

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

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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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Scales (Year 7 – 12 Survey)

Academic Wellbeing	Social & Emotional Wellbeing	Mental Wellbeing	Physical Wellbeing
PerseveranceIndependenceMotivation & Engagement	Peer social supportSchool Connectedness	OptimismMindfulnessResiliencyDepression, Anxiety & Stress	Sleep qualityCo-curricular involvement

Key Findings

Affirmed **Protective Factors** - e.g social resilience, connectedness to peers and school

Link between cocurricular involvement & Mental Health concerns

Academic Wellbeing & Mental Health declined with increasing Year Level

Negative Motivation & Negative Engagement - a risk factor

School Response

Wellbeing Curriculum

(emphasis on SEL skills for learning)

Qualitative **Pastoral Care** Review

(Echo Research)

Awards & Recognition Review

Strategic focus on Academic Care

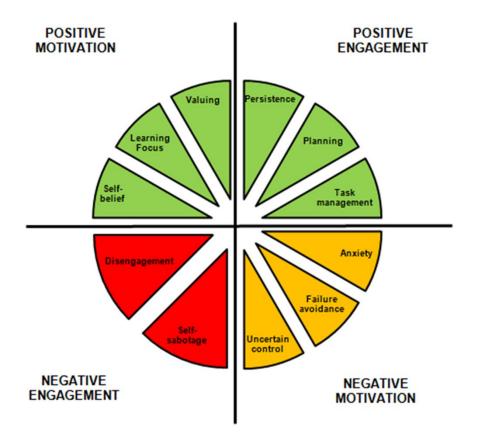
(Self Determination Theory)



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Motivation & Engagement Wheel



Take Away Messages

- 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'
- HASTEN SLOWLY take your time and know what's out there
- COMMIT to being data responsive (link to your strategic plan)