

# Vermont Student Well Being Survey Results

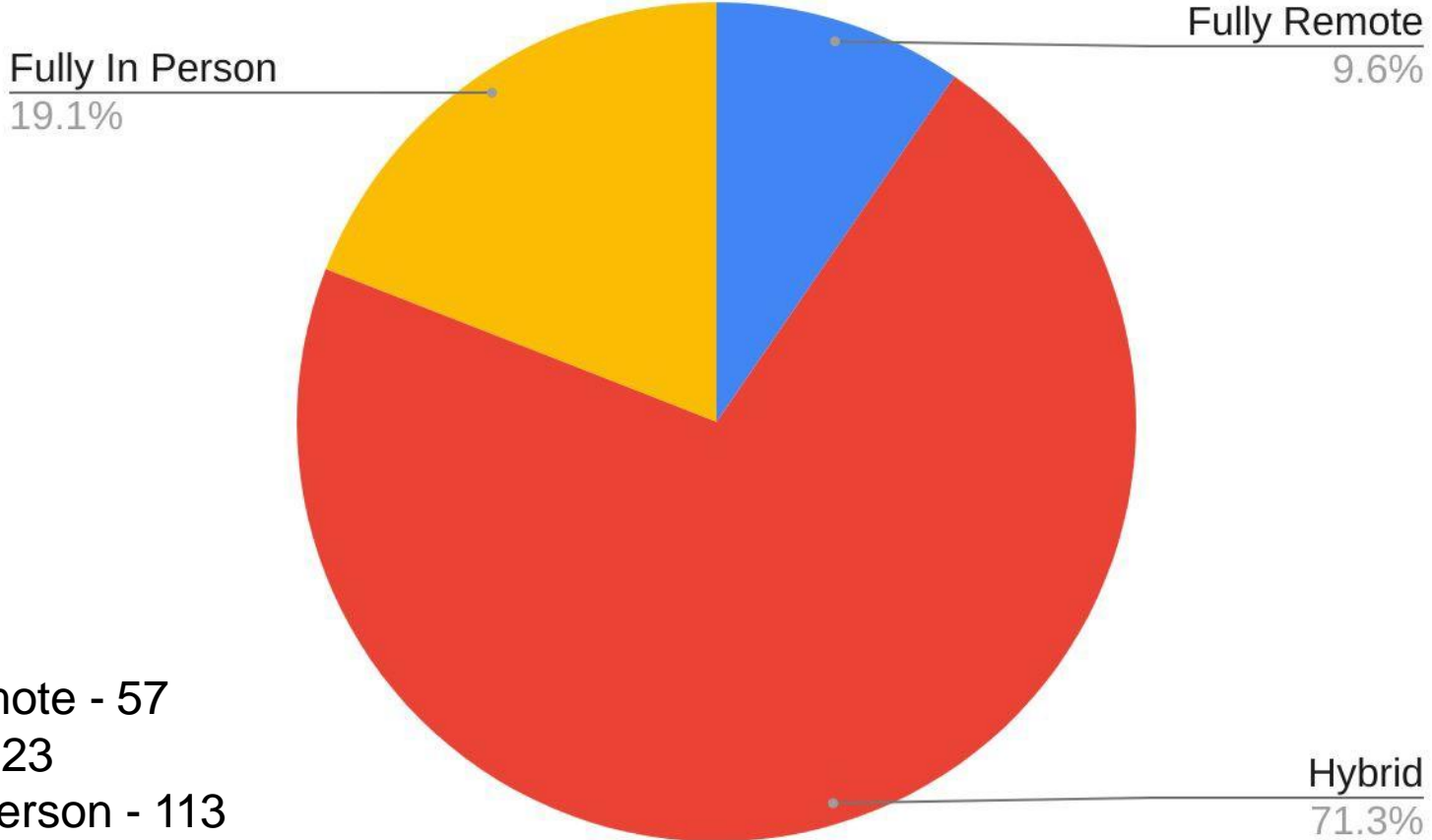
May 19th 2021 State Board of Education Meeting

By: Sabina Brochu

# General Information

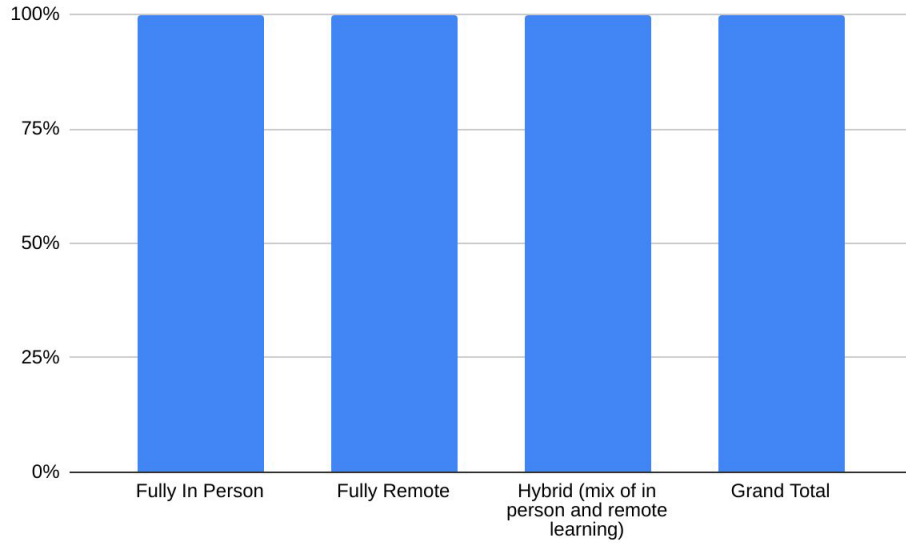
- Survey Guidelines
  - “This survey is completely anonymous we are not even going to collect information on what school you attend to provide both you and your school the comfort of not having any of this information specifically connect to you. Our goal is to get an idea of where Vermont students are mentally due to the changes associated with Covid-19.”
- Doctor Sarah Nosek, Assistant Professor of Psychology, Saint Michael’s College
- Distribution Method (VPA)
- March 12th - April 13th
- 593 responses

# 1. How are you attending school?

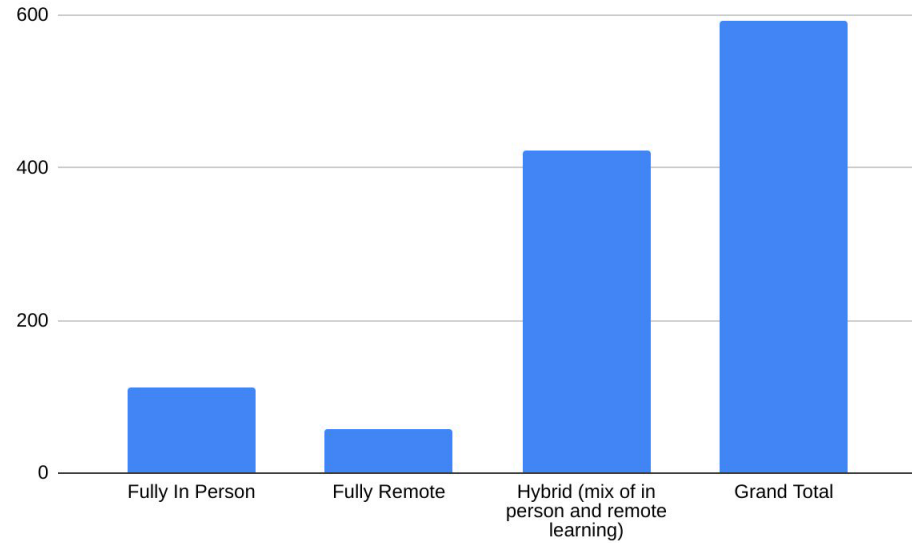


Fully Remote - 57  
Hybrid - 423  
Fully In Person - 113

# 1. How are you attending school? (Reference slide)

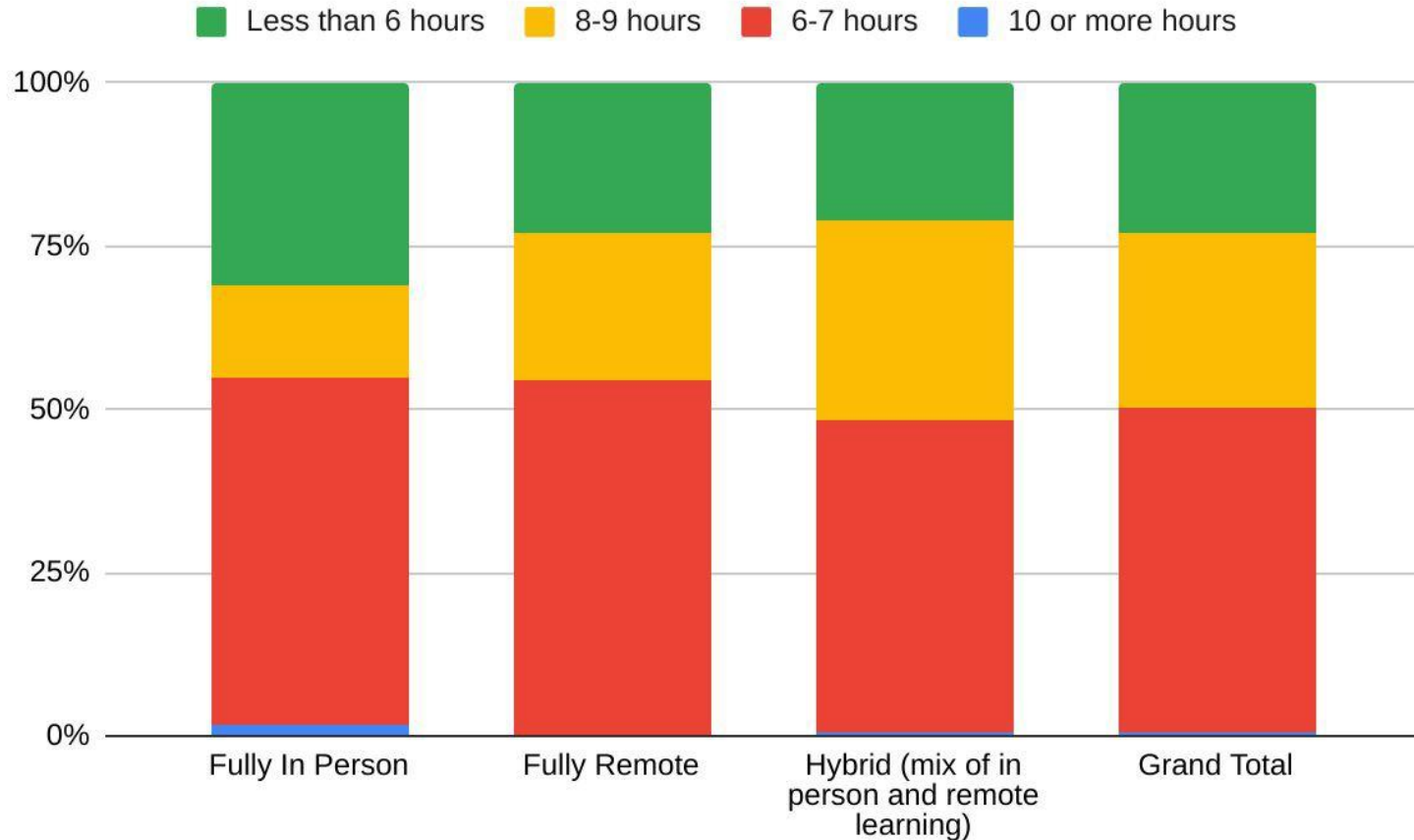


Out of 100%

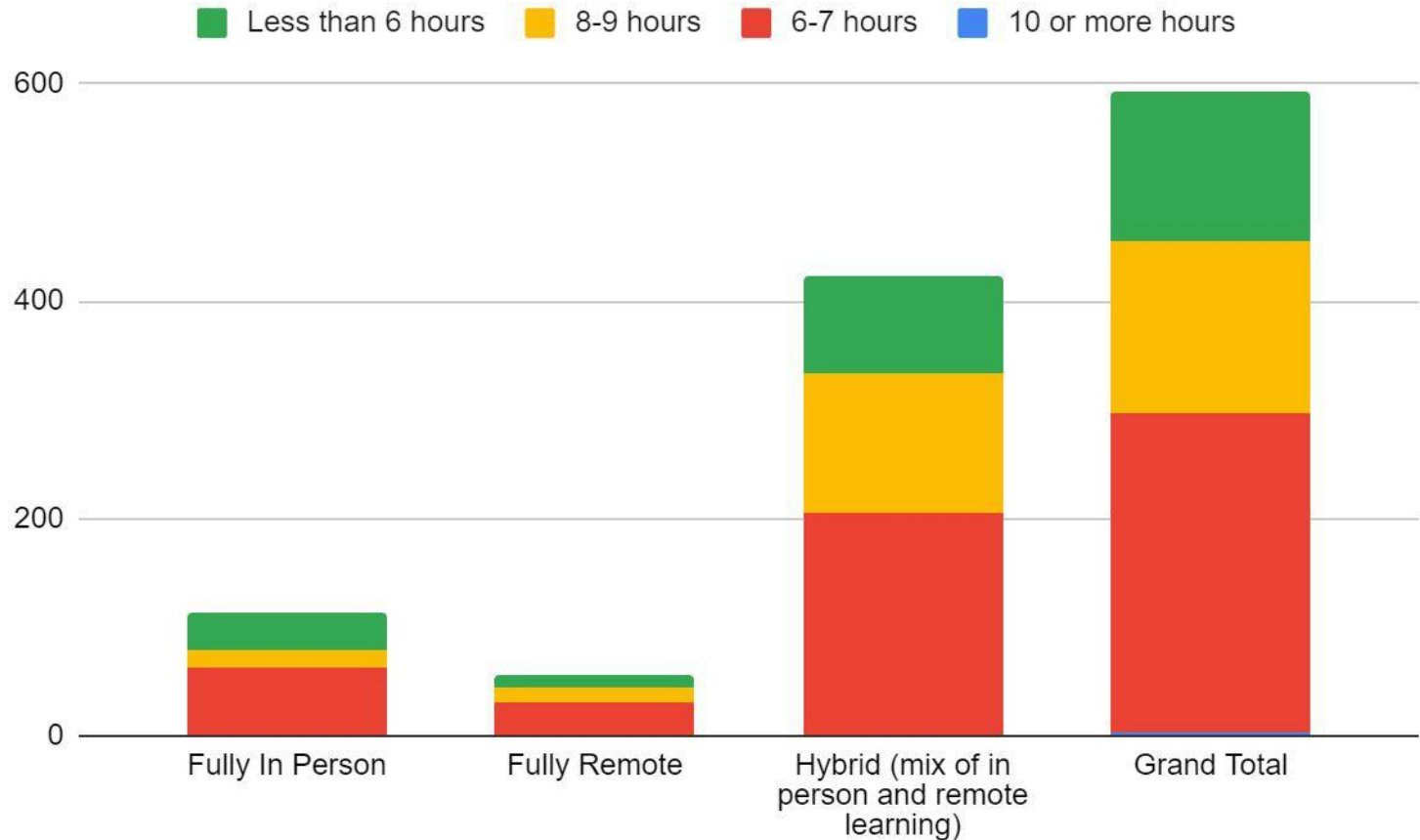


Actual Number

## 2. How much sleep do you get on average each night?



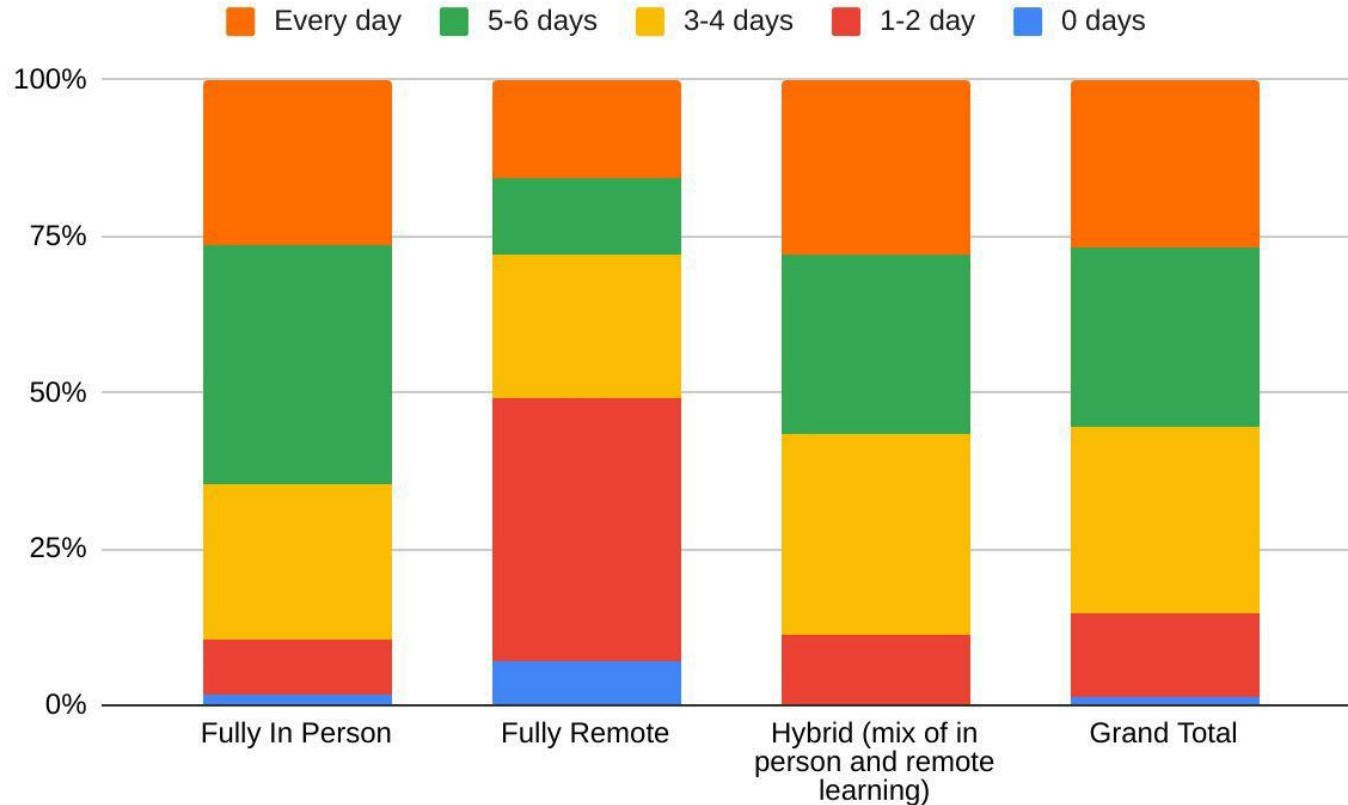
## 2. How much sleep do you get on average each night?



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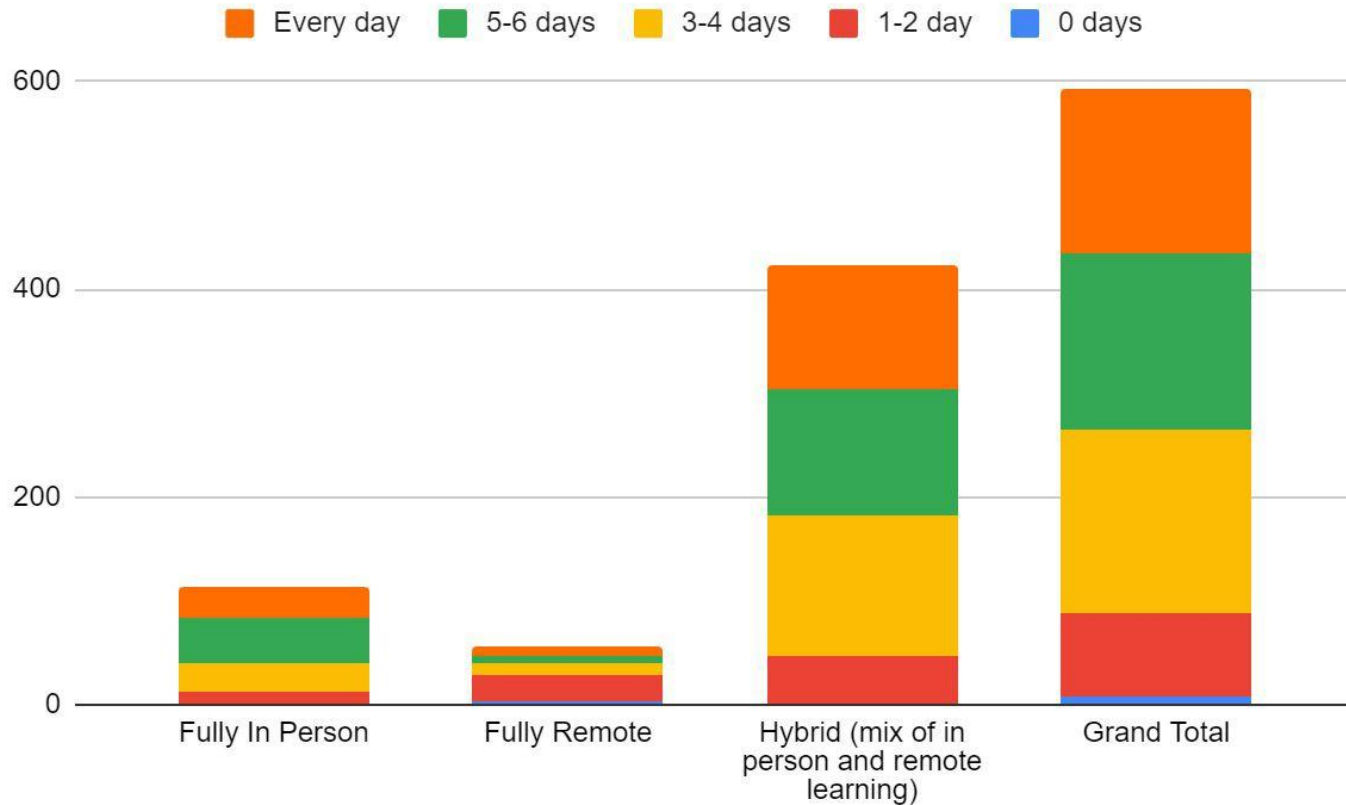
<i>COUNTA of 2. How much sleep do you get on average each night?</i>	<i>2. How much sleep do you get on average each night?</i>				
<i>1. How are you attending school?</i>	10 or more hours	6-7 hours	8-9 hours	Less than 6 hours	Grand Total
Fully In Person	2	60	16	35	113
Fully Remote			31	13	57
Hybrid (mix of in person and remote learning)	2	203	129	89	423
<b>Grand Total</b>	<b>4</b>	<b>294</b>	<b>158</b>	<b>137</b>	<b>593</b>

### 3. About how many days a week are you getting outside of your house?





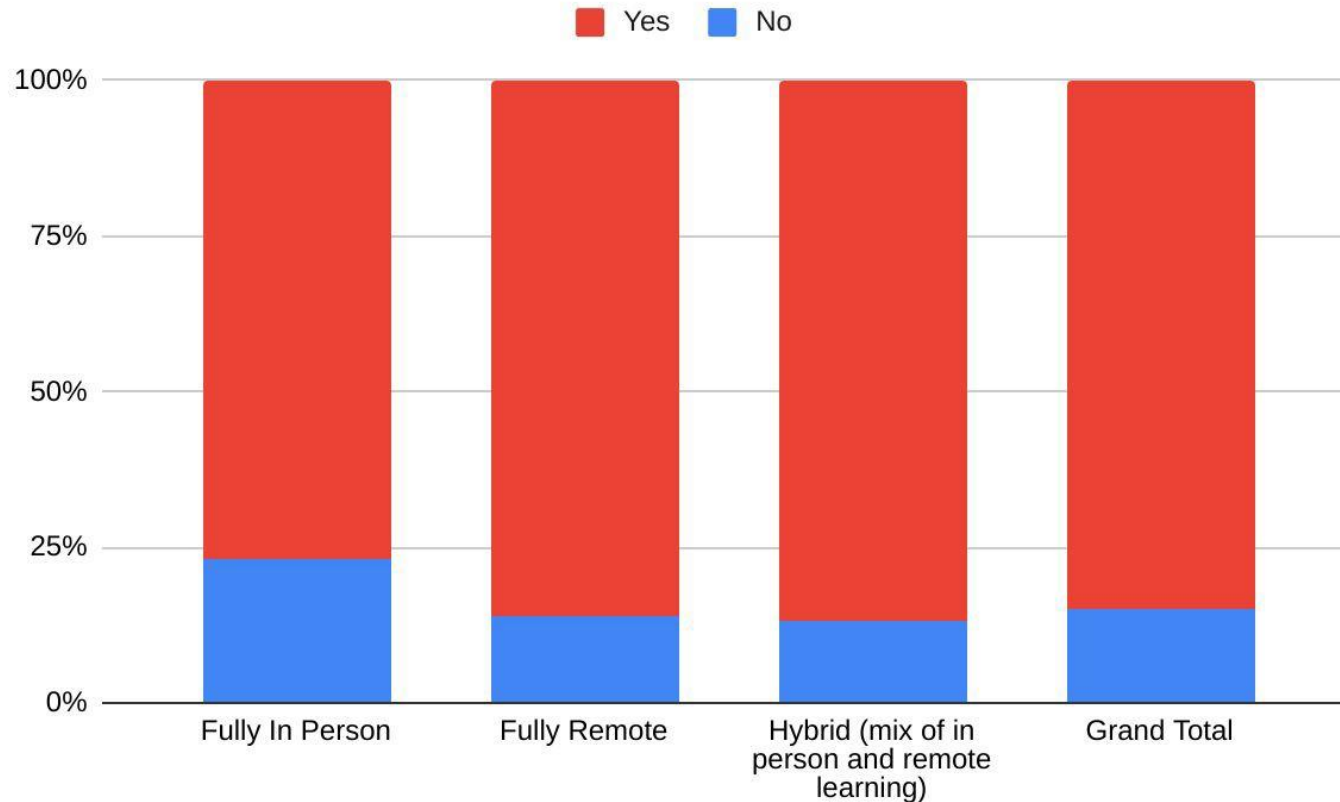
### 3. About how many days a week are you getting outside of your house?



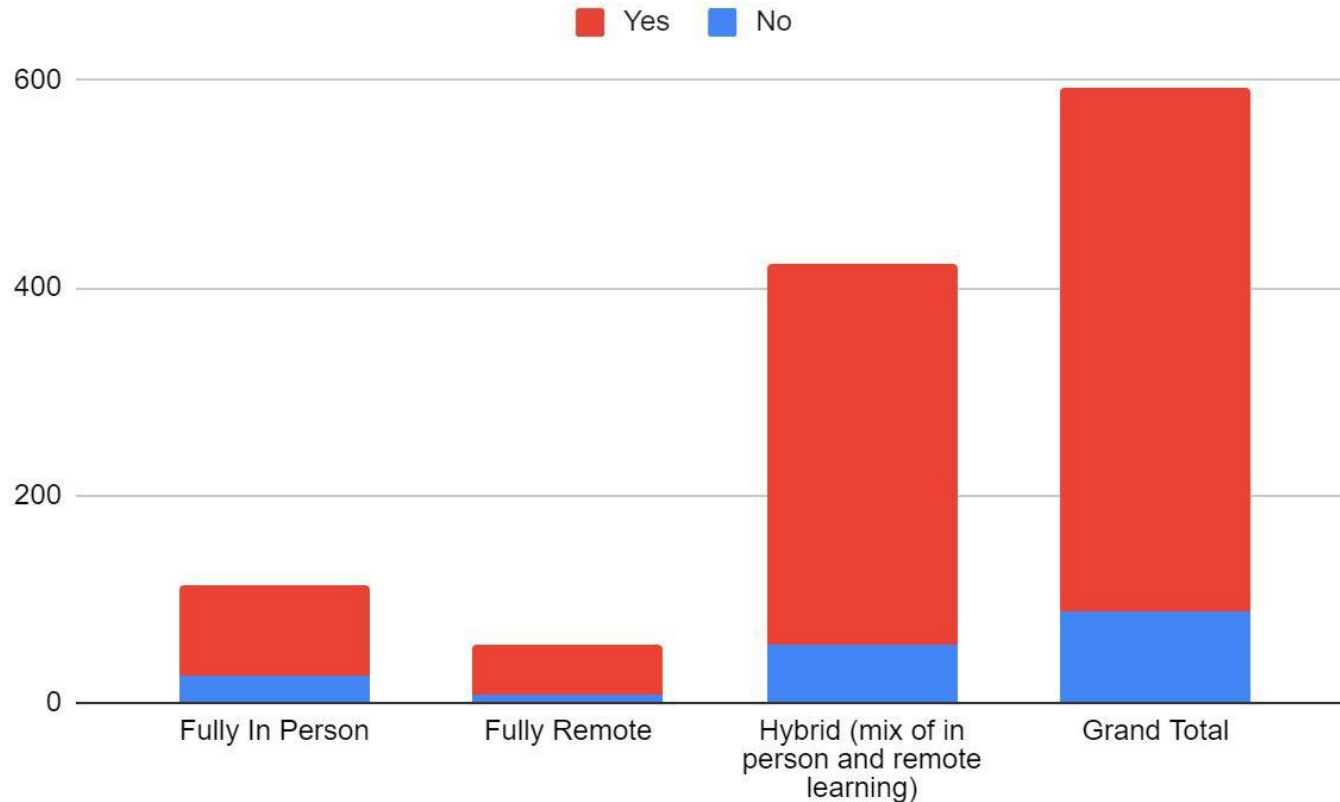
### 3. About how many days a week are you getting outside of your house?

COUNTA of 3. About how many days a week are you getting outside of your house? (e.g. going to school, going for a walk, going to sports practice, etc.)	3. About how many days a week are you getting outside of your house? (e.g. going to school, going for a walk, going to sports practice, etc.)						
1 a	0 days	1-2 day	3-4 days	5-6 days	Every day	Grand Total	
F	2	10	28	43	30	113	
F	4	24	13	7	9	57	
H p l	1	47	135	121	119	423	

## 4. Do you have a trusted adult in your life you feel comfortable talking to about your problems?



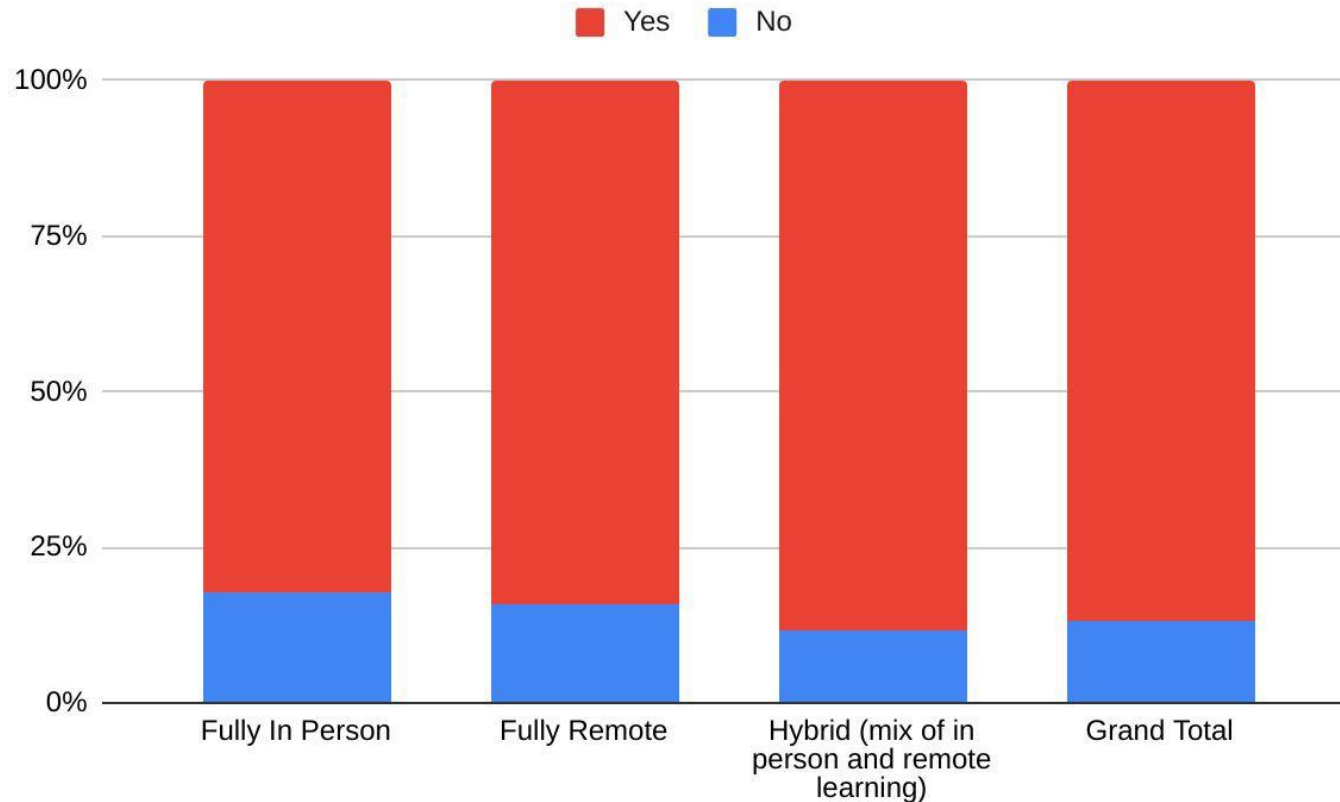
## 4. Do you have a trusted adult in your life you feel comfortable talking to about your problems?



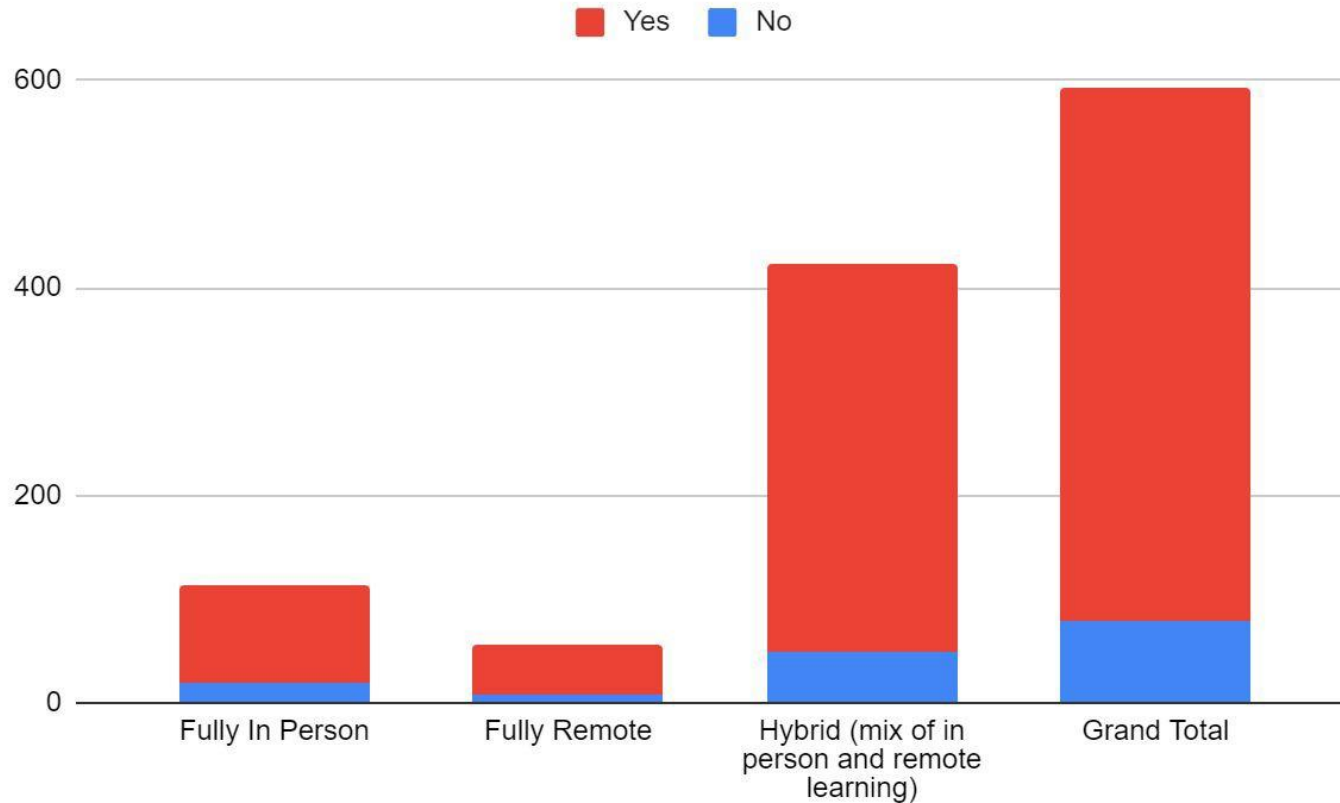
# 4. Do you have a trusted adult in your life you feel comfortable talking to about your problems?

<i>COUNTA of 4. Do you have a trusted adult in your life you feel comfortable talking to about your problems?</i>	<i>4. Do you have a trusted adult in your life you feel comfortable talking to about your problems?</i>		
<i>1. How are you attending school?</i>	No	Yes	Grand Total
Fully In Person	26	87	113
Fully Remote	8	49	57
Hybrid (mix of in person and remote learning)	55	368	423
<b>Grand Total</b>	<b>89</b>	<b>504</b>	<b>593</b>

## 5. Do you have a trusted peer in your life you feel comfortable talking to about your problems?



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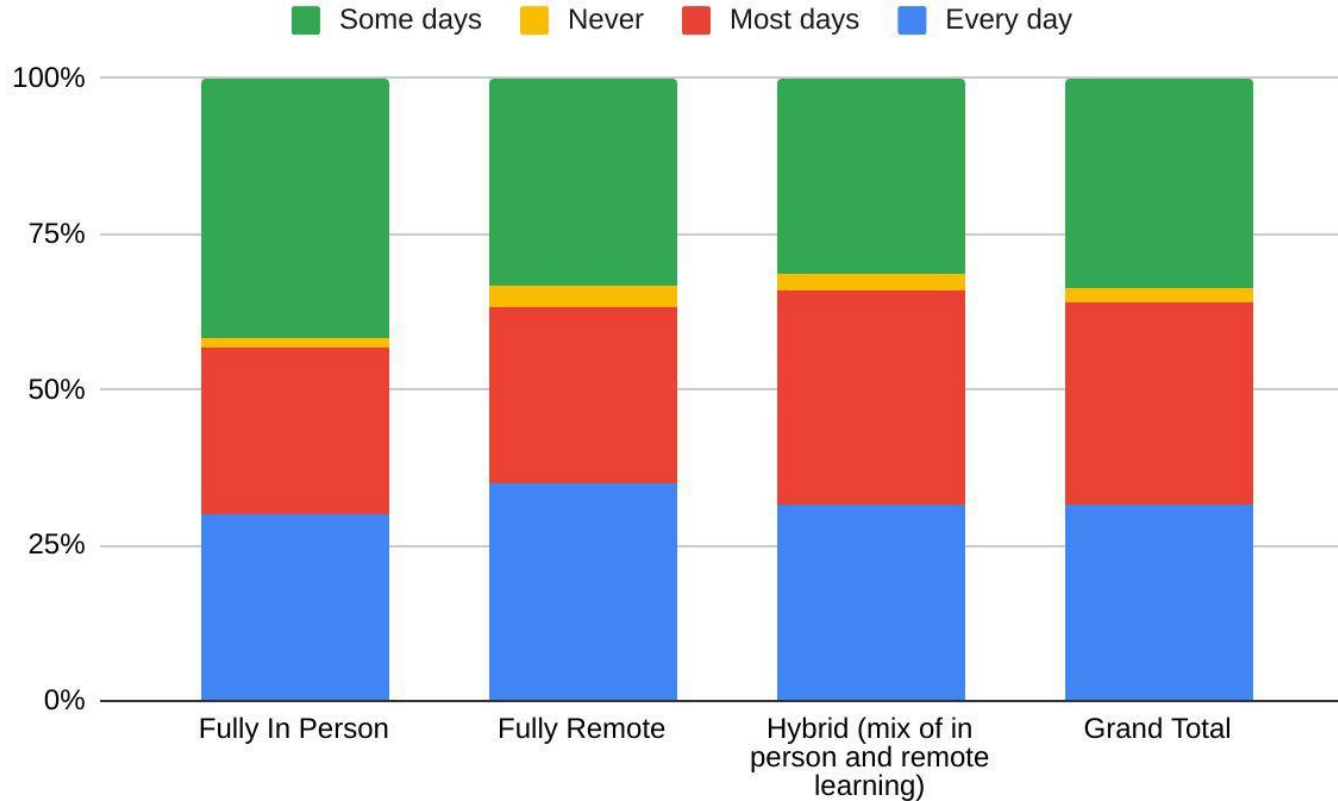


# 5. Do you have a trusted peer in your life you feel comfortable talking to about your problems?

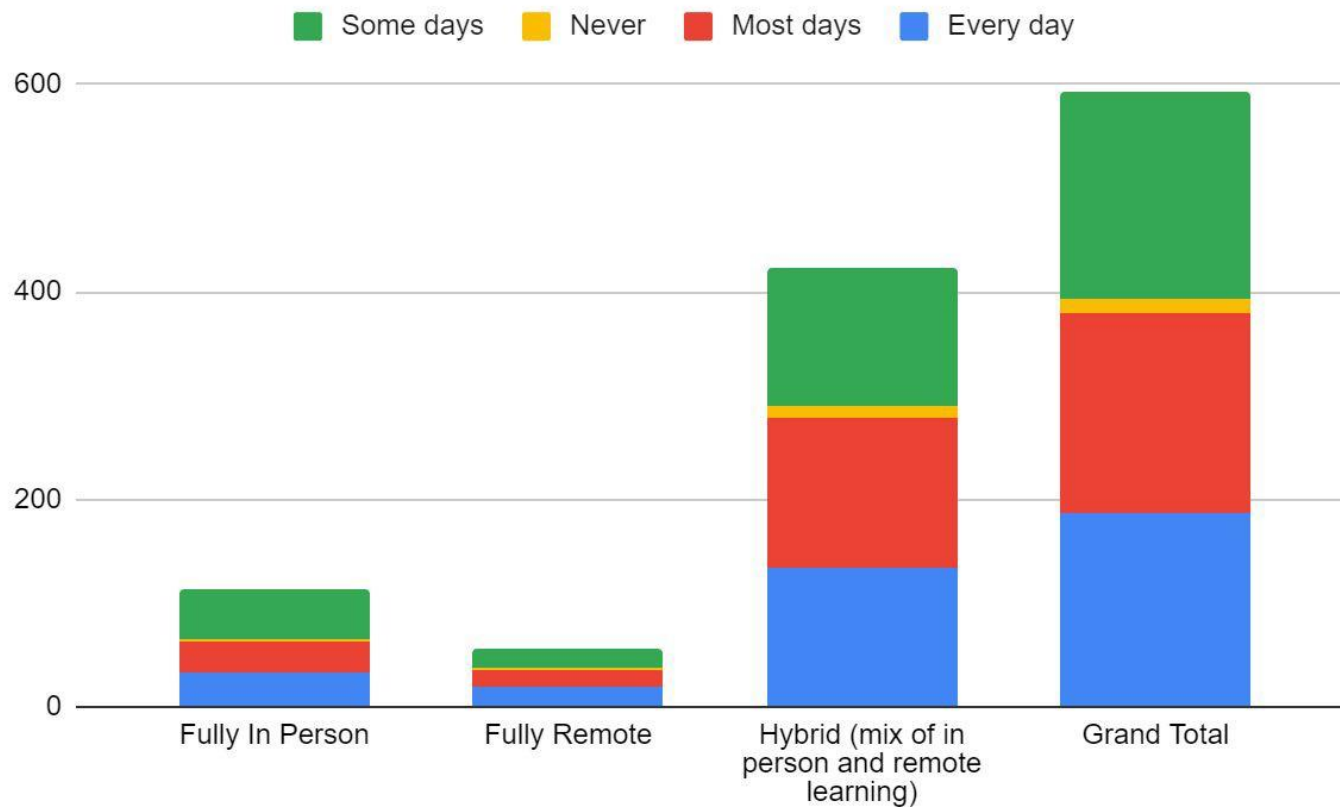
<i>COUNTA of 5. Do you have a trusted peer in your life you feel comfortable talking to about your problems?</i>	<i>5. Do you have a trusted peer in your life you feel comfortable talking to about your problems?</i>			
<i>1. How are you attending school?</i>	No	Yes	Grand Total	
Fully In Person	20	93	113	113
Fully Remote	9	48	57	57
Hybrid (mix of in person and remote learning)	49	374	423	423
<b>Grand Total</b>	<b>78</b>	<b>515</b>	<b>593</b>	<b>593</b>



## 6. In the past month, how often have you felt nervous/stressed?



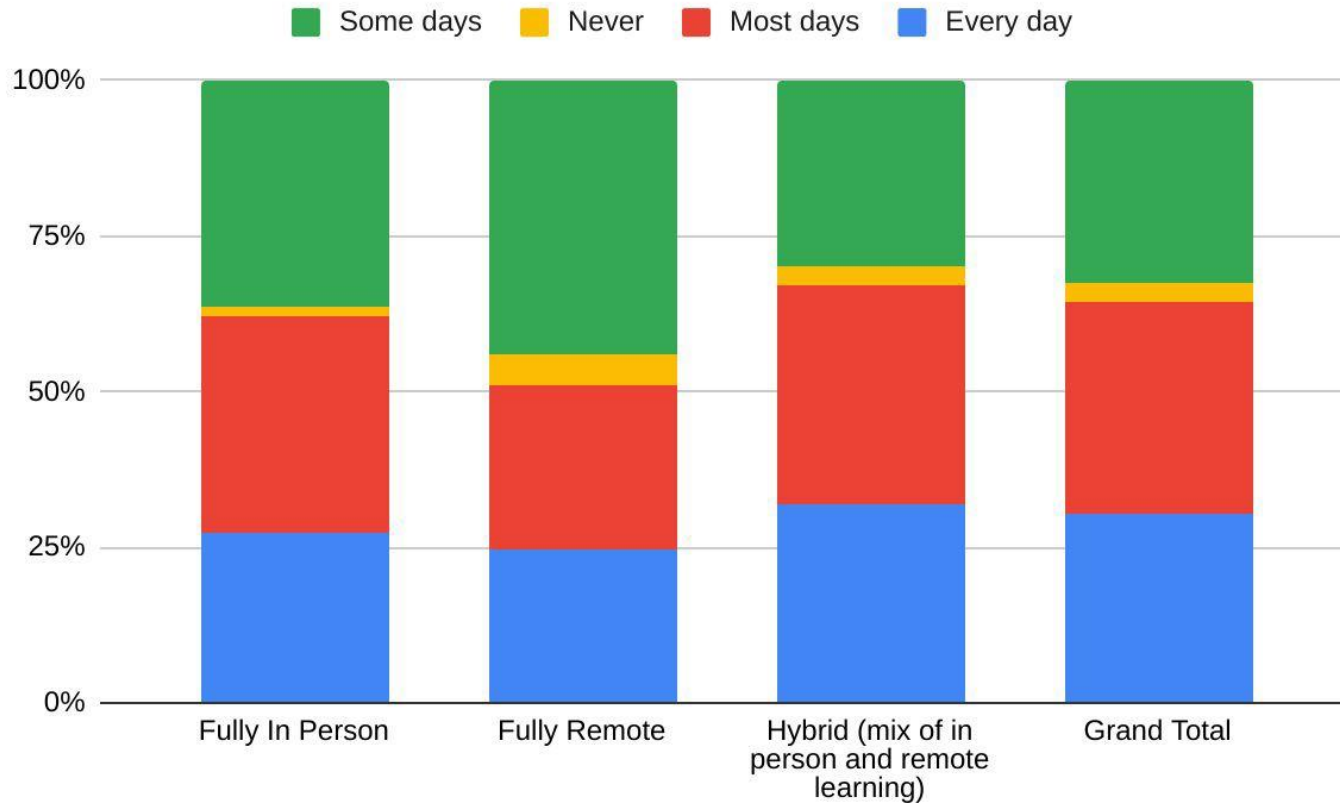
## 6. In the past month, how often have you felt nervous/stressed?



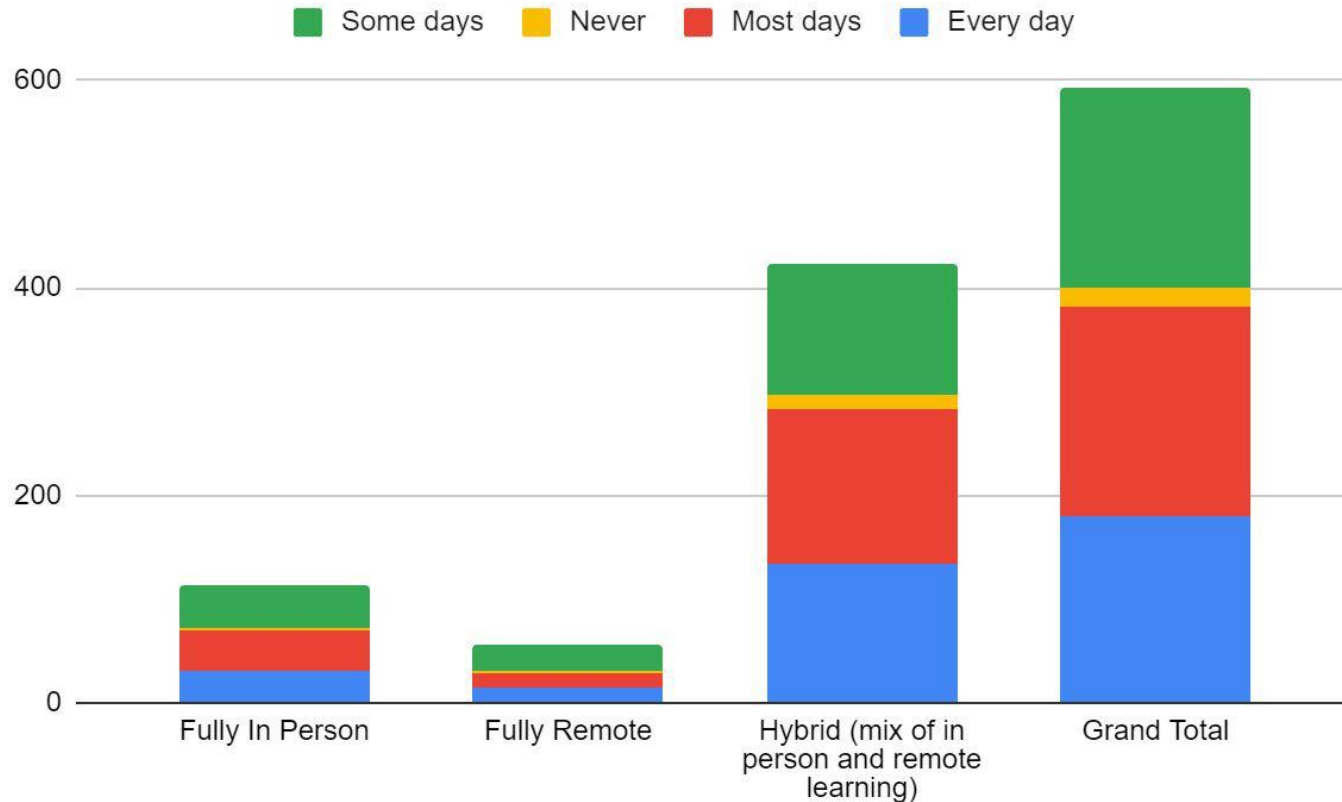
## 6. In the past month, how often have you felt nervous/stressed?

<i>COUNTA of 6. In the past month, how often have you felt nervous/stressed?</i>	<i>6. In the past month, how often have you felt nervous/stressed?</i>					
<i>1. How are you attending school?</i>	Every day	Most days	Never	Some days	Grand Total	
Fully In Person	34		30	2	47	113
Fully Remote	20		16	2	19	57
Hybrid (mix of in person and remote learning)	133		146	11	133	423
<b>Grand Total</b>	<b>187</b>		<b>192</b>	<b>15</b>	<b>199</b>	<b>593</b>

# 7. In the past month, how often have you struggled to concentrate on a task?



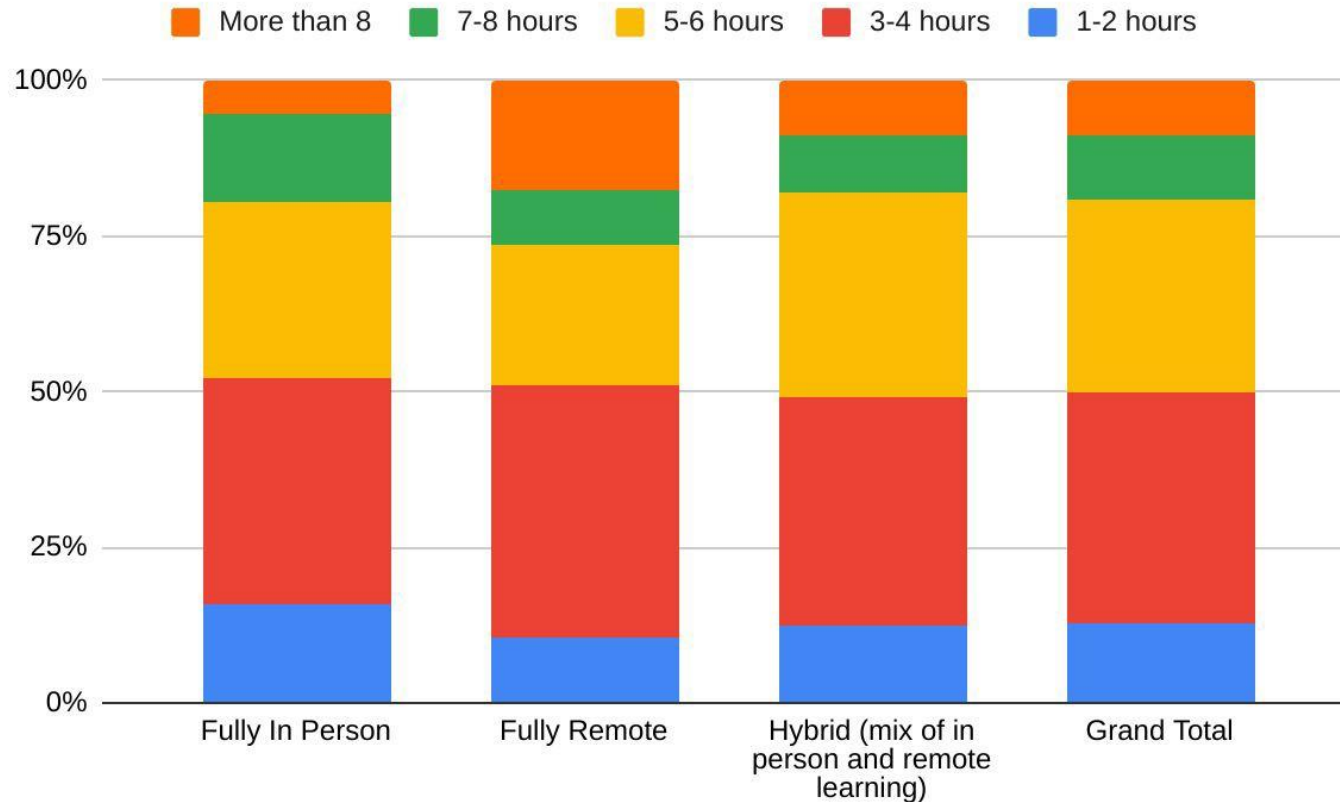
# 7. In the past month, how often have you struggled to concentrate on a task?



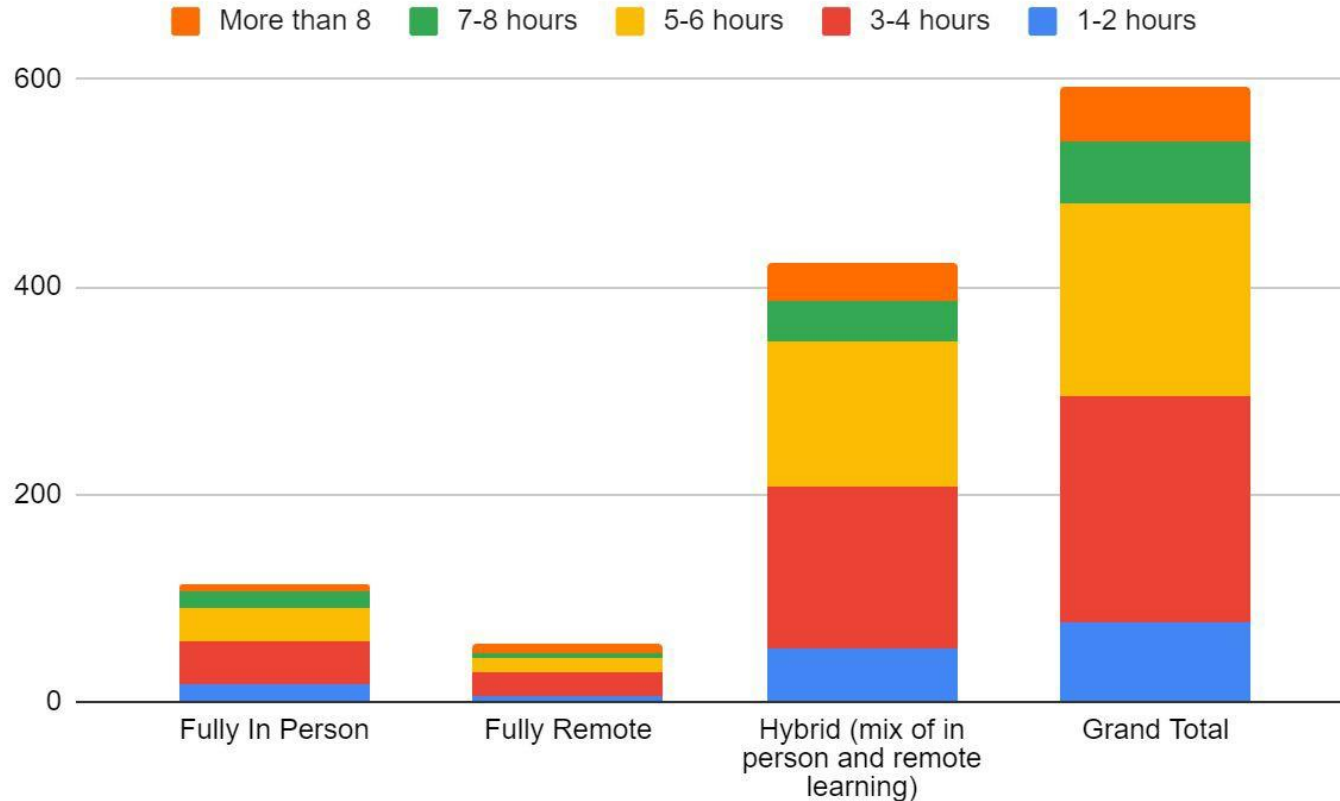
# 7. In the past month, how often have you struggled to concentrate on a task?

<i>COUNTA of 7. In the past month, how often have you struggled to concentrate on a task?</i>							
<i>7. In the past month, how often have you struggled to concentrate on a task?</i>							
<i>1. How are you attending school?</i>	Every day	Most days	Never	Some days	Grand Total		
Fully In Person	31		39	2	41	113	
Fully Remote	14		15	3	25	57	
Hybrid (mix of in person and remote learning)	135		148	13	127	423	
<b>Grand Total</b>	<b>180</b>		<b>202</b>	<b>18</b>	<b>193</b>	<b>593</b>	

## 8. On average how many hours a day do you spend looking at a screen for pleasure?



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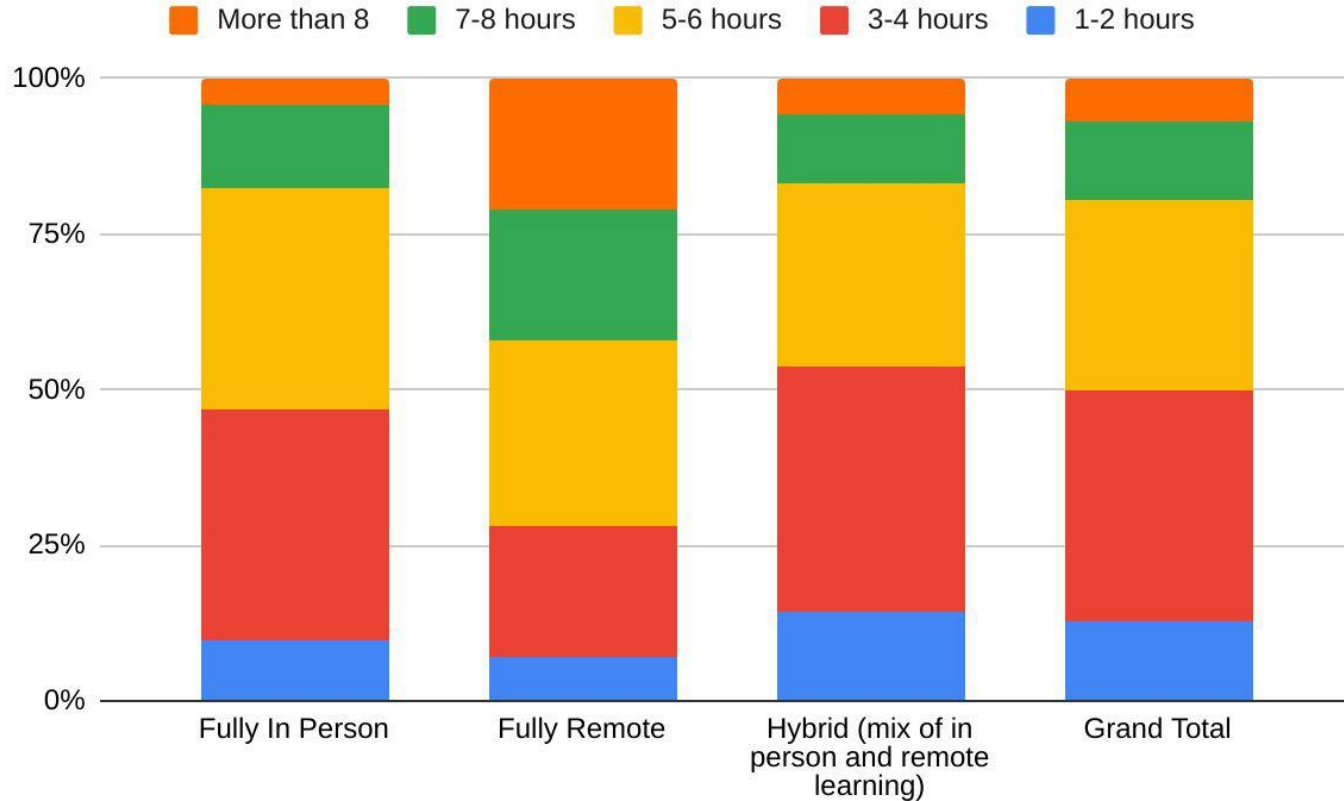
e.g. watching tv, using social media, browsing the internet, making video or phone calls ect.

8. On average how many hours a day do you spend looking at a screen for pleasure?

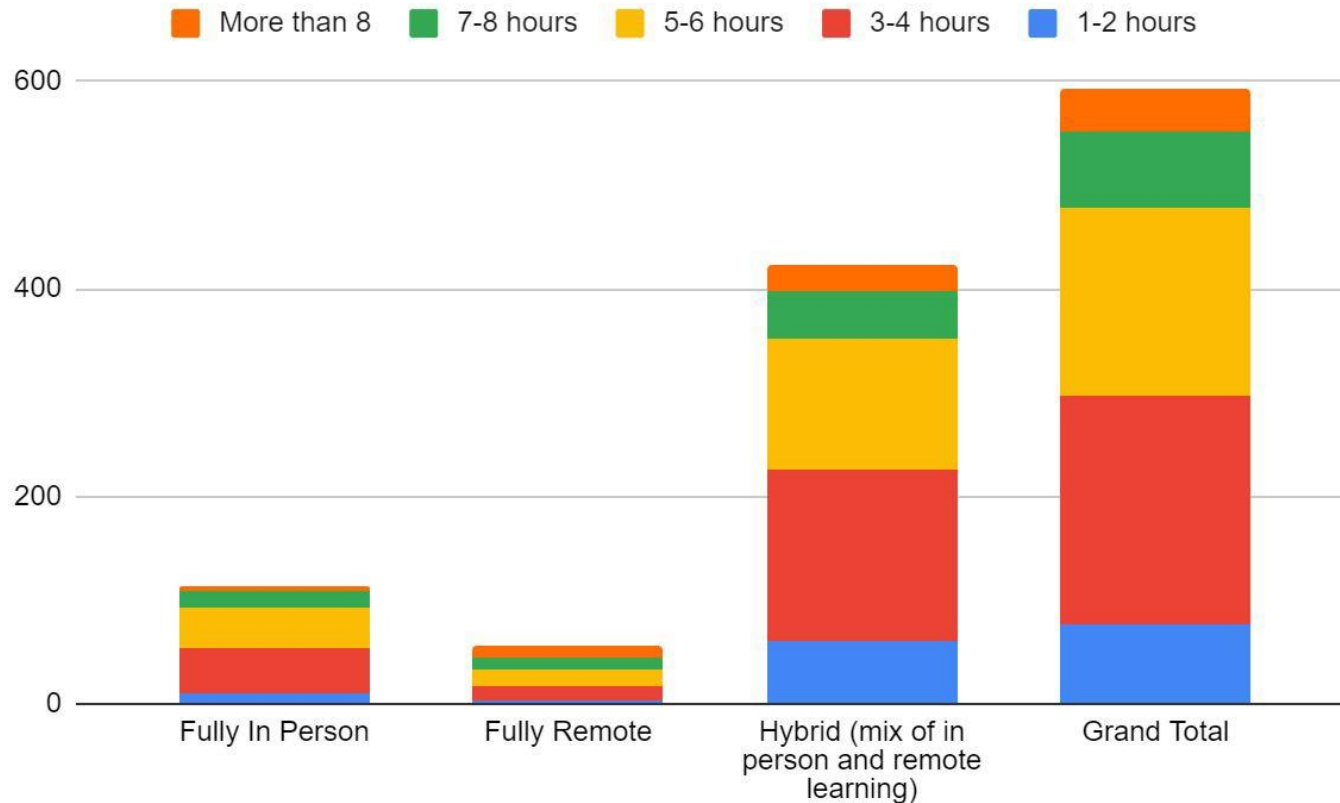
1. How are you attending school?

	1-2 hours	3-4 hours	5-6 hours	7-8 hours	More than 8	Grand Total	
Fully In Person	18	41	32	16	6	113	
Fully Remote	6	23	13	5	10	57	
Hybrid (mix of in person and remote learning)	52	155	140	39	37	423	
<b>Grand Total</b>	<b>76</b>	<b>219</b>	<b>185</b>	<b>60</b>	<b>53</b>	<b>593</b>	

# 9. On average how many hours a day do you spend looking at a screen for school or work related reasons?



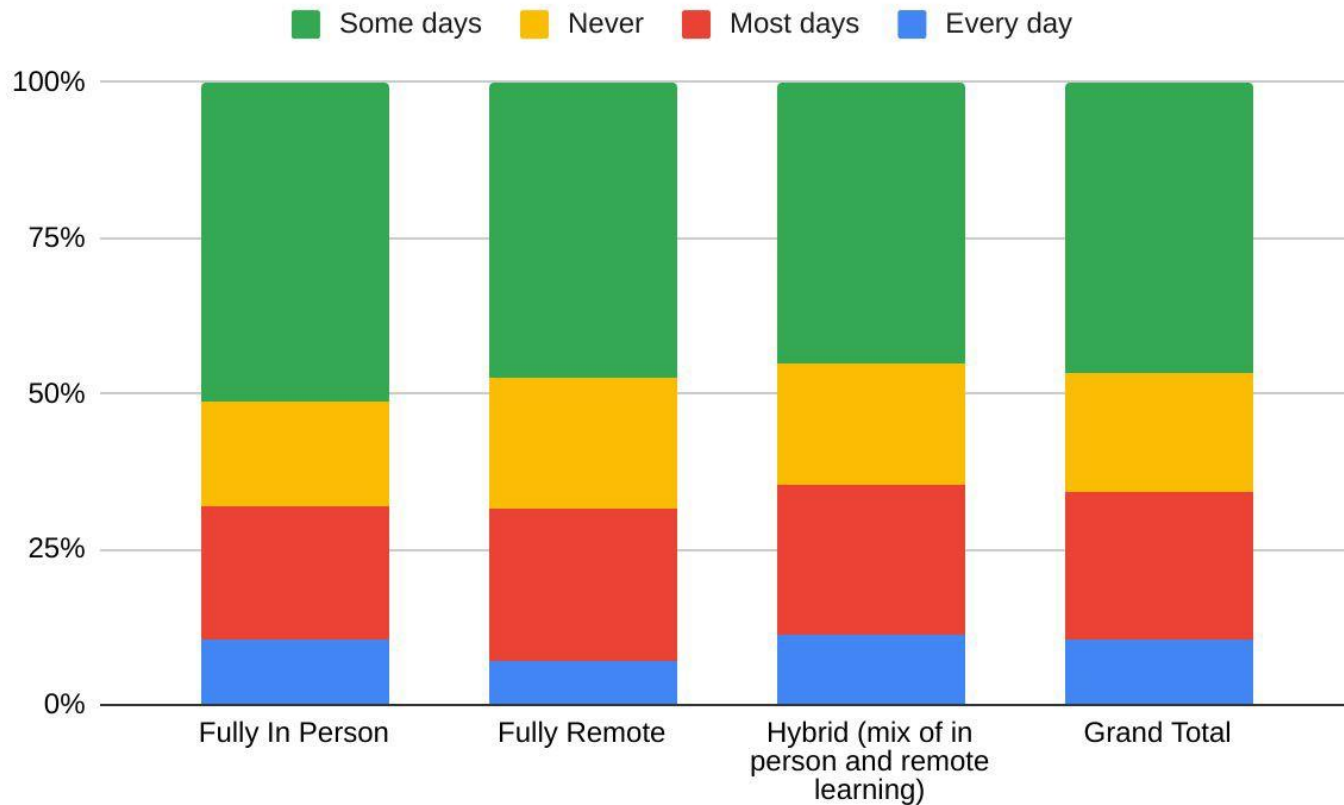
# 9. On average how many hours a day do you spend looking at a screen for school or work related reasons?



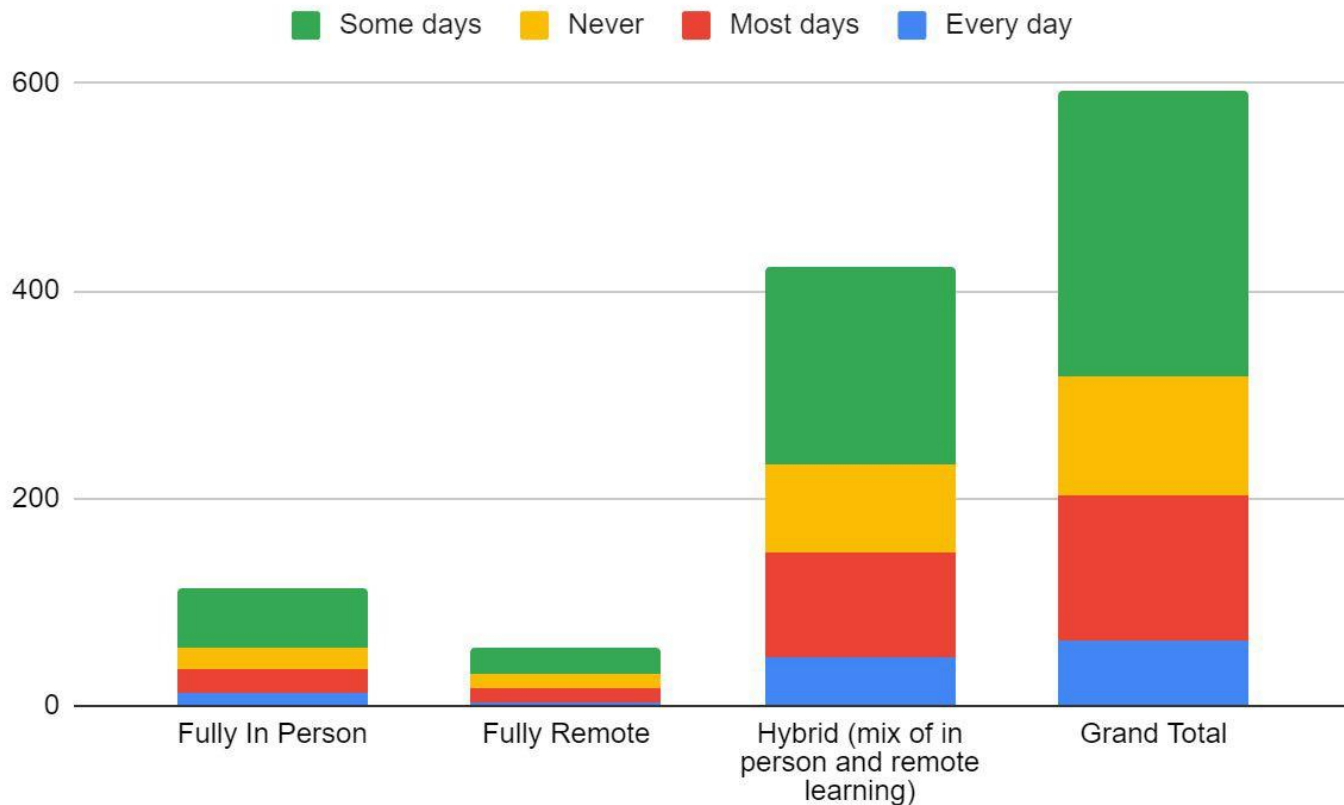
# 9. On average how many hours a day do you spend looking at a screen for school or work related reasons?

<i>COUNTA of 9. On average how many hours a day do you spend looking at a screen for school or work related reasons?</i>							
<i>9. On average how many hours a day do you spend looking at a screen for school or work related reasons?</i>							
<i>1. How are you attending school?</i>							
	1-2 hours	3-4 hours	5-6 hours	7-8 hours	More than 8	Grand Total	
Fully In Person	11	42	40	15	5	113	
Fully Remote	4	12	17	12	12	57	
Hybrid (mix of in person and remote learning)	61	166	125	47	24	423	
<b>Grand Total</b>	<b>76</b>	<b>220</b>	<b>182</b>	<b>74</b>	<b>41</b>	<b>593</b>	

# 10. In the past month, how often have you felt you were unable to control your situation? (home, school, etc)



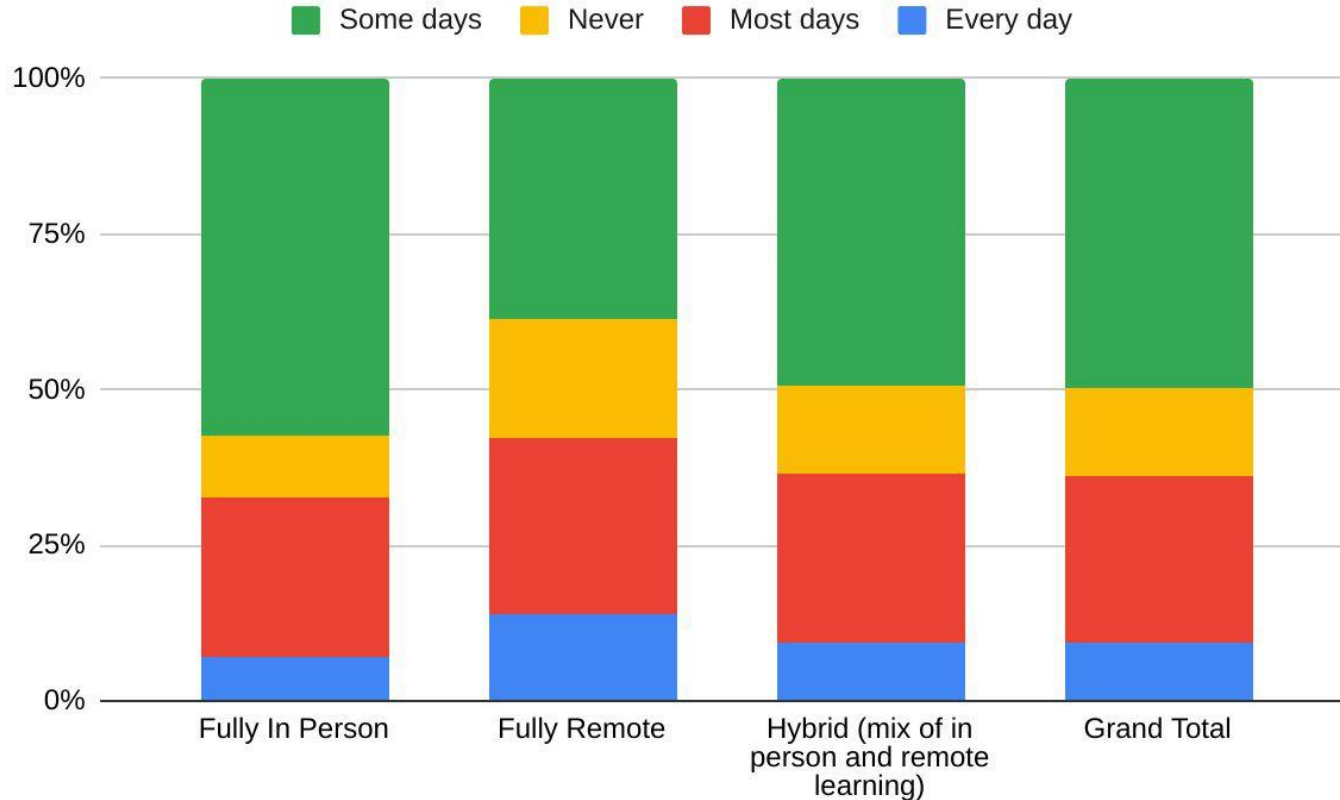
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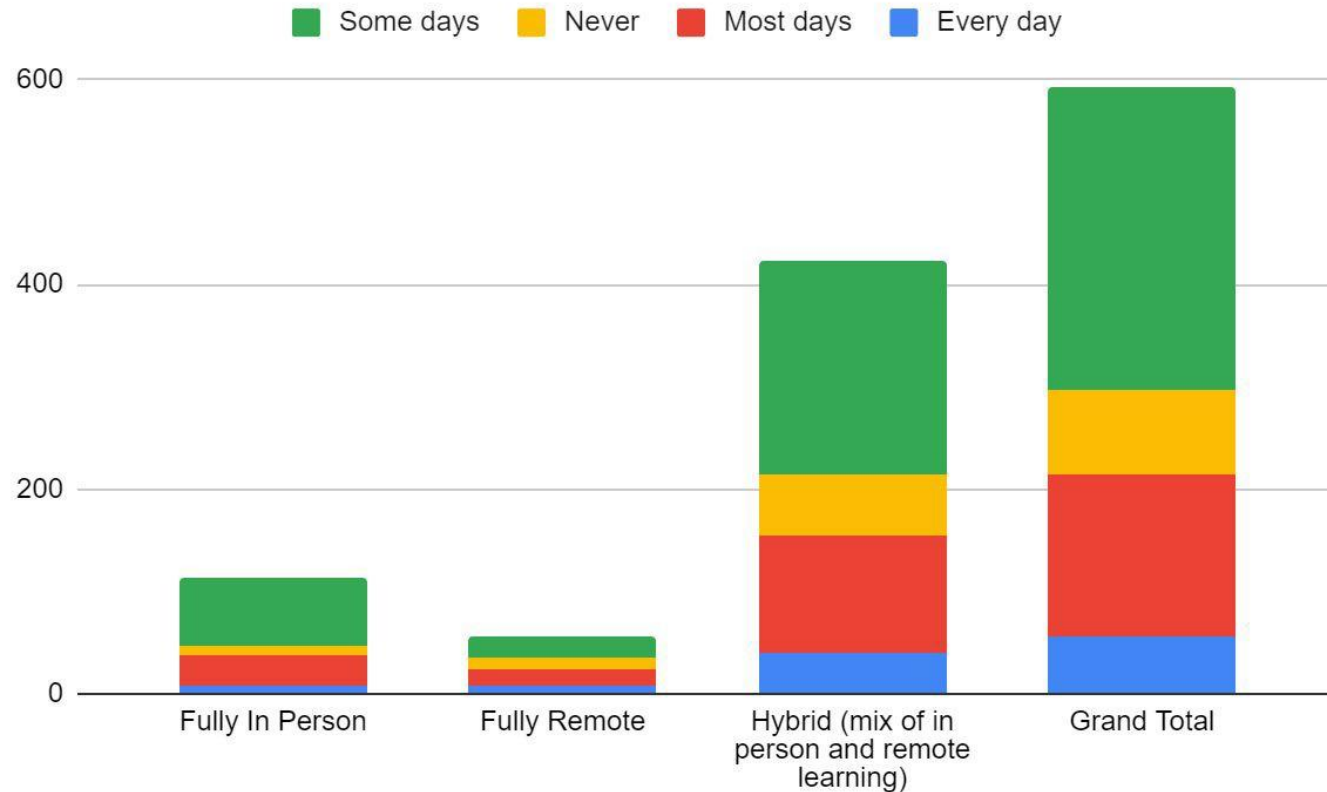
<i>COUNTA of 10. In the past month, how often have you felt you were unable to control your situation? (home, school, etc)</i>	<i>10. In the past month, how often have you felt you were unable to control your situation? (home, school, etc)</i>				
<i>1. How are you attending school?</i>	Every day	Most days	Never	Some days	Grand Total
Fully In Person	12	24	19	58	113
Fully Remote	4	14	12	27	57
Hybrid (mix of in person and remote learning)	47	102	83	191	423
<b>Grand Total</b>	<b>63</b>	<b>140</b>	<b>114</b>	<b>276</b>	<b>593</b>

# 11. In the past month, how often have you had little interest or pleasure in doing things?





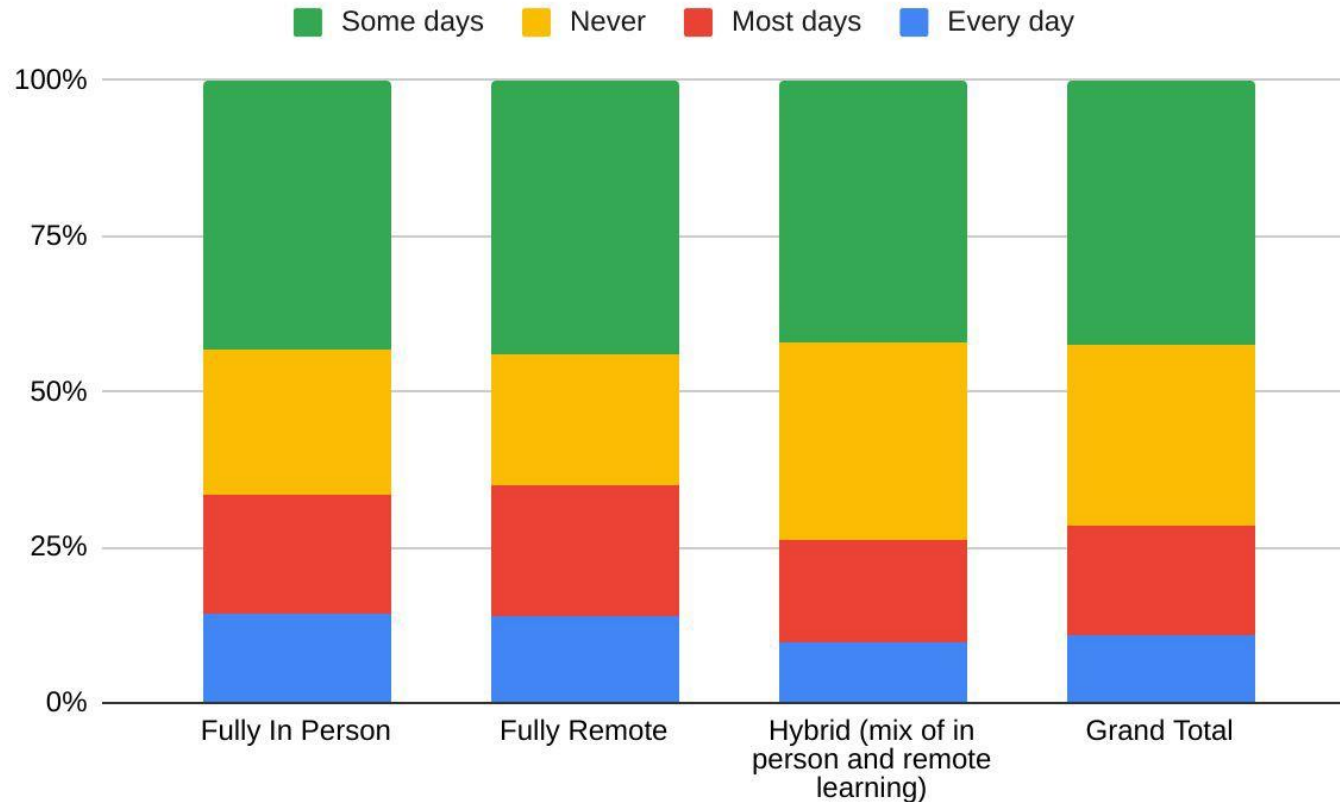
# 11. In the past month, how often have you had little interest or pleasure in doing things?



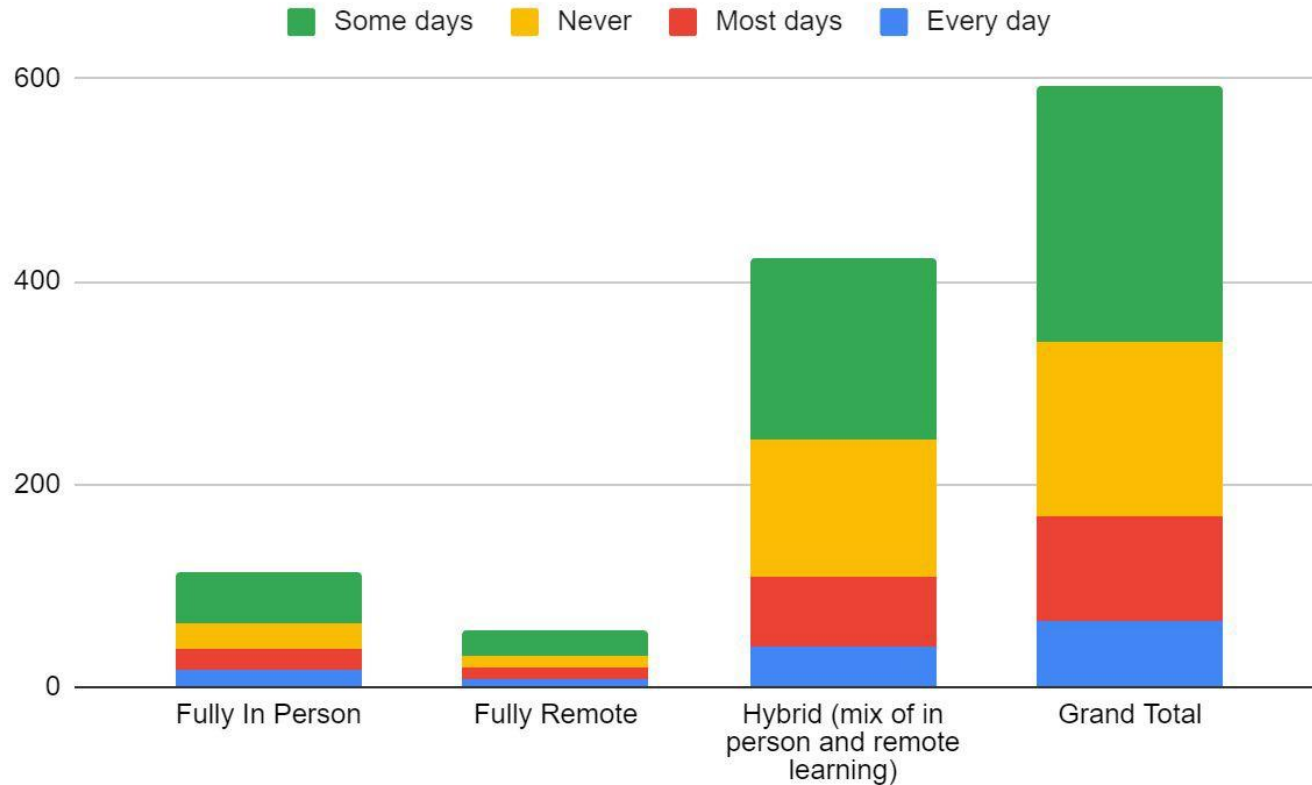
# 11. In the past month, how often have you had little interest or pleasure in doing things?

<i>COUNTA of 11. In the past month, how often have you had little interest or pleasure in doing things?</i>	<i>11. In the past month, how often have you had little interest or pleasure in doing things?</i>					
<i>1. How are you attending school?</i>	Every day	Most days	Never	Some days	Grand Total	
Fully In Person	8	29	11	65	113	
Fully Remote	8	16	11	22	57	
Hybrid (mix of in person and remote learning)	40	114	60	209	423	
<b>Grand Total</b>	<b>56</b>	<b>159</b>	<b>82</b>	<b>296</b>	<b>593</b>	

## 12. In the past month how often have you felt worried that you or a loved one would become sick?



# 12. In the past month how often have you felt worried that you or a loved one would become sick?



# 12. In the past month how often have you felt worried that you or a loved one would become sick?

<i>COUNTA of 12. In the past month how often have you felt worried that you or a loved one would become sick?</i>	<i>12. In the past month how often have you felt worried that you or a loved one would become sick?</i>					
<i>1. How are you attending school?</i>	Every day	Most days	Never	Some days	Grand Total	
Fully In Person	16		22	26	49	113
Fully Remote	8		12	12	25	57
Hybrid (mix of in person and remote learning)	41		69	135	178	423
<b>Grand Total</b>	<b>65</b>		<b>103</b>	<b>173</b>	<b>252</b>	<b>593</b>

# 13. What coping mechanisms have you used in the past month to deal with the impacts of Covid-19 on your life?

