

RESILIENCY SURVEY

Summary of Results

*** Middle School

*** School District

June 4, 2023



Introduction

The following information provides a school-level resiliency "report card" of students enrolled at *** Middle School. In the Spring semester of 2023, 504 students* completed a comprehensive survey that assessed social, behavioral, and psychological strengths that are known to contribute to positive school and learning experiences. In addition, the survey included measures that examined levels of distress and risk behaviors. Most of these students completed the same assessment in the Fall semester, 2022. For historical comparison, this report also includes data from these students who completed the assessment in the Spring semester, 2022 and the late Fall semester of 2021.

*Results do not include students with invalid protocols, partially completed protocols, or those who did not complete the assessment

Resiliency along a Continuum

Students who possess key strengths and who lack significant distress display optimal academic, interpersonal, and psychological functioning—both now and later as adults. Unfortunately, this is not the case for many students. Youth who do not possess strengths and/or who report high distress are more likely to experience poor academic, interpersonal, and social outcomes. These outcomes include (a) dropping out of school, (b) expressing high psychological distress, and (c) reporting high interpersonal distress, which may include experiencing peer victimization and ostracism. Without intervention, many of these students will continue to display poor functioning as adults.

Resilience to stressors extends along a continuum (see below). Each dimension in the continuum indicates how well the student perceives themselves, their experiences (including their schools and peers) and their larger world. In addition, there are important differences in overall resilience functioning for youth found in each dimension.



SUMMARY OF FINDINGS

- Among *** Middle School students, 19% were placed in the optimal category and 38% were placed in the satisfactory category; a 4% increase from the Fall semester, 2022
 - The percentage of students in the May Need Assistance category decreased 2% from the Fall semester, 2022 and was 5% lower than baseline
 - The general movement of students continues to move into the positive end of the resilience/risk continuum

Mean resiliency scores were at or higher than what was reported in the Fall semester, 2022

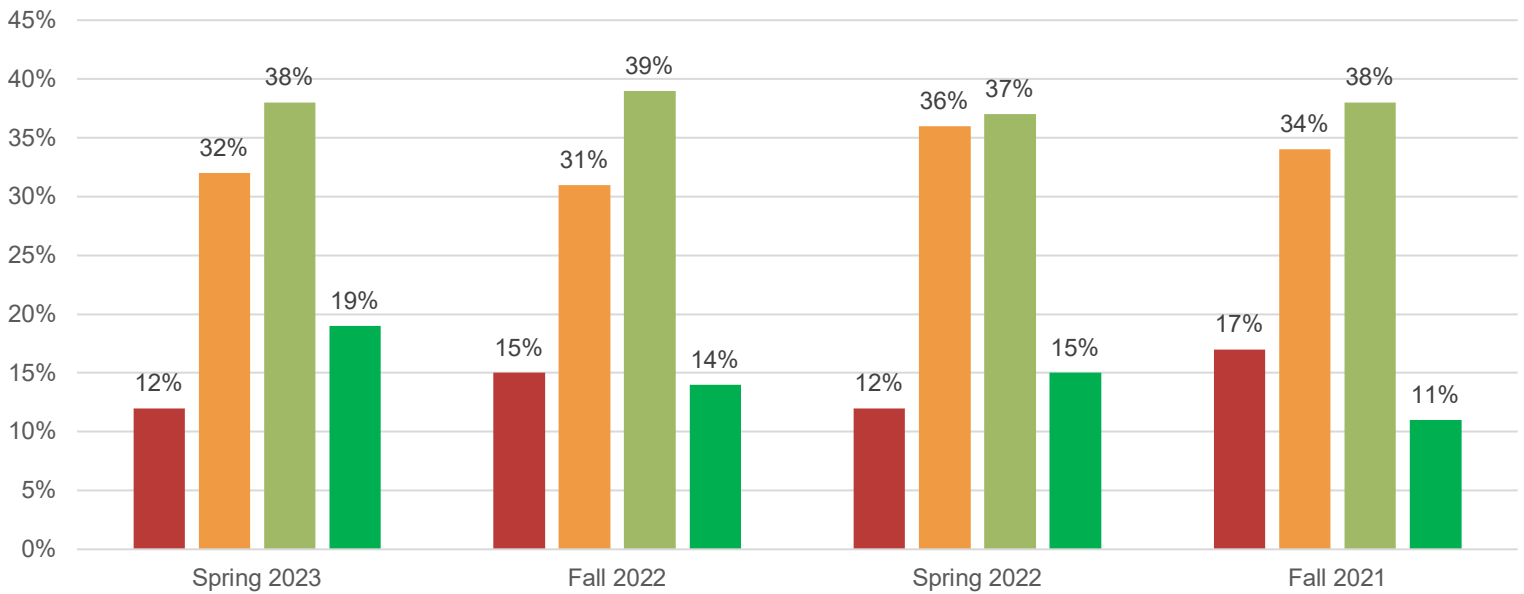
- All mean resiliency indicator scores are at their highest levels thus far
- Standards has yielded the largest mean score improvement since baseline

In comparison to students placed in the May Need Assistance category, more students were placed in the optimal category on all indicators

- The largest, positive gain was found with respect to resiliency and leadership

- The percentages of students reporting high levels of anxiety, depression, and ostracism have remained the same or slightly decreased from the Fall semester, 2022

Overall Resiliency/Wellness by Percentage



57% of youth reported overall wellness in the optimal and satisfactory categories, which is 4% higher than the Fall semester, 2022 and 8% higher than the Fall semester, 2021 (baseline). The percentage of students in the May Need Assistance category was 3% lower than the Fall semester, 2022 and 5% lower than baseline. The distribution the students continues to move into the positive end of the resiliency/wellness continuum.

Mean Resiliency Scores, by Indicator

Indicator	Spring, 2023 Mean	Fall, 2022 Mean	Spring, 2022 Mean	Fall, 2021 Mean	Range	Interpretation
Global Satisfaction	5.11	5.01	5.04	4.91	1 to 6	Higher Scores = Higher Levels of Positive Life Outlook
Positive School Experiences	4.76	4.82	4.77	4.77	1 to 6	Higher Scores = Higher Levels of Positive Experiences with Teachers and Overall School Engagement
Hope	4.60	4.50	4.60	4.39	1 to 6	Higher Scores = Higher Levels of Goal-Directed Behavior and Motivation
Grit	3.49	3.43	3.45	3.35	1 to 5	Higher Scores = Greater Tenacity to Achieve a Goal
Resiliency	4.23	4.18	4.19	4.08	1 to 5	Higher Scores = More External Resources to Overcome Adversity
Standards	5.10	4.92	4.91	4.78	1 to 7	Higher Scores = Higher Expectations of Personal Abilities
Leadership	4.42	4.35	4.37	4.22	1 to 7	Higher Scores = Greater Confidence to Influence Others

Except positive school experiences, Spring, 2023 mean scores for *** Middle School students were at or higher than what have been reported in the Fall semester, 2022 and are the highest reported thus far. The largest increases over the administrations were found on standards.



*** Middle School Student Distribution on Resiliency Indicators

Indicator	May Need Assistance	Slight Concern	Satisfactory	Optimal
Global Satisfaction	8%	4%	49%	39%
	10%	5%	53%	32%
	8%	6%	52%	34%
Positive School Experiences	4%	6%	23%	67%
	2%	6%	24%	68%
	3%	7%	23%	67%
Hope	12%	14%	51%	23%
	14%	13%	57%	16%
	12%	14%	52%	22%
Grit	15%	12%	42%	32%
	18%	10%	43%	29%
	15%	15%	40%	30%
Resiliency	7%	21%	54%	18%
	12%	18%	54%	16%
	11%	22%	51%	16%
Standards	5%	3%	35%	57%
	8%	5%	40%	47%
	8%	5%	39%	45%
Leadership	12%	33%	42%	14%
	13%	36%	39%	12%
	11%	37%	40%	12%

Note: Figures in white reflect Spring, 2023 data. Data in the middle row reflect percentages obtained in the Fall semester, 2022, while data in the final row reflect the Fall, 2021 semester results.

The percentages reflect *** Middle School students who were identified in the at-risk, Slight Concern, satisfactory, or optimal categories for each indicator.

In comparison to students placed in the May Need Assistance category, more students were placed in the optimal category on all indicators. Positive gains were found on most indicators, with resiliency and standards showing the largest gains (+10%, respectively).

Mean Adversity Scores, by Indicator

Domain	Spring, 2023 Mean	Fall, 2022 Mean	Spring, 2022 Mean	Fall, 2021 Mean	Range	Interpretation
Ostracism	2.31	2.39	2.38	2.46	1 to 5	Higher Scores = Higher Levels of Perceived Social Isolation
Anxiety	3.54	3.77	3.92	4.35	1 to 24	Higher Scores = Higher Levels of Anxiety
Depression	3.86	4.02	4.01	4.61	1 to 27	Higher Scores = Higher Levels of Depression

Spring, 2023 mean anxiety and depression scores were at or lower than what was reported in the Fall semester, 2022 and are at their lowest levels. Likewise, the mean ostracism score is now at its lowest level.

*** Student Distribution on Adversity Variables

Domain	Spring, 2023 May Need Assistance	Fall, 2022 May Need Assistance	Spring, 2022 May Need Assistance	Fall, 2021 May Need Assistance
Anxiety	5%	6%	7%	8%
Depression	5%	5%	6%	8%
Frequent Victimization (at least once per week)	0%	<1%	<1%	<1%
Trauma	n/a	1%	5%	7%
Drug/Alcohol Screener	n/a	<1%	5%	7%
School Violence	n/a	0%	0%	<1%
Ostracism	14%	15%	16%	19%