



Student ID:

Term: Fall 2022

Grade:

The **CoVitality-P**, primary level screener is a social emotional health survey administered to students in grade 5. Understanding and supporting students’ social emotional needs is closely tied to improved academic and social outcomes.

CoVitality-P offers a snapshot in time for each student that encourages self-reflection in the areas of: **Belief-in-self, Belief-in-others, Emotional Competence, and Engaged Living.** The Strengths Profile below summarizes your responses to questions in each area. After reviewing your full Wellness Report, it is recommended that students choose one area (Subdomain) from the Enhance or Growth columns that you want to improve, and utilize your Strengths to support working on that area. Improving just one area typically has a positive effect on other areas. **The more strengths we have, the more prepared we are to effectively manage unexpected challenges and psychological stressors.** To see a list of the questions associated with each Subdomain, and strategies for building more strengths, visit the SCSD Guidance & Counseling web page, and select Mental Health Resources, or click [HERE](#).

STRENGTHS PROFILE

Strengths	Areas to Enhance	Areas for Growth
Gratitude, Optimism	Persistence, Zest	

CoVitality-P Domains

Persistence	Working diligently to accomplish one’s goals, including maintaining interest in the face of adversity and failure.
Gratitude	Sensing thankfulness that arises in response to one’s benefiting from some kind of transactional means.
Zest	Experiencing one’s life in the present moment as exciting and energizing.
Optimism	Expecting the occurrence of good events and beneficial outcomes in one’s future.



Psychological Distress

The CoVitality screener also helps students to identify Psychological Distress they may be experiencing. Responses are categorized into three levels: Low Indication, Average Indication and High Indication.

Psychological Distress Level	Average Indication
------------------------------	--------------------

Overall Emotional Wellness

The CoVitality screener combines a student’s reported Strengths Profile and Psychological Distress to determine Overall Emotional Wellness. Students whose responses combine to indicate a level of “Struggling” will have met with a member of the mental health team to explore possible supports prior to the communication of this report. There are four zones. Excelling, Thriving, Striving, and Struggling.

Overall Emotional Wellness	Striving
----------------------------	----------

Please see below for the table that indicates Overall Emotional Wellness. This table illustrates the intersection of the Strengths Profile from page one in the left column and Psychological Distress, in the top row.

	Low Indication of Psychological Distress	Average Indication of Psychological Distress	High Indication of Psychological Distress
Low Indication Strengths Profile	Striving	Struggling	Struggling
Average Indication Strengths Profile	Thriving	Striving	Struggling
High Indication Strengths Profile	Excelling	Striving	Struggling

Additional Wellness Information

Overall Life Satisfaction

This was your reported overall level of life satisfaction on a scale of 1 to 100.

Overall Life Satisfaction	85
---------------------------	----

School Connectedness

School connectedness aligns directly with the mission of the SCSD of “*engaging students at a personal level*”. Students with high levels of school connectedness have shown to have higher school grades, feel safer at school, and are less likely to be engaged in developmentally risky behaviors.

Your responses related to your feeling of connectedness and safety at school are reported in four zones: High, Average, Low Average, and Low.

School Connectedness	Average
----------------------	---------