

# Student Thriving Index

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The Student Thriving Index is a tool for the formative assessment of student social, emotional, academic, and physical well-being. Character Lab founder and CEO Angela Duckworth developed this tool with support from researchers on our network and feedback from Character Lab school partners. Input from educators and students helps to encourage student participation and create content aligned with their needs.

Repeated participation allows schools and organizations to monitor student well-being topics such as sleep habits, social media use, and sense of belonging. The Index results are shared through live, customized, easily accessible dashboards. School staff, district leaders, or organizational leaders can act on the results by identifying areas for improvement and sharing relevant resources to support their students.

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## Social Well-Being

In your school, do you feel like you fit in?

0 = *No, I don't feel like I fit in at all* to 10 = *Yes, I feel like I totally fit in*

In your school, is there an adult you can turn to for support or advice?

0 = *No, there isn't* to 10 = *Yes, there is*

In your school, is there an adult who always wants you to do your best?

0 = *No, there isn't* to 10 = *Yes, there is*

## Emotional Well-Being

How happy have you been feeling these days?

0 = *Never happy* to 10 = *Happy all the time*

How sad have you been feeling these days?

0 = *Never sad* to 10 = *Sad all the time*

How relaxed have you been feeling these days?

0 = *Never relaxed* to 10 = *Relaxed all the time*

Overall, how do you feel about your life these days?

0 = 😞 to 4 = 😊

## Academic Well-Being

Compared with other things you do, how important is it to you to do well in your classes?

0 = *Not at all important to do well* to 10 = *Extremely important to do well*

Compared to other things you do, how interesting are your classes?

0 = *Not at all interesting* to 10 = *Extremely interesting*

Do you feel like you can succeed in your classes, if you try?

0 = *I don't feel like I can succeed at all* to 10 = *I feel like I totally can succeed*

Duckworth, A. L., Kautz, T., Defnet, A., Satlof-Bedrick, E., Talamas, S., Lira, B., & Steinberg, L. (2021). Students attending school remotely suffer socially, emotionally, and academically. *Educational Researcher*. <https://doi.org/10.3102/0013189X211031551>