

# Increase Student Success and Wellbeing



## MaiaLearning Helps Schools Develop Student Wellbeing and Identify Strengths

MaiaLearning provides wellbeing and strengths assessment tools to help schools adopt a positive psychology approach to education. Using these resources, students can identify their strengths and build a foundation for good mental health.

### **The Student Flourishing Survey**

Based on the PERMA wellbeing theory, this university-validated online assessment was developed specifically for young people. The survey results help students discover their top wellbeing contributors along with areas for development.

The results benchmark wellbeing against normative samples to enable objective assessment of the success of wellbeing interventions. They are also useful for planning and implementing proactive interventions.

### **Values in Action (VIA) Strengths Survey**

The VIA Youth Survey assesses 24 widely-recognized character strengths. It shows students their top, middle, and lower strengths, and then explains how to incorporate these strengths into daily life to become more confident, resilient, and likely to thrive.

### **Mood Check-In**

This 30-second check-in tool assesses students' moods over time. Students use it to see how their behaviors and external events influence their mood and sense of wellbeing. They can then set wellbeing goals.

Counselors employ it to track the mood of individuals or aggregated groups of students, in order to provide individual support, develop intervention strategies, and allocate resources.

