

Making Sure Your Investment in the Collection of Student Wellbeing Data Counts

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echo
RESEARCH

Echo Research provides evidence based solutions to promote social, mental and emotional wellbeing in children and adolescents.

- identifying and evaluating organisational strengths and needs
- providing evidence based recommendations
- Supporting strategy implementation.

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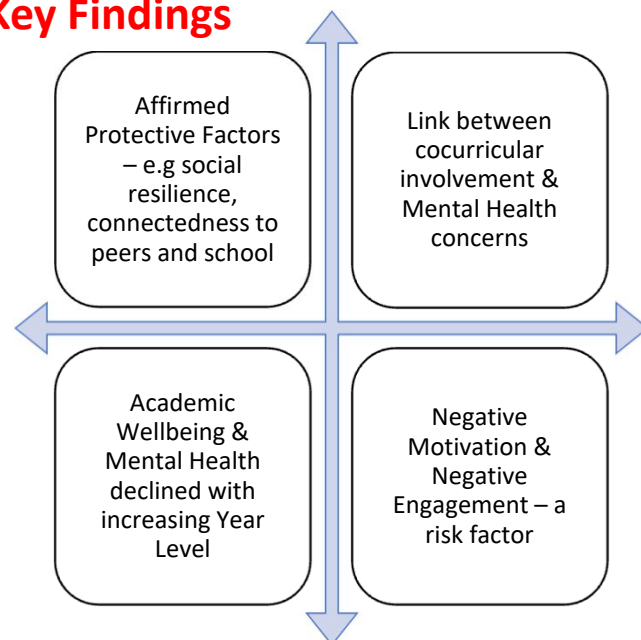


AHS fit for life...

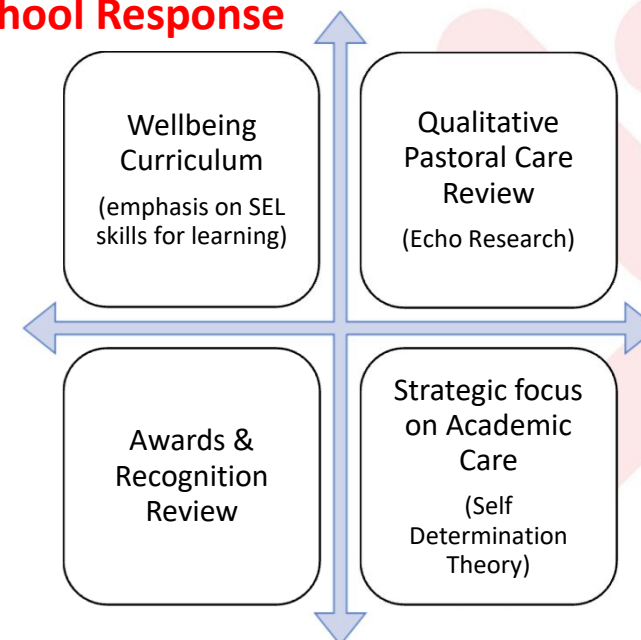
Scales (Year 7 – 12 Survey)

Academic Wellbeing	Social & Emotional Wellbeing	Mental Wellbeing	Physical Wellbeing
<ul style="list-style-type: none"> Perseverance Independence Motivation & Engagement 	<ul style="list-style-type: none"> Peer social support School Connectedness 	<ul style="list-style-type: none"> Optimism Mindfulness Resiliency Depression, Anxiety & Stress 	<ul style="list-style-type: none"> Sleep quality Co-curricular involvement

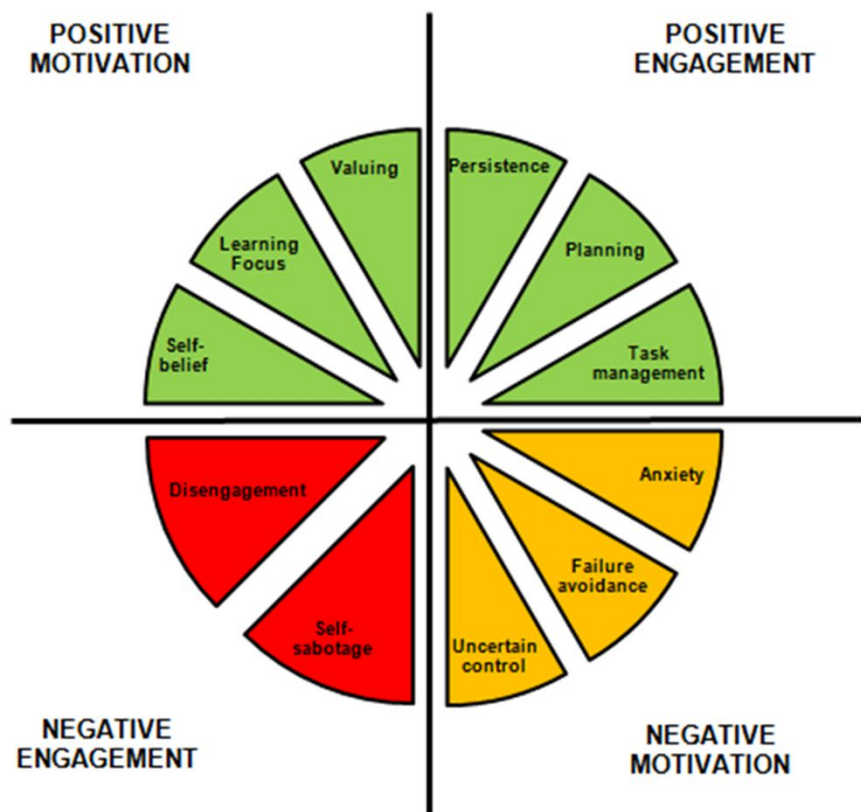
Key Findings



School Response



Motivation & Engagement Wheel



Take Away Messages

1. **START BY ASKING** – What do you want to know more about? Don't be over ambitious
2. **CONSIDER** – Individual agency or System level change?
3. **LISTEN** – to the experts. E.g. Professor Lindsay Oades Melbourne University Graduate School of Education - Dean Lecture Series on 'Thiveability Theory'
4. **HASTEN SLOWLY** – take your time and know what's out there
5. **COMMIT** – to being data responsive (link to your strategic plan)