

NEW RELEASE



MOOD



RESILIENCE



ENGAGEMENT



COMMUNICATION



RELAXATION



POSITIVITY

# Measure wellbeing in your school

## Six-Star Surveys

Innovative surveys to benefit students, staff and organisations.

Improvements in the wellbeing of staff and students can have noticeable positive effects on engagement, motivation and academic achievement. Higher wellbeing is also associated with decreases in mental, emotional and behavioural concerns.

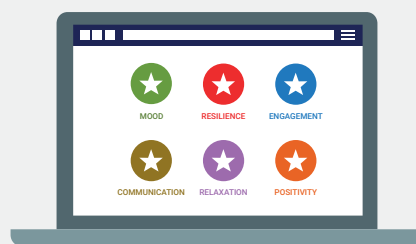
Six-Star Surveys provide a quick and easy-to-use tool for capturing valuable data related to engagement, resilience and communication – data which can be used to track, and evaluate practices and programs for maintaining positive levels of wellbeing across the entire school.

## Key Features



### Quick and convenient

Each Six-Star Survey can be administered and completed in 10 minutes.



### Delivered online

Six-Star Surveys are delivered digitally. No paper to distribute and collect!



### Instant reporting

Receive instant student and staff reports that identify individuals and group results and their level of wellbeing.

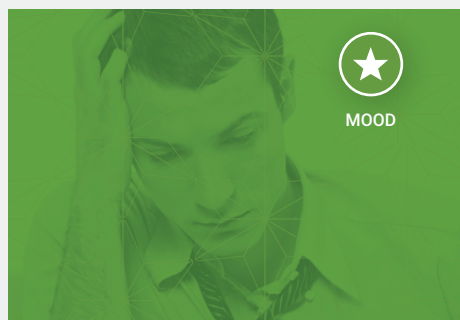
Measure your student and staff wellbeing today. Start today!

[www.acer.org/six-star](http://www.acer.org/six-star)



# Measure six vital areas of wellbeing

Designed to provide a complete overview of staff and student wellbeing, Six-Star Surveys collect and analyse data on six key areas.



## Mood

Mood is a crucial component of wellbeing. This sub-category identifies worry, happiness, mood fluctuations and fatigue. It is vital for life in general and school success.



## Resilience

Resilience is the ability to bounce back from challenges. This sub-category measures how well staff and students value effort, stay determined and learn from challenges.



## Engagement

Engagement identifies staff and student involvement with, and attitude toward, their school. It reflects enjoyment, motivation and relationships at school and is fundamental to wellbeing.



## Communication

Communication with peers, family and authority figures is important for both staff and students. This sub-category measures listening, talking and asking for help. Effective communication is positively associated with learning and relationships.



## Relaxation

Relaxation is an important skill to assist all members of the learning community to navigate school and life. This sub-category measures tension and frustration, as well as physical relaxation and emotional calmness.



## Positivity

Positivity measures confidence and optimism. It reflects capacity to focus on goals, be optimistic, remain confident and know strengths.

## Promote happier and healthier learning

Easy-to-complete, with detailed reports, Six-Star Surveys can help schools track improvements that can have substantial impact on the health and happiness of staff and students.

Tailored for use in your specific learning environment, these innovative tools can help evaluate, track and monitor your school's wellbeing practices – and promote improvements that can have a considerable positive effect on the engagement and motivation of both students and teachers.

To learn more about Six-Star Surveys, please visit: [www.acer.org/six-star](http://www.acer.org/six-star)