

# Six Seconds Youth Version (SEI-YV)



The Six Seconds Youth Version measure comes highly recommended by CASEL (The Collaborative for Academic, Social, and Emotional Learning). It assesses 37 different aspects of social and emotional learning ranging from health, resilience, self-efficacy, life satisfaction, commitment, and connection, to collaboration. For a complete list, refer to the further research section below (Access, 2018).

Appropriate for 2nd to 12th graders, it contains 99 questions on a 5-point Likert scale from *almost never* to *almost always*, with four open response questions; it can be completed in about 15 to 20 minutes. The open response questions ask students to complete sentences like “Emotional intelligence is important because . . . Emotional intelligence is . . .” It also has a designated place for students to

leave further comments. It is available in English, Spanish, Chinese, Italian, Arabic, and Lithuanian. The Six Seconds Youth Measure is scored by a computer that uses “an algorithm which standardizes the measures using validated international norms” (Access, 2018). Administering this tool requires a certification obtained through courses which require an admissions fee; also there is a five dollar cost per student. Six Seconds offers a few grants to cover the costs of this tool.

<b>Pros for Schools</b>	<b>Cons for Schools</b>
Recommended by CASEL Assesses 37 social and emotional skills 2nd to 12th grade Available in English, Spanish, Chinese, Italian, Arabic, Lithuanian Scored by a computer using validated international norms Reliable and valid	Charge of \$5 per student plus certification and course fees for required adult certification. 99 Likert style items/4 short-answer questions 20 minutes to complete

### **Suggestions for Further Research**

Measuring SEL. (2018). Access assessment guide: Six Seconds Youth Version (SEI-YV). <https://edtechbooks.org/cmQ>

Six Seconds: The Emotional Intelligence Network. (n.d.). SEI Youth Version. <https://edtechbooks.org/-JyT>

ASSESSING  
**WELLBEING**  
IN SCHOOLS

*An Educator's Practical Guide to  
Measuring Wellbeing*

MEGAN BATES AND DAVID BOREN



Bates, M. & Boren, D. M. (2019). *Assessing Wellbeing in Schools*. EdTech Books. Retrieved from <https://edtechbooks.org/wellbeing>



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