



Social Emotional Health Survey (SEHS) – Secondary

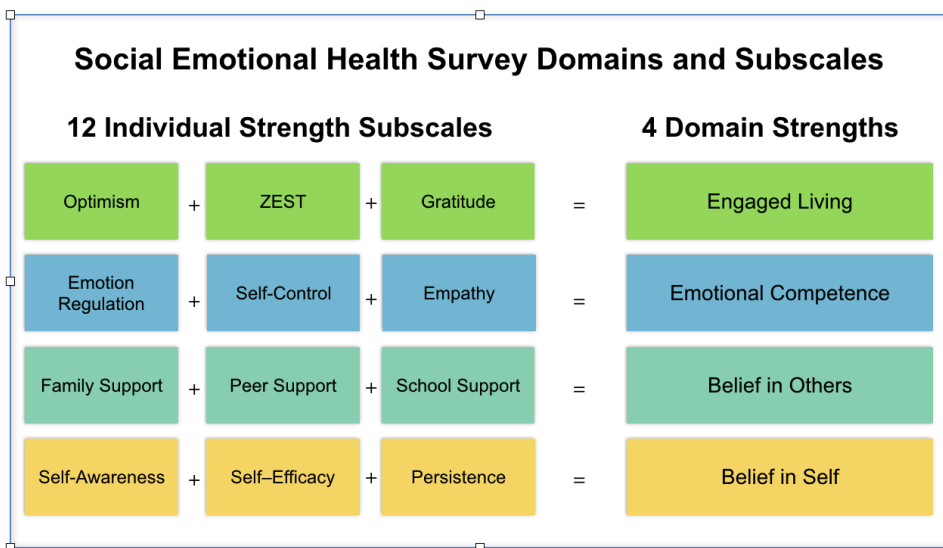
Project CoVitality* www.project-covitality.info (Twitter: UCSBCovitality)

The SEHS-Secondary is an assessment of key psychological mindsets associated with students' positive, thriving development.

Students With High Strengths Are...

<p>A</p> <p>CONNECTED</p> <p>82% feel close to people at school</p>	<p>B</p> <p>SUCCEEDING</p> <p>89% report having A or B grade point average</p>	<p>C</p> <p>THRIVING</p> <p>87% report flourishing wellbeing</p>
---	--	--

What does the SEHS-Secondary Measure?



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

Focus on Student Strengths

Students with high versus low SEHS-Secondary strengths are more likely to:

- feel that their life has meaning and sense of direction (92% v. 27%)
- say they are happy to be at school (82% v. 34%)
- express gratitude for many people (99% v. 42%)

Efficient, yet Comprehensive

- Completed in less than 15 minutes
- Includes brief emotional distress scale
- Access to relevant student support resources
- UCSB, WestEd, CDE Partnership

* Project CoVitality is supported by the Institute of Education Sciences, U.S. Department of Education, through Grant # R305A160157 to the University of California, Santa Barbara mfurlong@ucsb.edu

Project CoVitality

UC SANTA BARBARA INTERNATIONAL CENTER FOR SCHOOL BASED YOUTH DEVELOPMENT

[HOME](#) [RESEARCH](#) [STRATEGIES](#) [OUR TEAM](#) [UCSB](#) [CONTACT](#) [INFOGRAPHICS](#)

“The whole is greater than the sum of its parts” —Aristotle

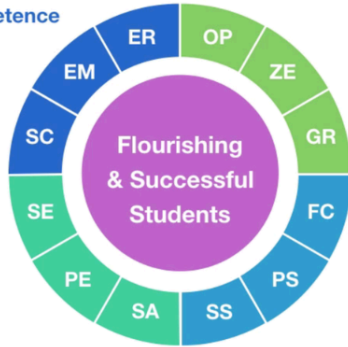
SEHS Surveys listed in the Center for Social Emotional Learning Assessment (CASEL) SEL Assessment Guide [link](#)

Emotional Competence

- Emotion Regulation
- Empathy
- Self-Control

Belief-in-Self

- Self-Efficacy
- Persistence
- Self-Awareness



Engaged Living

- Optimism
- Zest
- Gratitude

Belief-in-Others

- Family Coherence
- Peer Support
- School Support

[What is Covitality?](#)

[Covitality Online APP](#)

[Twitter @UCSBCovitality](#)



Project Covitality is partially funded by a grant from the Institutes of Education Sciences, Social and Behavioral Context for Learning (Validation of a Measure to Assess the Socio-emotional Health of Secondary Students, R305A160157)

[Michael Furlong, PhD, PI](#)

[Erin Dowdy, PhD, Co-PI](#)

[Karen Nylund-Gibson, PhD, Co-PI](#)

[Abstract](#) [Read More](#)

Development of this website was provided in part by a grant from the U.S. Department of Education, Institute of Education Sciences (#R305A160157).

UC SANTA BARBARA