

CALIFORNIA STUDENT WELLNESS STUDY

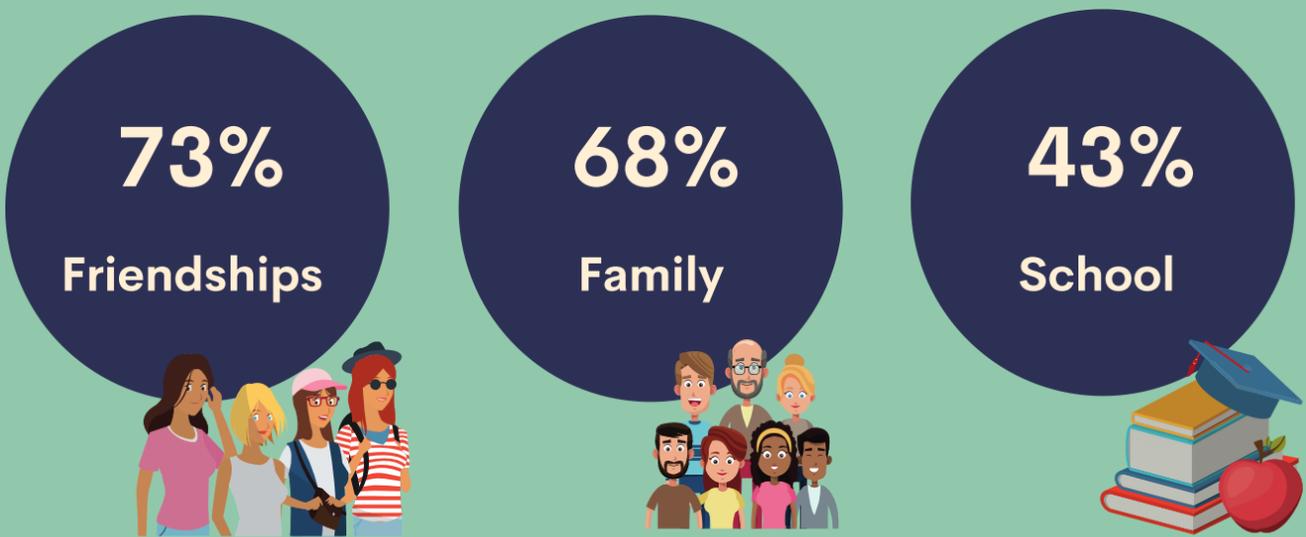
UNIVERSITY OF CALIFORNIA SANTA BARBARA

LIFE SATISFACTION

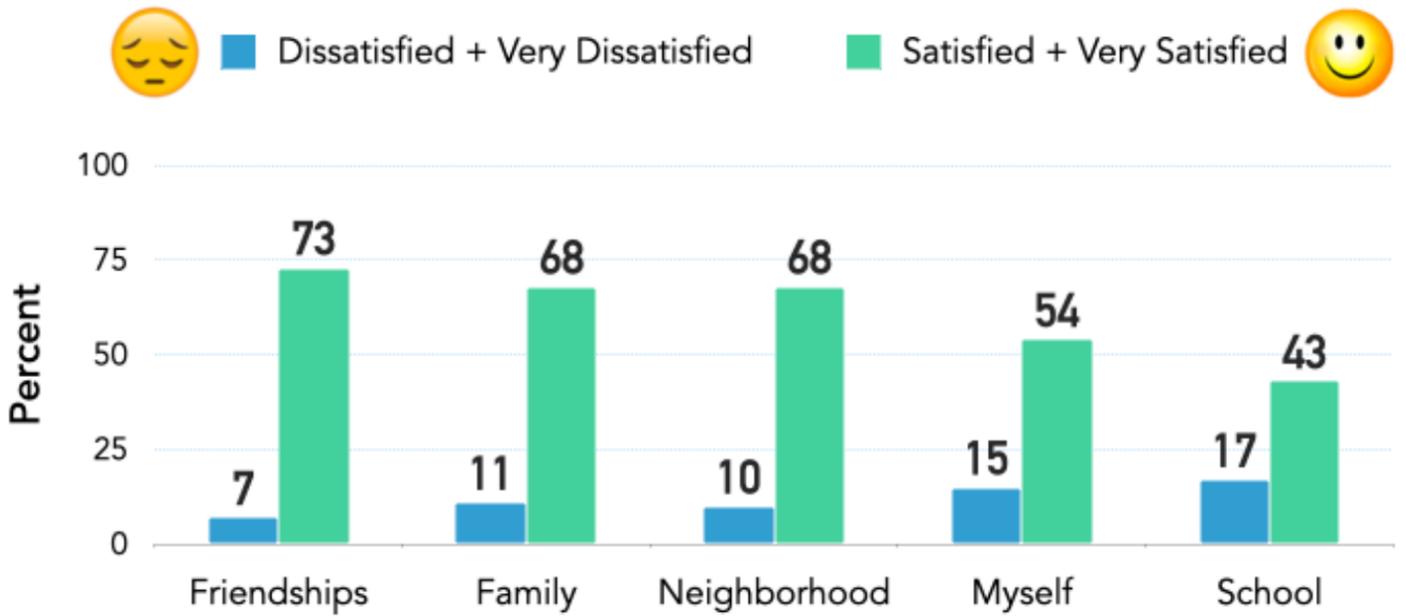
Students in Grades 9 to 12 completed the Brief Multidimensional Life Satisfaction Scale. They rated their overall satisfaction using a 6-point response format:

1 = Very Dissatisfied to 6 Very Satisfied.

Percent Satisfied or Very Satisfied



LIFE SATISFACTION RATING STUDENTS GRADES 9-12 (N = 10,604)



The California Wellness Study is a collaboration among the UC Santa Barbara International Center for School-Based Youth Development, The California Department of Education, and WestEd. Between October 2017 and June 2019, WestEd administered the CHKS Core Module, the Social Emotional Health Survey, and the Social Emotional Distress Scale to more than 100,000 students in Grade 7-12. A smaller, but still substantial group of more than 10,000 students in Grades 9 to 12, completed additional mental health and well-being measures. Infographics in this series draw upon these data sets.

See: Kim, E. K., Furlong, M. J., & Dowdy, E. (2019). Adolescents' personality traits and positive psychological orientations: Relations with emotional distress and life satisfaction mediated by school connectedness. *Child Indicators Research*, 12(6), 1951-1969.

See: Multidimensional Student Life Satisfaction Scale: E. Scott Huebner, PhD, [information](#)

The research reported here was supported in part by the Institute of Education Sciences, U.S. Department of Education, through Grant # R305A160157 to the University of California, Santa Barbara. The opinions expressed are those of the authors and do not represent views of the Institute of Education Sciences or the U.S. Department of Education.



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