Assessing School Community Wellbeing

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What Works for Wellbeing

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Overview

1. What is ‘Assessing Wellbeing in Education’?
2. History & development
   • Assessment content
   • Assessment process and usability
   • Cool features
   • Reports and data
   • Ethical issues
   • Feedback to date
3. Wellbeing activities
4. Live demonstration
5. Alternatives and courses
AWE - History and Development

- 4th October 2013 – Aaron email’s Mike with an idea
- 30th November 2013 – Business plan drafted
- 11th February 2014 – Development of the ‘student assessment’ to complement WoW assessment
- 16th March 2014 – Employed an IT company to build AWE (originally called APE)
- April – September 2014 – build, testing, refinement
- 28th October 2014 – Frist school registration
- Team expanding - Aaron, Mike, Sarah, Denise, Alisha
AWE - Assessment Objectives

• Aim
  • The aims in developing the AWE assessment were to utilise current assessment science to empirically measure, track and report on school community wellbeing (students, school staff, and parents)

• Methods
  • In creating this assessment tool, best practice online measurement guidelines and recommendations for online psychometric testing were adhered to (i.e., American Psychological Association Internet Task Force guidelines-Naglieri, Drasgow, Schmit, Handler, Prifitera, Margolis, & Velasquez, 2004).
AWE - Assessment Content

- Questions

<table>
<thead>
<tr>
<th></th>
<th>Adult Assessment (Staff, parents)</th>
<th>Student Assessment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Global Wellbeing</td>
<td>14 questions</td>
<td>5 questions</td>
</tr>
<tr>
<td>Domain Wellbeing</td>
<td>10 questions</td>
<td>5 questions</td>
</tr>
<tr>
<td>School / Work Wellbeing</td>
<td>19 questions – work wellbeing</td>
<td>10 questions – school wellbeing</td>
</tr>
<tr>
<td>Component Wellbeing</td>
<td>7 questions (up to)</td>
<td>7 (questions (up to))</td>
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AWE - Assessment Content

- Example Questions - Adults
  - How satisfied are you with your workplace relationships?
  - How much control over the important aspects of your job do you have?
  - To what extent are you using your strengths in your job?
  - In general, how rushed and pressured for time do you feel in your job?
  - In general, how satisfied are you that your school supports and enables student wellbeing?
AWE - Assessment Content

• Example Questions - Students
  • My relationships with other students at school are fantastic.
  • I fell like I fit in at my school.
  • I get bullied by students at my school.
  • I am able to deal with my problem at school.
  • The teachers at my school care about me.
AWE - Assessment Content

• Qualitative Questions - Both Adults and Students
  • What one thing, more than anything else, makes your school a great place?
  • What one thing, more than anything else, needs to change to make your school a great place?
AWE - Assessment Content

• What one thing, more than anything else, makes your school a great place?
• Relationships (that meet needs)
  • Friends
  • Good teachers (passionate, approachable)
• Sense of safety (absence of bullying, supportive teachers)
• School culture
  • a culture of great education and aspiration
  • a culture of acceptance and kindness (caring community)
  • a sense of great opportunities - variety of activities and educational options
AWE - Assessment Content

• What one thing, more than anything else, needs to change to make your school a great place?
• Expectations (test pressure, stress levels)
• Strict rules (uniforms, access to rooms/locations)
• Homework quantity (study/life balance)
• Food (quality, expense)
• Communication – between students and teachers
• Physical environment (air-conditioning, better lockers)
AWE - Assessment Process

• A focus on usability: Mean = 4 ½ minutes for students, 9 minutes for adults.
AWE - Cool Features

• Bullying, key word, and low-wellbeing warnings
• Raw results to all questions in report appendix
• Add questions (free-text, scale, grid)
• Add measures (50 of the best)
• Research consent form
• Full technical manual on website – fully transparent
AWE - Cool Features

• Upload users
• Free-text reports
• Sub-group reporting
• School logos on all reports
• Flexible assessments scheduling
• Overtime graphs
AWE - Reports

School report

Adult report

Student report

Your School's Wellbeing Over Time

Work Wellbeing

Flourishing

Wellbeing Framework

Global and School Wellbeing
AWE - Data and Dashboards

Dashboard

Latest Results

Download Latest Report

Your next assessment period will be 11 July 2018 to 17 July 2018.

Disclaimer: The AWE Report and associated results should not be used to replace the advice of a qualified professional. If you are experiencing significant psychological difficulties, you should consult your doctor or a qualified mental health professional.

Share Report

You can share your report with up to three people. Enter their email addresses below and then select Share Report Now.

Enter email address:

Remember email:

Enter email address:

Remember email:

Enter email address:

Recommend AWE

You can recommend AWE to a friend. Enter their email address below and then select Recommend AWE. To see a copy of the email sent, you will be asked on the email sent.

Enter email address:

Recommend AWE
AWE - Ethical Issues

- Prominent disclaimers
- Privacy protected
- Consent to share reports and warnings
- Schools wellbeing contact person put on student reports
- Key word notifications to school – “kill”, “suicide”, “die”

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“Mercedes College used the AWE survey in 2016 to measure the wellbeing of our staff and students, to assist with both understanding and monitoring any changes in the wellbeing of our school community. The data we received from AWE has been used most recently in a presentation to our whole staff about the importance of our wellbeing, and will be also used to review any changes when we re-test in 2017. The features of AWE that have been particularly useful are the easy to understand online survey format, questions being based on psychological research, the opportunity to add our own questions to the survey, receiving all of the raw data enabling more in-depth analysis, the individual reports sent to the participants that include suggestions for improving wellbeing, and the student alert system that enabled us to monitor our more vulnerable students. I would recommend the AWE survey to any educational organisation that wants to make community wellbeing a priority.

Tanya Kadak – College Psychologist and AWE Administrator - Mercedes College - June 2016
AWE - Feedback to Date - schools

“We used AWE here in the Kristin Middle School starting in 2015 as we felt that it was important to have a clear measure of how our student body is feeling and as a gauge of the impact of our increasing wellbeing offerings. We chose AWE as it has New Zealand based support who are readily available and due to the flexibility it provides to tailor the survey to our individual setting. The students find it easy to register and the reports that are generated allow us to make meaningful changes for the betterment of the programmes we offer”.

Kate Pollard - Assistant Principal, Kristen Middle School
AWE - Feedback to Date - students

• “I really appreciate these types of surveys the school does. It makes me feel important”.
• “This survey has helped me understand my life and where I am at. It has made me more courageous to accomplish big things in life”.
• “This was a very helpful quiz to help understand more about me and to reflect”.
• “I thought this was a great test ad really made me think about my life”.
Wellbeing Activities

Gratitude Letter

Goal
The goal of this exercise is to increase gratitude by means of a writing exercise.

Instructions
Gratitude is a feeling of being thankful for the people and things in your life. The expression of gratitude brings positive emotions to those receiving and giving thanks. Yet we do not always express our gratitude to the people in our lives. Here is your opportunity.

Choose someone in your life that has been helpful and kind to you, yet you haven’t had an opportunity to express your gratitude. This person can be a family member (parents, grandparents, children, spouse, etc.), a friend, a teacher or coach – anyone that has made a positive impact on your life but has never been formally thanked. Express your gratitude. Take a moment to think about the things that this person has done that makes you extremely grateful.

In this exercise you are to write a letter of gratitude to this person. Take 10-20 minutes to write this letter expressing your gratitude for what this person has contributed to your life. Use the following points as a guide to help you:

- Address the letter specifically to the person (Dear...)
- Do not worry about grammar and spelling
- Directly address the person throughout the letter
- Describe specific things that this person has done that made you grateful and how this person’s behaviour has affected your life
- End the letter by identifying that it is from you. (Sincerely, Love, etc.)
- If possible, deliver the letter personally and ask the person to read the letter in your presence.

Background
Expressing gratitude to others can have a significant impact on wellbeing. Previous research has found that those who are more grateful report lower levels of stress and depression, higher levels of positive emotions such as joy and happiness, and increased life satisfaction. Gratitude can also increase feelings of social support, which can further impact overall wellbeing.
Live Demonstration
Alternative

The Well-being Profiler
Any school. Any time. Anywhere.

What is The Well-being Profiler?
The Well-being Profiler is an easy-to-use online measurement tool designed for schools to examine the well-being of their students from ages 10 to 25 years old.

It is a service dedicated to understanding the well-being of young people in schools.
Pos Ed Courses

Plus x Wellbeing

Way less stressed, More resilient, More confident, resourceful and clear headed. I'm feeling good. Work, life and relationships are going well for me.

It's possible.

Your tools to overcome daily challenges, be happy and fulfilled, and reach your greatest potential. Inside, and outside of work.

Right where you are.

Anywhere, anytime. On the go, or sitting under a tree, eating your lunch.
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