



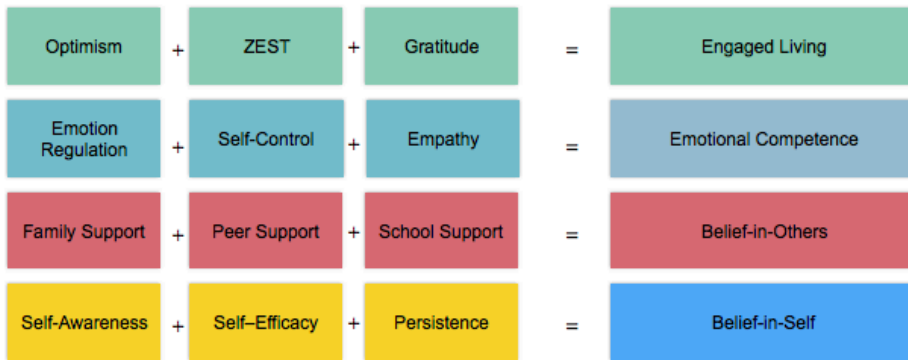
Project CoVitality *

Social Emotional Health Survey – Secondary

Social Emotional Health Survey Domains and Subscales

12 Individual Strength Subscales

4 Domain Strengths



What does SEHS-Secondary Assess?

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

The SEHS-S assesses key psychological mindsets that are associated with students’ positive and thriving development.

STUDENTS WITH HIGH SEHS-SECONDARY SCORES ARE...

1

CONNECTED

82% feel close to people at school

2

SUCCEEDING

89% report having A or B grade point average

3

THRIVING

87% report flourishing wellbeing

Quality of Life

Students who report high versus low covitality levels are more likely to:

- feel that their life has meaning and sense of direction (92% v. 27%);
- express happiness to be at school (82% v. 34%);
- express gratitude for many people (99% v. 42%);
- feel that people are basically good (82% v. 18%); and
- start the day with a good breakfast (72% v. 50%).

The Whole is Greater than the Sum of its Parts

Positive psychological mindsets are the building blocks of wellness

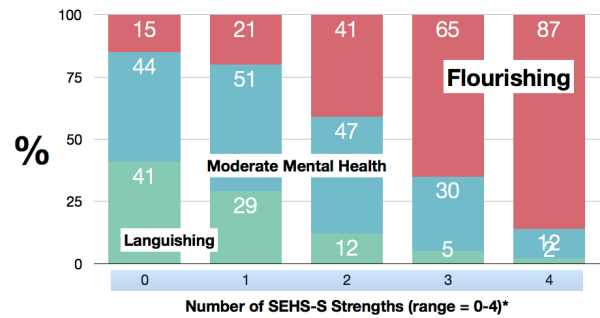
Covitality is a term used to describe the co-occurrence of positive traits or the synergistic effect of positive mental health resulting from the interplay among multiple positive-psychological building blocks. This term encompasses youths' capacity for living a life with meaning and purpose. Rather than developing any single psychological mind set (e.g., persistence, optimism, empathy) it is important to foster the development of as many of them as possible. It is the combination of strengths that matter more than any individual strength.

ENHANCED QUALITY OF LIFE

Students who report high versus low covitality levels are **more** likely to:

- feel that their life has meaning and sense of direction (92% v. 27%);
- express happiness to be at school (82% v. 34%);
- express gratitude for many people (99% v. 42%);
- feel that people are basically good (82% v. 18%); and
- start the day with a good breakfast (72% v. 50%).

Mental Health Continuum Short Form
Mental Health Groups



the combination of strengths matter more than any individual strength

LOWER LEVELS OF RISK BEHAVIORS

Students who report high versus low covitality levels are **less** likely to indicate that they:

- have been in fight on the school campus in the past 12 months (4% v. 15%);
- felt sad or hopeless in the past 12 months (16% v. 45%);
- seriously considered suicide in the past year (7% v. 25%); and
- consumed alcohol at least once in the past month (7% v. 19%).

INSTITUTE OF EDUCATION SCIENCES FUNDED RESEARCH

Research efforts included: (1) a three-year (2018-2020) longitudinal evaluation of complete mental health profiles of more than 10,000 California high school students, and (2) a random sampling of more than 125,000 California students (2018-2019) provided detailed information about the incidence and patterns of students' quality of life and complete social emotional wellbeing.

Furlong, M. J., Dowdy, E., Nylund-Gibson, K., Wagle, R., Carter, D., & Hinton, T. (2020). Enhancement and standardization of a universal social-emotional health measure for students' psychological strengths. *Journal of Well-Being Assessment*, 4(3), 245-267. <https://link.springer.com/article/10.1007/s41543-020-00032-2>

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www.project-covitality.info

