



# UC SANTA BARBARA

## PROJECT COVITALITY

## CALIFORNIA STUDENT WELLNESS STUDY

Since 2016, Project Covitality has collaborated with the California Department of Education, WestEd, and generous partner school districts to create the first-ever survey of California secondary school students comprehensive emotional and behavioral wellness.

### CAREFUL SCALE VALIDATION FOR CALIFORNIA

Our UC Santa Barbara research team engages in ongoing efforts to enhance and validate the Social Emotional Health Surveys (Primary, Secondary, and Higher Education). The initiative to enhance the secondary version is supported by an Institute of Education Sciences grant (#R305A160157, 2016-2021), which provides funding to refine, standardize, and accumulate additional validation evidence for the secondary version.



### CALIFORNIA STUDENT WELLNESS STUDY

> 100,000 students

California students in Grades 7-12 (119,476 from > 100 high schools) have completed a school-based emotional and behavioral health survey. Administered with the California Health Kids Core module, this survey represents a much-needed examination of the status of students' complete mental wellness.

### TRACKING STUDENT WELLNESS GRADE 9 THROUGH GRADE 12

In addition to the statewide cross-sectional survey, more than 800 students in Grades 9-12 have completed the California Wellness Survey annually for three years. This unique information will help inform schools about patterns of student wellness during the high school years and how those patterns are associated with social, emotional, and academic well-being.

>1,000 students

### EMOTIONAL AND BEHAVIORAL HEALTH IT WAS HARD FOR ME TO GET EXCITED ABOUT ANYTHING.

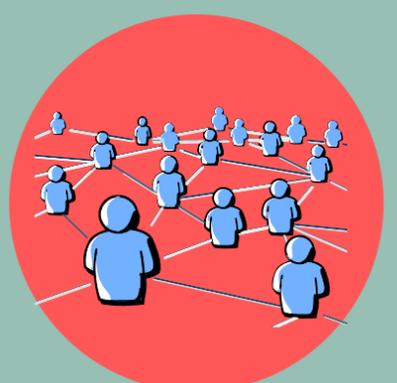


The survey asked students to self-report on their social emotional strengths, personal distress, school satisfaction, school connectedness, student learning strategies, subjective well-being, and risk behaviors. Forthcoming reports will provide updates on status of students' emotional and behavioral wellness?

### SOCIAL WELL-BEING

OUR SOCIETY IS A GOOD PLACE, OR IS BECOMING A BETTER PLACE, FOR ALL PEOPLE

Given the importance of social connections for youth resilience and their growth as future adult citizens, forthcoming reports will provide unique information about students' social well-being.



[WWW.COITALITYUCSB.INFO](http://WWW.COITALITYUCSB.INFO)

Project Covitality is funded by the Institute of Education Science, 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 Science or the U.S. Department of Education.



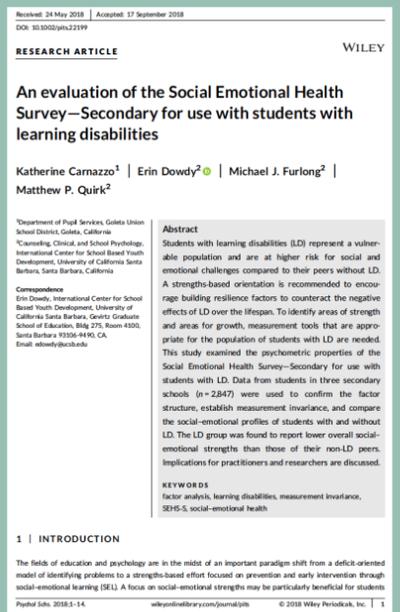
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## PROJECT COVITALITY RESEARCH

Located in the UCSB Gevirtz Graduate School of Education, the Project CoVitality mission is to support schools efforts to monitor foster student thriving well-being.

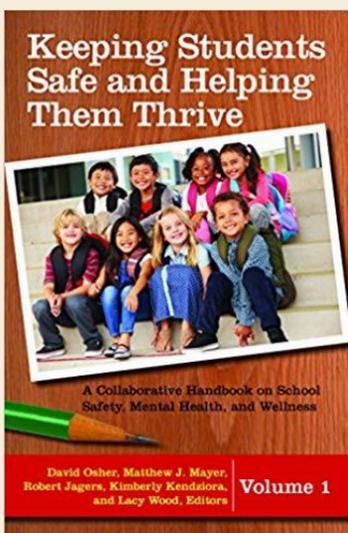
### 55 ARTICLES PUBLISHED IN:

Journal of School Psychology, Journal of School Violence, Journal of Community Psychology, Preventing School Failure, Japanese Journal of Psychology, Psychology in the Schools, Child Indicators Research, School Mental Health, Journal of American College Health, International Journal of School and Educational Psychology, International Journal of Environmental Research: Public Health



### 15 CHAPTERS PUBLISHED IN:

International Handbook of Child Rights in School Psychology  
Handbook of School Psychology in a Global Context  
Handbook of Student Interventions": Working with Disengaged Youth  
Keeping Students Safe and Helping them Thrive  
Fostering the Well-being of Our Nation's Youth: A School-Based Approach  
Handbook of Positive Psychology Assessment: Science and Practice



### INTERNATIONAL APPLIICATIONS

Australia, China, Korea, Japan, Spain, United Kingdom

Indonesia, India, Kenya, Iran, Slovakia, Lithuania, Italy, Netherlands,



### OTHER COVITALITY RESEARCH PROJECTS

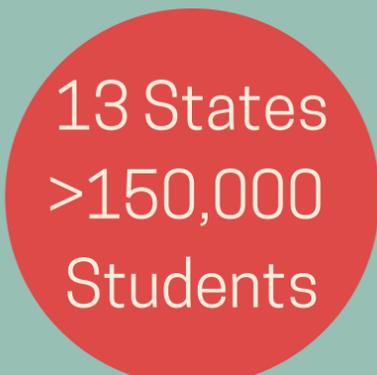


## SPAIN

Since 2016, the Covitality-Spain team has administering online psychological assessments based on strengths and difficulties in children, adolescents, and university students. The first common purpose of these studies has been to validate specific instruments to assess Covitality (Spanish versions of SEHS-Primary, SEHS-Secondary, and SEHS-Higher Education), and consequently, to examine the meditational role of Covitality model in the promotion of complete mental health and the prevention of mental disorders and suicide among young people.

### COVITALITY APP: MOSAIC NETWORK

Mosaic Network has developed resources that support efforts to systematically assess and monitor students' complete wellness. Used within a carefully crafted multitiered system of support, this resource supports efforts to fosters all students' social emotional wellness.



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