

Example Student Wellness Survey Follow-up Checklist ¹

Student: _____

FIRST FOLLOW-UP MEETING (date: _____)

- Let the student know that you asked them to meet with you to review and talk about the Student Wellness Survey.
 - Review student's survey responses focusing on both strengths, and any reported distress.
 - Ask student about any distress they might have been having in the past few weeks.
 - How are these still a concern for the student?
 - Ask student what they do now when they face a challenge or feel distressed.
 - Identify strategies the student can use when in distress.
 - Ask student about who they usually go to for support (i.e., home/family, peers, teachers, etc.).
 - Discuss sources of support students can utilize when in distress.
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SECOND FOLLOW-UP MEETING: (date: _____)

- Review brief screener administered at first meeting.
 - Discuss whether student needs ongoing support or services.
 - Discuss options with student.
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Resources:

Here are some resources, if needed:

1. **SDQ: Strengths and Difficulties Questionnaire:** <http://www.sdqinfo.com/>
 - a. **Has parent and teacher version**
2. **Behavior Assessment Scale for Children (BASC-3 BESS)**
<https://www.pearsonclinical.com/education/products/100001482/basc3-behavioral-and-emotional-screening-system--basc-3-bess.html>
3. **CASEL SEL Assessment Guide** (public version available projected for late 2018)
<http://measuringsel.casel.org/assessment-guide/>
4. **SHAPE: School Health Assessment and Performance Evaluation System**, National School Mental Health Center, University of Maryland. Register your school/district for SHAPE and then you will be able to access numerous assessment resources: <https://theshapesystem.com/register>
5. **Student Subjective Well-being Measure**

¹ This page provides a suggested way that school personnel can coordinate and follow-up with students after they completed the Student Wellness Survey.