

### Social Emotional Health Survey-Secondary-2020 Subdomains, Domains, and Covitality Record Sheet

|   | Self-Efficacy | Self-Awareness | Persist | Peer | School | Family | Empathy | Emotional Regulation | Self-Control | Optimism | Gratitude | Zest |   |
|---|---------------|----------------|---------|------|--------|--------|---------|----------------------|--------------|----------|-----------|------|---|
| 9 |               |                |         |      |        |        |         |                      |              |          |           |      | 9 |
| 8 |               |                |         |      |        |        |         |                      |              |          |           |      | 8 |
| 7 |               |                |         |      |        |        |         |                      |              |          |           |      | 7 |
| 6 |               |                |         |      |        |        |         |                      |              |          |           |      | 6 |
| 5 |               |                |         |      |        |        |         |                      |              |          |           |      | 5 |
| 4 |               |                |         |      |        |        |         |                      |              |          |           |      | 4 |
| 3 |               |                |         |      |        |        |         |                      |              |          |           |      | 3 |
| 2 |               |                |         |      |        |        |         |                      |              |          |           |      | 2 |
| 1 |               |                |         |      |        |        |         |                      |              |          |           |      | 1 |
| 0 |               |                |         |      |        |        |         |                      |              |          |           |      | 0 |

#### Social Emotional Health Survey-Secondary-2020 Domains

|    | Belief in Self | Belief in Others | Emotional Competence | Engaged Living |    |
|----|----------------|------------------|----------------------|----------------|----|
| 27 |                |                  |                      |                | 27 |
| 26 |                |                  |                      |                | 26 |
| 25 |                |                  |                      |                | 25 |
| 24 |                |                  |                      |                | 24 |
| 23 |                |                  |                      |                | 23 |
| 22 |                |                  |                      |                | 22 |
| 21 |                |                  |                      |                | 21 |
| 20 |                |                  |                      |                | 20 |
| 19 |                |                  |                      |                | 19 |
| 18 |                |                  |                      |                | 18 |
| 17 |                |                  |                      |                | 17 |
| 16 |                |                  |                      |                | 16 |
| 15 |                |                  |                      |                | 15 |
| 14 |                |                  |                      |                | 14 |
| 13 |                |                  |                      |                | 13 |
| 12 |                |                  |                      |                | 12 |
| 11 |                |                  |                      |                | 11 |
| 10 |                |                  |                      |                | 10 |
| 9  |                |                  |                      |                | 9  |
| 8  |                |                  |                      |                | 8  |
| 7  |                |                  |                      |                | 7  |
| 6  |                |                  |                      |                | 6  |
| 5  |                |                  |                      |                | 5  |
| 4  |                |                  |                      |                | 4  |
| 3  |                |                  |                      |                | 3  |
| 2  |                |                  |                      |                | 2  |
| 1  |                |                  |                      |                | 1  |
| 0  |                |                  |                      |                | 0  |

#### Covitality Total Score Raw Values and Percentile Rank Zones

|      | 5 <sup>th</sup> %tile | 15 <sup>th</sup> %tile | 25 <sup>th</sup> %tile | 50 <sup>th</sup> %tile | 75 <sup>th</sup> %tile | 85 <sup>th</sup> %tile | 95 <sup>th</sup> %tile |         |
|------|-----------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|---------|
| 0-34 | 35                    | 36-47                  | 48                     | 49-56                  | 57                     | 58-70                  | 71                     | 72-84   |
|      |                       |                        |                        |                        |                        |                        |                        | 85      |
|      |                       |                        |                        |                        |                        |                        |                        | 86-92   |
|      |                       |                        |                        |                        |                        |                        |                        | 93      |
|      |                       |                        |                        |                        |                        |                        |                        | 94-102  |
|      |                       |                        |                        |                        |                        |                        |                        | 103     |
|      |                       |                        |                        |                        |                        |                        |                        | 104-108 |

Note. Normative values are from the responses of 94,134 California students in Grades 6-12. **Blue shading** shows values between the 25<sup>th</sup> and 75<sup>th</sup> Percentiles Furlong, M. J., Dowdy, E., Nylund-Gibson, K., Wagle, R., Carter, D., & Hinton, T. (2021). Enhancement and Standardization of a universal social-emotional health measure for students' psychological strengths. *Journal of Well-Being Assessment, 4*, 245-267. <https://bit.ly/46zhZmn>