

Student Self-Care Wellness Check-In

There is a great need for a brief survey focusing on students' social-emotional wellness. We developed the Student Self-care Wellness Check-in to provide a measure for schools to monitor students' positive well-being multiple times in a given school year.

Using the Qualtrics platform, we developed an online survey to administer the survey efficiently. Information about the survey content is listed below. You can also preview an example of a report summarizing student responses.

We seek school districts interested in piloting this check-in survey with their students and participating in its further development.

Survey Content

This student wellness check-in survey has 31 items.

8 items on personal and social resources, like optimism, self-confidence

5 items on past 30-day emotional, psychological, and social well-being

5 items about life satisfaction: family, peer, school, self, where I live

2 items on global life satisfaction and mental health

5 items on past month distress

6 demographic items

[Link to Student Wellness Check-in Survey](#)

[Link to sample report of student responses](#)

This self-care wellness check-in aims to help students become more aware of their social and emotional health. It supports their agency to build and sustain positive social-emotional development and mental wellness.

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For more information see: [Project Covitality](#)

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