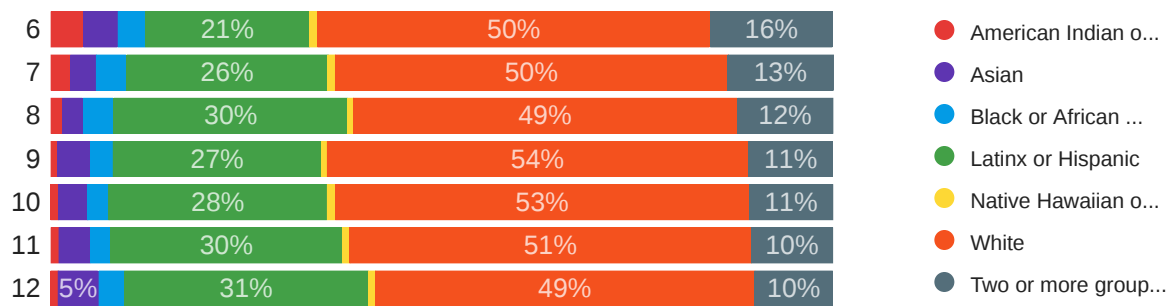
I am thankful for so much in my life.



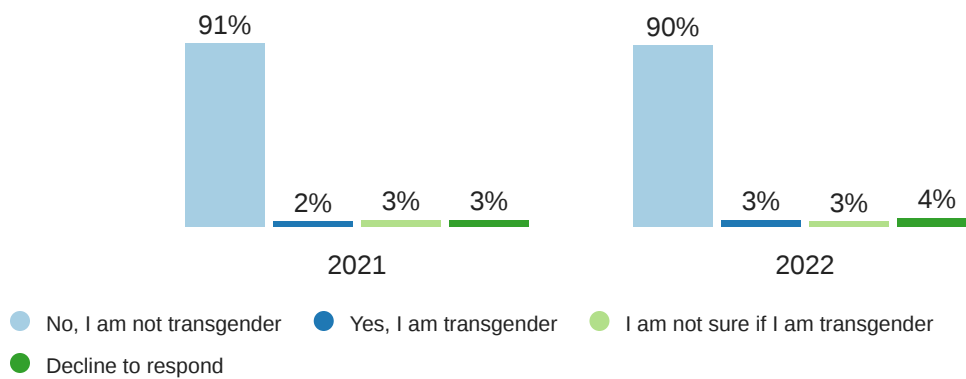
Do you agree to participate in this survey?



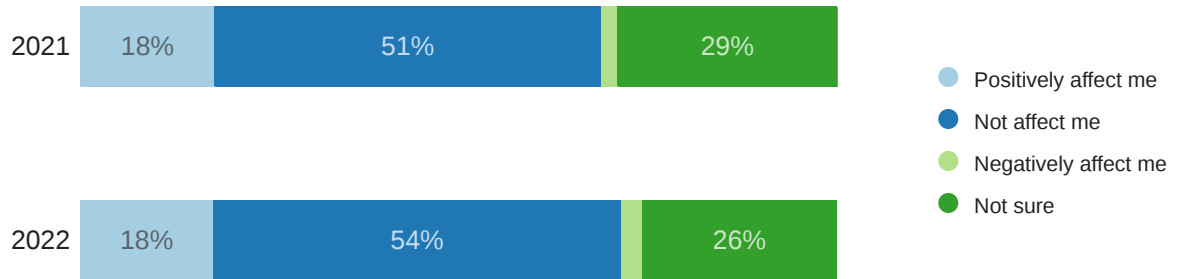
Which of the following cultural/ethnic groups do you most closely identify with?



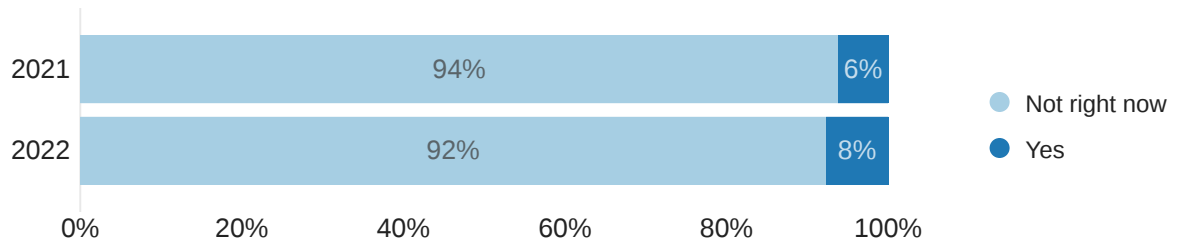
Some people describe themselves as transgender when their sex at birth does not match the way they think or feel about their gender. Are you transgender?



### I think my responses to this survey will...



### Would you like to have a check-in meeting with your school counselor?



year

