The Student Well-Being Index
Turnaround For Children & Thrively

Understanding Well-Being Through a Whole-Child Lens

As educators, we know that students engage and learn better when they feel good. But, we often implicitly define well-being as the absence of negative indicators that are directly noticeable by a classroom teacher. We risk stigmatizing students and making problematic decisions when we use this deficit lens. Our students are so much more than their most critical needs; creating better conditions for learning and development must build from the assets and unique experiences of young people.

When we look at student well-being with a whole-child lens,
we consider psychological, social, physical, and emotional indicators
and we purposefully frame those indicators positively and invite students to share their perceptions.

Well-Being Pulse Check in 60 Seconds with Thrively
The Well-Being Index is a tool meant to help educators hear directly, quickly, and systematically from all of their students. It is designed to capture a holistic view of each student's sense of their own physical, emotional and social health and specifically how they are <u>both</u> feeling and functioning.

Benefits of the Well-Being Index

With the needs of both students and educators in mind, the Well-Being Index:

- Takes an assets-based lens to well-being that encourages educators to understand and learn more about their students, rather than look for what is wrong with them
- Includes two developmentally-appropriate versions – a shorter version for grades 3-5 and a more robust one for grades 6-12
- Can be administered as frequently as desired to capture the dynamic picture of a student's well-being

Using this tool prompts educators to support students in understanding and protecting their own well-being, rather than leaving educators to make assumptions about students based solely on observable behaviors or life circumstances. In a 2020 pilot study supported by Character Lab and facilitated through the Character Lab Research Network, a consortium of schools across the country working collaboratively with scientists to advance scientific insights that help kids thrive, a high school student was asked about the purpose of the Well-Being Index. They responded: "To see how students' health is and how the educational system can be beneficial instead of detrimental to that." As a member of a school community that is mostly Black and Brown, the student added: "It is especially relevant since in low-income or Black and Brown areas, well-being or mental health is not a priority. This tool can encourage my peers to reflect on their well-being without much pressure."

Scale

The Well-Being Index consists of 12 items that measure physical, psychological, emotional, and social elements of well-being. There are multiple items covering each element including, for example, energy level,

sleep, hopefulness, mood, engagement, sense of connectedness, and the feeling of being valued and accepted.[1]

The 12 items group into two domains to add additional meaning and direction for next steps:[2]

- **Feeling** refers to perceived state of mind, commonly reflected in mood or satisfaction.
- **Functioning** refers to how a student is getting along with daily activities and experiences.

When completing the self-assessment, students choose a value that best describes their experience of each statement using a 10-point Likert scale – ranging from *No* to *Yes* – with a higher score indicating a higher level of well-being. Teachers will see a profile of scores for each student and summary scores for their classroom. An administration guide with a set of reflection questions helps teachers understand the data and how to use it to strengthen relationships, environments, and experiences for students.
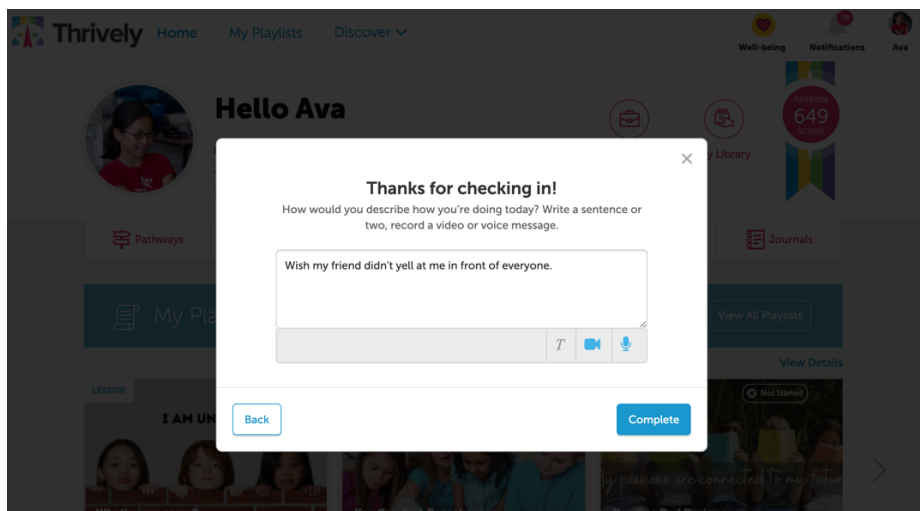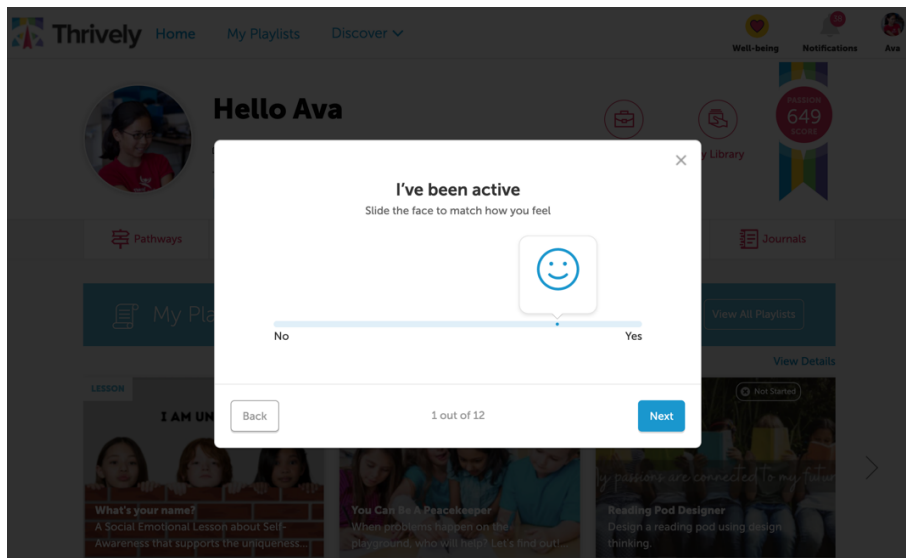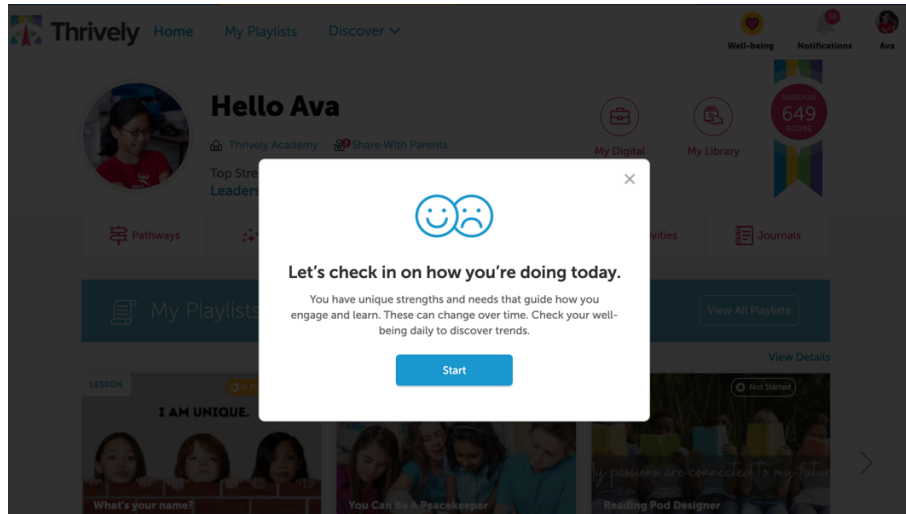
Snapshot

The Well-Being Index is...	The Well-Being Index is not...
An individualized snapshot of a students' well-being at a point in time.	A clinical screening tool or diagnostic assessment of students' mental health for clinical advice; it is not fine-grained enough to be aligned to specific interventions.
Intended as one source of information about the individual, to be used in combination with an educator's knowledge of context, conversations with the child, other staff observations and other sources of data on the child.	Intended to be used in isolation.
Framed using a strengths-based approach, with a focus on positive well-being.	Framed from a deficit-oriented perspective, which can perpetuate inequities.
Meant to be an individual assessment, though it could be utilized by district superintendents to assess overall needs and gap areas across schools and direct resources accordingly.	A population assessment.
Intended to support reflection and meaningful conversation.	A checklist to label students as good or bad.

Thrively enables students to embark on a strengths-based journey that develops the whole-child. The learner-centered platform offers personalized learning through an interdisciplinary approach. Students start with an industry-first Strengths Assessment (developed by leading pediatric neuropsychologists). The assessment measures 23 strength areas. Thrively engages learners to develop skills from social and emotional learning to college and career readiness. The Well-Being Index is an interactive tool within Thrively. The WBI can be taken daily or weekly by an entire class in 60 seconds. Students and staff have instant data feedback (see Index).
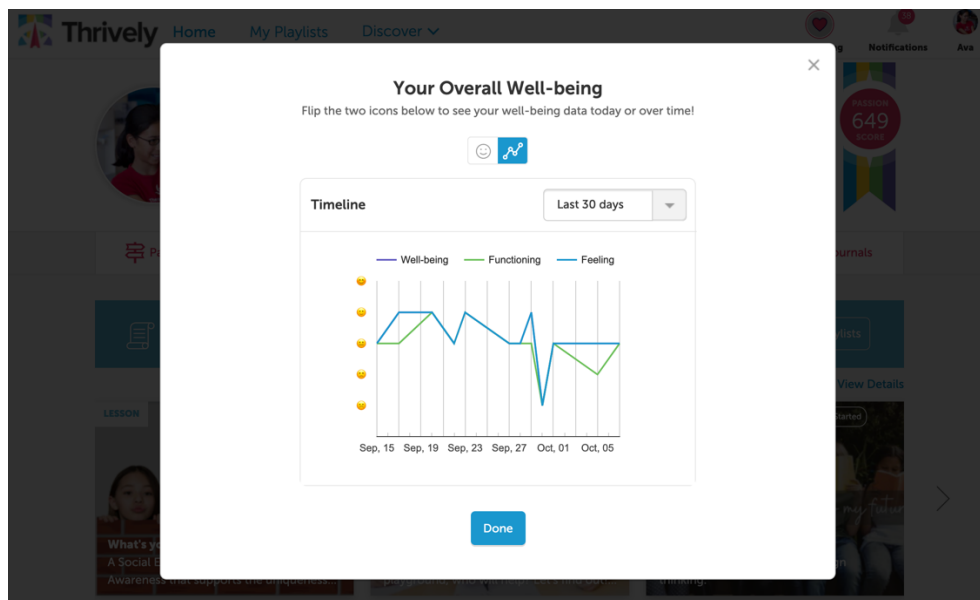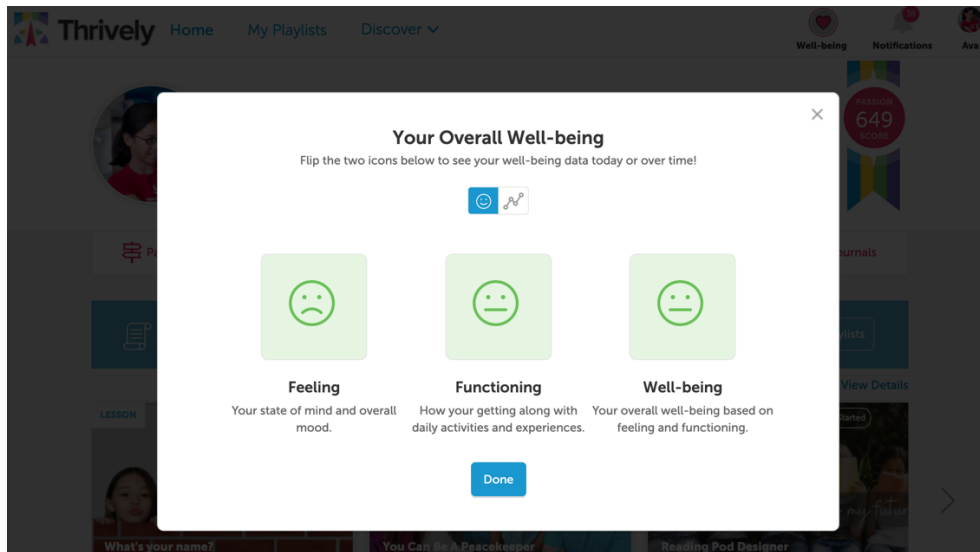
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[1] The elementary version of the tool includes only 6 items that measure energy level, food, sleep, mood, and engagement.

[2] Feeling-Functioning Source: Stewart-Brown 2017 Population level: Well-being in the general population. In M. Slade, L. Oades, & A. Jarden (Eds.), Well-being, recovery, and mental health. (Chapter 18) Cambridge, MA: Cambridge University Press.

Well-Being Index for Students

Well-Being Data Dashboard for Students

Well-Being Data Dashboard for Staff

Thrively

Create a safe & supportive environment by using a Well-Being check-in

Find out in 60 seconds how your learners are doing with our research-backed Well-Being Index

SUPPORT WELL-BEING

Feeling + Functioning = Well-Being

In Partnership with:

TURNAROUND FOR CHILDREN

The Evidence is Clear

Create Safe, Supportive Environments

that are culturally-sustaining, predictable, and consistent, and that cultivate a sense of belonging. These environments are critical for all students, but especially those who face trauma, adversity, and oppression.

Cultivate Developmental Relationships

among teachers, students, leaders, and families, because these relationships are a prerequisite for managing student stress and igniting learning.
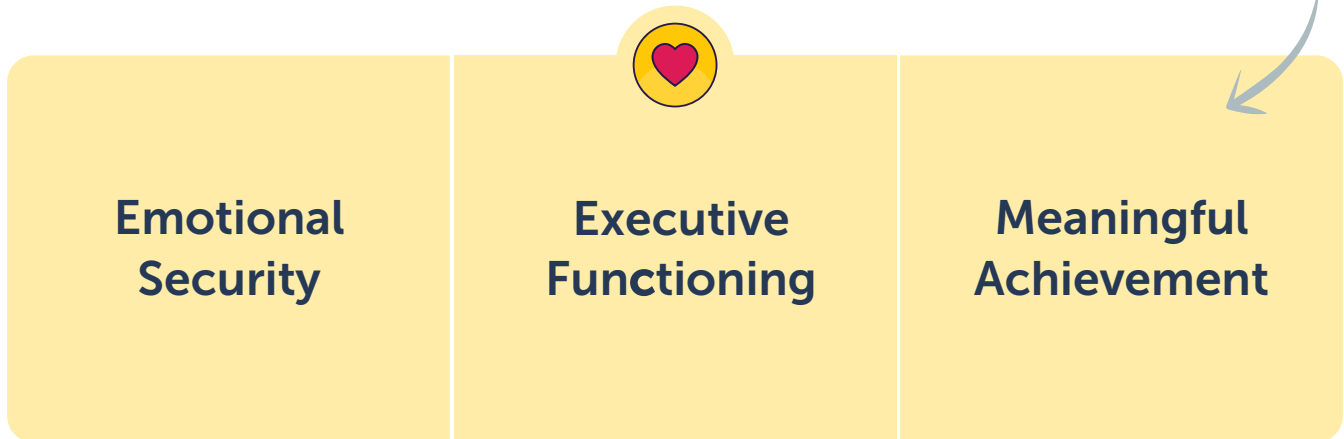
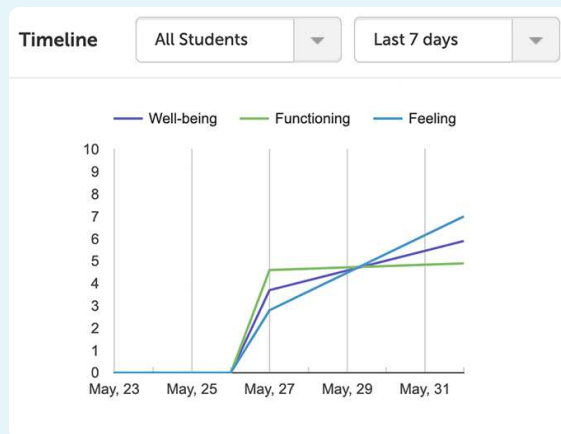### Build Students' Knowledge, Skills and Mindsets

by creating rich learning experiences that simultaneously develop academic, cognitive, social, and emotional skills and mindsets, including through personalized and integrated supports.

Learn more at **www.thrively.com/wbi** • Reach out to us at **thrive@thrively.com**

Well-Being leads to positive academic and life outcomes

WELL-BEING IMPACT

Emotional Security	Executive Functioning	Meaningful Achievement

Well-Being with Thrively

Timeline | All Students | Last 7 days

— Well-being — Functioning — Feeling

Aggregate | All Students | Today

Well-being   Functioning   Feeling

● Great ● Good ● Bad
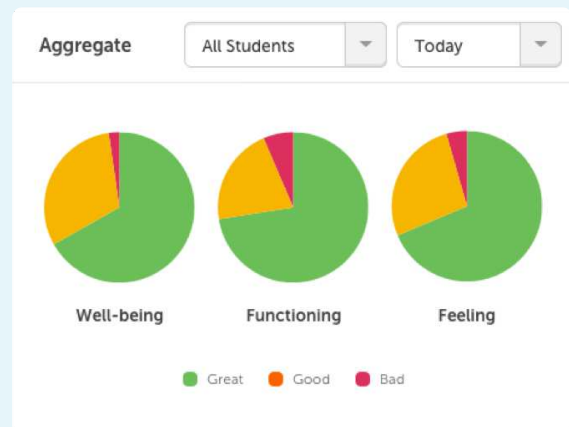
Growth Over Time

Set personalized SEL goals and monitor progress over time. Build resiliency through agency.

Actionable Data

MTSS and PBIS efforts are amplified with real-time and up-to-date data. Programs and curriculum are tailored to meet unique school and classroom needs.

Learn more at **www.thrively.com/wbi** • Reach out to us at **thrive@thrively.com**

Thrively · **THE SCHOOL OF HOPE**

Engagement and Hope Positively Influence Student Outcomes

When learners have hope, they achieve more academically, have more drive to succeed, and express greater resiliency and persistence.

The Evidence Is Clear

Equitize Learning

Increasing hope mediates the relationship between socio-economic status and academic achievement.

Increase Agency

Hope helps us stay focused on future goals, adapt to change, and better manage adversity.

Decrease Bullying

Raising hope decreases bullying involvement and emotional difficulties in children.

Increase Teacher Retention

Building hope supports staff wellbeing and assists with employee retention by diminishing burnout.

Thrively · **THE SCHOOL OF HOPE**

Hope Leads to High Academic and Life Achievement

Mental Wellness + **Academic Achievement** + **Purpose & Drive to Succeed**

Thrively's Signature Hope Experience

The Hope Index

Thrively's Hope Index is a two-minute, evidence-based tool that measures hope levels in students and staff.

Evidence-Based Lessons

students learn hope-based practices that increase their daily well-being and form long-term habits.

Full Data Access

Data from the Hope Index informs your multi-tiered system of support to increase the well-being of all students and staff.

Professional Development

Access to hope certification courses, hope intervention playlists, and free classroom resources, strategies, and PD available for all schools.