

COVID-19's Aftermath on Students' Mental Health Survey Template

**IT'S OKAY TO
ASK FOR HELP**



Before You Scroll...

If you want to jump right into what the template looks like, feel free to scroll down! If you want to learn how to use our template or to make it your own, feel free to stick around and keep reading!

Our Hope and Mission

We hope that by sharing this free survey template we can support you in your endeavors to ensure youth voices are heard and acknowledged. The [original survey](#) was created by Irma Rosa Viera when she realized the COVID-19 concerns of multiple youth in her Los Angeles community were not heard. The survey “COVID-19’s Aftermath on Students’ Mental Health” was disseminated in 2021 and has since reached hundreds of youth between the ages 12 and 25. The survey results showed exactly what we thought: youth are in need of support. As it points out, the best way to help youth is to *listen* to them and to let *them guide us*.

We want to be able to provide a starting point for those who wish to give youth in their communities a chance to voice what they need and how *they* want to be helped. We understand that the students surveyed cannot speak for all youth in every community. As such, we created this template resource so that you can begin your journey to tailor it to your youth.

With gratitude and hope for a brighter future,



Irma Rosa Viera and Tracy Nguyen

Tips & Tricks!

1. Keep it short and sweet.
2. Don't be afraid to add your own humor into it! That's what the soup question is for!
3. To ensure youth are not submitting the survey multiple times, click on the "Settings" tab. Scroll down to find the subsection titled "Responses" and click on it for the drop down menu to appear. Toggle on "Limit to 1 response."
4. If you have the resources to add an incentive, we encourage it! Here are two incentive ideas:
 - Give extra credit or participation points
 - Give freebies that your school-based health center might have (e.g., stress balls with their logo, pens, etc.)
5. If you are tech savvy and would like to give this survey in a more environmentally friendly way, you can copy and paste the survey questions from page 4, into a google form. Here is a [how to make a google form video](#) you can refer to for additional support. For visuals on what our survey looks like, please scroll down to Page 5.

Copy and Paste Time!

Feel free to copy and paste these questions into your Google Form or simply use it as a place to brainstorm questions!

Question 1: What age range do you belong to?

Question 2: Virtual Learning can be very heavy on students of all ages. What are some of the ways virtual learning has impacted you? Whether negatively or positively.

Question 3: Do you feel receiving emotional support from your Wellness Center would be beneficial to your educational needs going forward?

Question 4 : Is cereal soup? (Feel free to add your own unique question here! This question was asked to break up the seriousness of the survey and to re-engage youth with a lighthearted question.)

Question 5: We understand coming back to school can feel scary, we want to remind you that our Wellness Center is here to support you. How can your Wellness Center AND SCHOOL better support you in transitioning back to in-person learning?

Question 6: Did you know that your school has a Wellness Center?

Question 7: Do you know what kind of services are available to you at the Wellness Center?

Question 8: Please include your email ***AND*** first and last name in order to be entered into the raffle! (You can also switch the word raffle for extra credit, participation points, etc!)

Visual Example of the Exact Google Survey Form Given to Students

Questions Responses **306** Settings Total points: 0



How can we better assist YOU?

We understand this has been a challenging year for many students. With so many new changes it can feel as if things are happening so fast and with not enough time to catch your breath. We want you to know that your School-Based Wellness Centers across all of California are here to support you: so before anything else please feel free to take a moment to simply..... Breathe.

We have developed this quick survey to better understand the needs of students like yourself, and to better learn from YOU what YOU need and how our Wellness Centers can support you. Please feel free to be as honest as you comfortably can, no answer is ever a wrong answer. And as a thank you for completing this survey you will be entered for a chance to win one of FIVE prizes that will EACH include a GrubHub gift card!

What age range do you belong to? *

12-14

15-18

19-25

Virtual Learning can be very heavy on students of all ages. What are some of the ways virtual learning has impacted you? Whether negatively or positively. *

Long answer text

Do you feel receiving emotional support from your Wellness Center would be beneficial to your educational needs going forward? *

Yes

No

Is cereal soup? *



Yes

No

What's a soup?

We understand coming back to school can feel scary, we want to remind you that our Wellness Center is here to support you. How can your Wellness Center AND SCHOOL better support you in transitioning back to in-person learning? *

Long answer text

New Prizes as of 06/04/2021* There will be a total of FIFTEEN (15) prizes! Winners 1-15 will each receive 1 yoga mat, 1 mug, 1 water bottle, 1 notebook, 1 set of colored pencils, and 1 hand sanitizer bottle. Winners 1-5 will receive a \$20 GrubHub Gift card, winners 6-10 will each receive a \$10 GrubHub gift card!



Did you know that your school has a Wellness Center? *

- Yes
- No

Do you know what kind of services are available to you at the Wellness Center? *

- Yes
- No

Please include your email ***AND*** first and last name in order to be entered into the raffle! *
We will be contacting the FIVE winners around late June so please be on the lookout!

Short answer text

Thank you so much for taking the time to fill out this survey! The Five winners will be announced on our Instagram @SBH4CA and contacted via email late June 2021!

