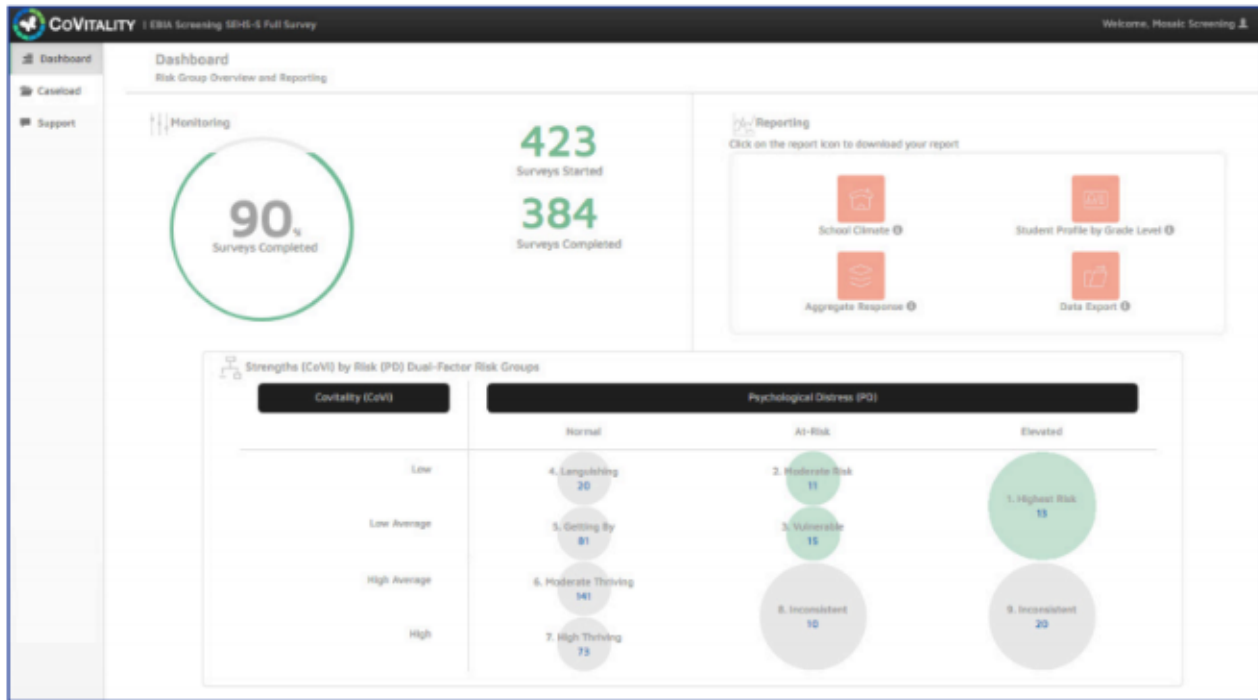# Social Emotional Health Survey-Secondary (SEHS-S)

The SEHS-S assesses 12 subscales across four traits: belief-in-self, belief-in others, emotional competence, and engaged living. These 12 subscales include emotional regulation, empathy, self-control, self-efficacy, persistence, self-awareness, optimism, zest, gratitude, family coherence, peer support and school support. It is appropriate for students in Grades 7 to 12. The SEHS-S has 36 self-report items on a 4-point Likert scale: For example, "When I try to solve a math problem, I will not stop until I find a solution," and "I have a friend my age who really cares about me" (Project CoVitality). This survey has been widely tested across the United States, Australia, Korea, and Japan.

Social-Emotional Health Model

Emotional Competence
Emotion Regulation
Empathy
Self-Control

Engaged Living
Optimism
Zest
Gratitude

Belief-in-Self
Self-Efficacy
Persistence
Self-Awareness

Belief-in-Others
Family Coherence
Peer Support
School Support

This survey can be administered through Mosaic Network Inc.'s CoVitality Screener. Purchasing this app allows students to take the survey online with results available in real time. The screener compiles students' responses into an intuitive report providing insights into individual and group wellbeing (see image to the right). All data are secure and comply with HIPAA and FERPA. Additional scales make this instrument optimal for universal screenings for school wellbeing.

Pros for Schools	Cons for Schools
Widely tested Comprehensive view of wellbeing Measures subscales across several traits Primary form enables continuity across grades (SEHS-P) Associated Covitality App available through Mosaic Network Inc. (requires fee)	CoVitality Screener typical cost of $500 for set up with custom configuration and training fee, plus $1.25 per student

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Suggestions for Further Research

Furlong, M. (n.d.). Project CoVitality: Social Emotional Health Survey-Secondary. https://edtechbooks.org/-wmUM

Measuring SEL. (n.d.). Access assessment guide: Social Emotional Health Survey-Secondary. https://edtechbooks.org/-MJz

Mosaic Network Inc. (n.d.). Covitality. http://www.covitalityapp.com/.

Project CoVitality. (n.d.). Measures. https://edtechbooks.org/-AxeQ.

For a more complete list of relevant academic articles, click here.