

Project CoVitality

Social Emotional Health Surveys



What is CoVitality?

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

The term “covitality” describes the interplay of positive psychological mindsets that contribute to positive social emotional health and thriving student development.

STUDENTS WITH HIGH COVITALITY

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

SEHS-Primary



Gratitude, Optimism, Persistence, Zest, Prosocial

SEHS-Secondary



Belief in Self
Belief in Others
Emotional Competence
Engaged Living

SEHS-Higher Ed



Belief in Self
Belief in Others
Emotional Competence
Engaged Living

The Whole is Greater than the Sum of the Parts

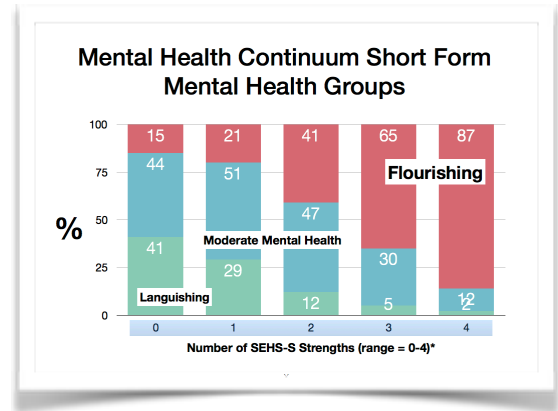
Positive psychological mindsets are the building blocks of wellness

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%).



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%).

www.project-covitality.info

INSTITUTE OF EDUCATION SCIENCES FUNDED RESEARCH

Current research efforts include: (1) a three-year (2018-2020) longitudinal evaluation of complete mental health profiles of more than 3,000 California high school students, and (2) a random sampling of more than 50,000 California students (2018-2019) that will provide detailed information about the incidence and patterns of students' quality of life and complete social emotional wellbeing.

Project CoVitality is 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.

