

# Student Wellness Survey

There is a great need for a brief positive of students' social-emotional wellness. This Wellness Survey focuses on students' positive development and well-being. It can be used multiple times in a given school year.

The Qualtrics platform administers the survey efficiently. Information about the survey content is listed below. You can preview a sample report that summarizes student responses.

**If you would like more information, please contact us.**

## 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 wellness survey aims to increase students' awareness of their social and emotional health. It supports their agency to build and sustain positive social-emotional development.

Michael Furlong, PhD, University of California Santa Barbara

Erin Dowdy, PhD, University of California Santa Barbara

Tyler Renshaw, PhD, Utah State University

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

[contact email: mfurlong@ucsb.edu](mailto:mfurlong@ucsb.edu)