



INSTITUTE OF
**POSITIVE
EDUCATION**
GEE LONG GRAMMAR SCHOOL®

Mi7



Mi7 Survey

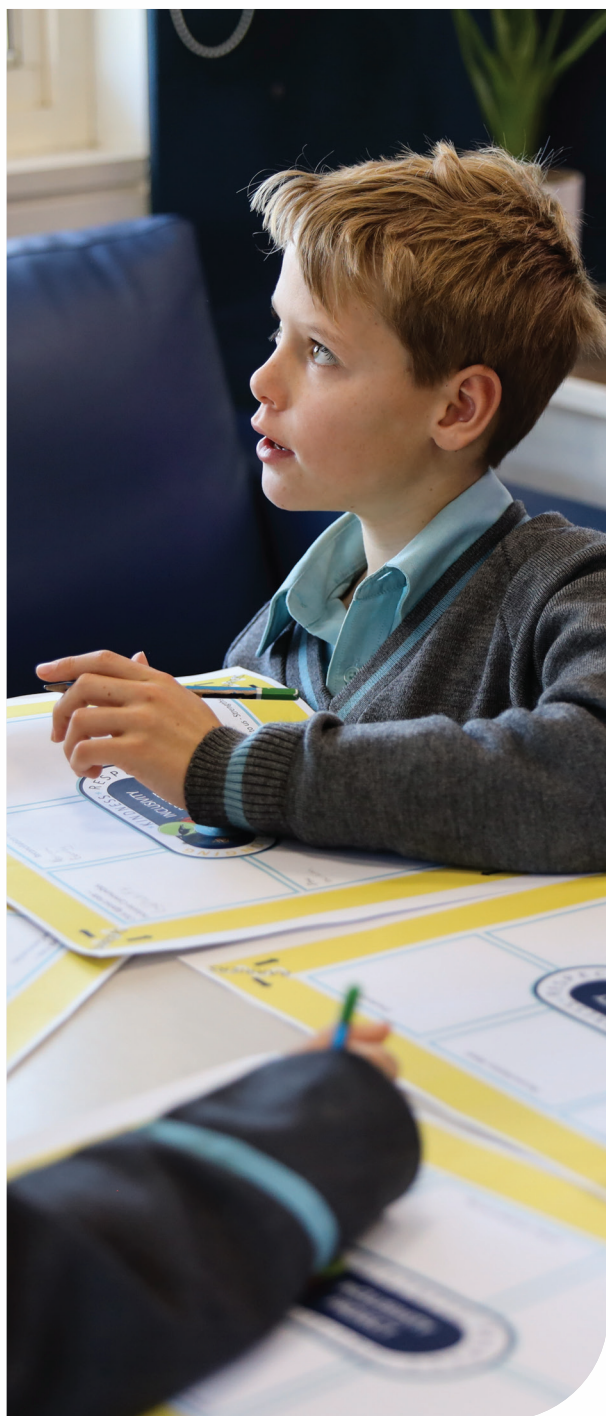
The Mi7 Student Wellbeing Survey gives schools clear, actionable data on student wellbeing and mental health, helping leaders understand student strengths and challenges, make evidence-informed decisions and track change over time.

**Young people
flourish
when their
wellbeing is
supported.**

The Mi7 Survey provides schools with:

- **Efficient wellbeing measurement** across student cohorts.
- **Clear written and interactive reports** on student wellbeing, including mental health.
- **Actionable data** to guide evidence-informed strategy, implementation and continuous improvement.
- **Insights to inform future support**, including consultancy, professional learning and curriculum planning.
- **Insights to inform targeted support**, from whole-school strategy to year-level and classroom practice.

Mi7 Survey Overview



The Mi7 Survey was developed by the Institute of Positive Education (IPE) in collaboration with Resilient Youth Australia and the Adelaide University to provide schools with a clear, evidence-informed way to measure wellbeing.

Drawing on our extensive knowledge and practical experience supporting schools worldwide to improve student wellbeing, the Mi7 Survey captures the key elements of a flourishing life for young people and reports it through seven related areas of wellbeing:

- 1. Positive Relationships**
- 2. Positive Emotions**
- 3. Positive Health**
- 4. Positive Engagement**
- 5. Positive Accomplishment**
- 6. Positive Purpose**
- 7. Character Strengths**

As part of Mi7, you will have access to a dedicated Reporting Portal, where you can explore your school's survey data and generate interactive, on-demand reports regarding the aspects of student wellbeing most relevant to your context. Moving beyond surface level insights, it offers clear, real-time, anonymous data that can inform strategic decisions, guide targeted interventions and track change over time.

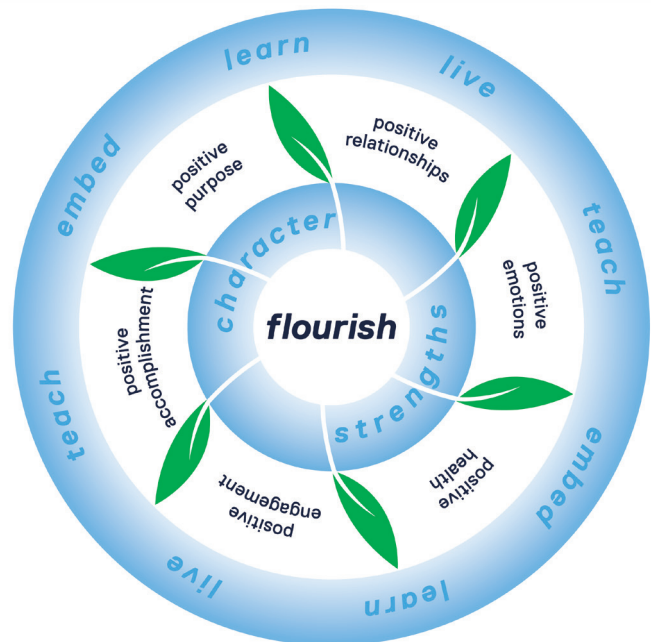
Using the Mi7 Survey can help your school address challenges and harness opportunities to develop a sustainable, whole-school approach to wellbeing.

For further information or assistance, please contact institute@ggs.vic.edu.au or **+61 3 5273 9159**.

What Mi7 Measures

The Mi7 Survey captures the key elements of a flourishing life for young people and reports it through seven related areas of wellbeing:

- **Positive Relationships**, including family, school, belonging, social-emotional awareness, diversity and inclusion, equity and fairness and bullying.
- **Positive Emotions**, including happiness, optimism and hope.
- **Positive Health**, including diet, sleep, exercise, smoking, alcohol, anxiety, depression and adaptability.
- **Positive Engagement**, including learning engagement, absorption, academic self-concept and academic buoyancy.
- **Positive Accomplishment**, including mindset, decision-making and perseverance.
- **Positive Purpose**, including life satisfaction, contribution, worth, and direction.
- **Character Strengths**, including self-knowledge, self-regulation, empathy, compassion and gratitude.



Underpinning Mi7 are five scientifically validated, reliable and internationally recognised measures:

- The Cantril Self-Anchoring Scale (CSAS)
- Children's Hope Scale (CHS)
- Patient Health Questionnaire-4 (PHQ-4),
- Generalised Anxiety Disorder-2 (GAD-2)
- Patient Health Questionnaire-2 (PHQ-2)



Mi7 Survey Features

Action-oriented data

Practical questions and easy-to-interpret results provide clear insights to support informed decision-making and whole-school wellbeing planning.

Confidential, safe and secure

A voluntary, confidential and anonymous survey helps students feel heard and gives them a voice in shaping wellbeing support. Student data is non-identified, with secure data transmission and storage.

Simple user experience

Designed to be easy-to-administer at the classroom level and user-friendly for students. The approximately 65-question survey can be completed by most students in about 30 minutes.

Suitable for students aged 8 to 18+

Designed for students aged 8 to 18+, with a shorter version available for younger students.

Flexible survey periods

Conduct the survey at a time that best suits your school.

Accessible across devices

Available on most browsers and devices with an internet connection.

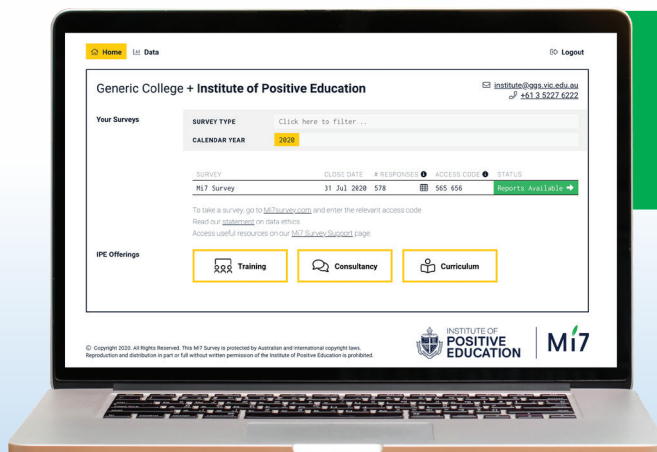
Cost-effective

AUD \$5 + GST per student survey per year.

Interactive Online Portal

Each school receives access to its own Reporting Portal, where you can interact with your Mi7 Survey data. Here you can drill down by year level, gender, by question, or construct (such as 'Positive Purpose'). You can compare your school's data to Australian norms where available. You can also generate on-demand, easy-to-read reports, including:

- **Snapshot reports:** An at-a-glance overview of your students' wellbeing.
- **Cross-sectional reports:** Comparing your students by gender across year levels.
- **Longitudinal reports:** Comparing your students as they move through the school year levels.
- **Time-lag reports:** Comparing any year level (for example, year 7) over time.



To test drive our interactive online portal, go to:

www.portal.Mi7survey.com

Who Can Utilise Mi7 Data?

Principals and school leaders

Use clear, actionable wellbeing data to inform strategy, guide whole-school planning and support continuous improvement. The Mi7 Survey can help school leaders:

- **Make data-informed decisions**
Understand what students are experiencing at school and beyond, and use their voices to guide meaningful wellbeing support.
- **Build confidence and increase efficiency**
Use the data to better allocate resources, set professional learning priorities and strengthen implementation plans.
- **Measure impact over time**
Assess the effectiveness of wellbeing programs, policies and practices, and identify opportunities for improvement.
- **Support academic success**
Recognise the connection between wellbeing, engagement and learning, and use student data to guide more effective support.
- **Reduce risk**
Identify emerging concerns earlier and make evidence-based decisions with greater confidence.
- **Share data with stakeholders**
Communicate key findings with students, staff and parents to build shared understanding, collaboration and accountability.

Wellbeing and counselling staff

Access clear cohort-level insights to understand students' wellbeing strengths and needs, plan targeted responses and measure the impact of initiatives over time. Data can be provided by year group, campus, whole school and can also be segmented by gender.

Year-level coordinators

Compare year levels across the school, as well as current and past cohorts, to understand how student wellbeing needs are changing over time and plan more responsive support. For example, how do the year 7 students of today differ from those of 3 years ago?

Classroom teachers

Use student wellbeing insights to inform classroom practice, tailor lessons and create conditions that help more students flourish.

Mi7 Data Policy

We are committed to ensuring the protection of individual rights to privacy and confidentiality.

Data use

Students' survey responses are aggregated when reported to the client school. Individual anonymity is guaranteed by creating one universal login for all participants and by setting a minimum number of responses required in order to report a result for any cohort. These measures ensure that responses can never be traced to an individual.

Aggregated non-identified data may be used by IPE and RYA to generate norms, and in collaboration with partner academic institutions for research purposes.

Ethics

When a Principal chooses to establish an evidence-base upon which to make decisions for the continuous improvement of the wellbeing of their students and employees, they may choose to utilise for a fee one or more of our Survey Products. In this case their own school's Ethics Policy applies.

Privacy

Our surveys are always offered as voluntary and anonymous. All collected data is non-identifiable, and we do not collect any sensitive or personal information. Only aggregated data is reported.

Respondent anonymity

Our Mi7 Survey Reporting Portal may restrict drill-down populations from displaying anytime there are fewer than 9 respondents in a reporting field.

Storage

All data is stored on RYA's secure AWS servers located in Sydney Australia.

For a detailed description of RYA's Data Policy and IT Security policy, which IPE complies with, please download the PDF at: www.ggs.vic.edu.au/institute/ipe-research/mi7-data-policy

Contact us

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