



Social Emotional Health Survey (SEHS) – Secondary

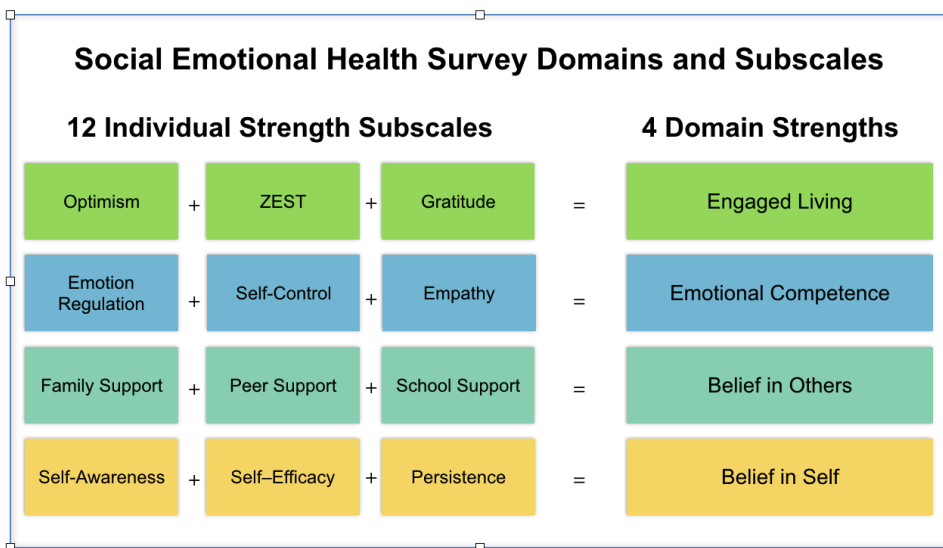
Project CoVitality* www.project-covitality.info (Twitter: UCSBCovitality)

The SEHS-Secondary is an assessment of key psychological mindsets associated with students' positive, thriving development.

Students With High Strengths Are...

<p>A</p> <p>CONNECTED</p> <p>82% feel close to people at school</p>	<p>B</p> <p>SUCCEEDING</p> <p>89% report having A or B grade point average</p>	<p>C</p> <p>THRIVING</p> <p>87% report flourishing wellbeing</p>
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What does the SEHS-Secondary Measure?



Self-Efficacy, Persistence, Self-Awareness, Peer Support, School Support, Family Support, Empathy, Emotional Regulation, Self-Control, Gratitude, Zest, Optimism

Focus on Student Strengths

Students with high versus low SEHS-Secondary strengths are more likely to:

- feel that their life has meaning and sense of direction (92% v. 27%)
- say they are happy to be at school (82% v. 34%)
- express gratitude for many people (99% v. 42%)

Efficient, yet Comprehensive

- Completed in less than 15 minutes
- Includes brief emotional distress scale
- Access to relevant student support resources
- UCSB, WestEd, CDE Partnership

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