



INSTITUTE OF  
**POSITIVE  
EDUCATION**

**Mi7**



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

The Institute of Positive Education's Mi7 Survey provides schools with:

- The ability to accurately and efficiently measure vital data within school cohorts;
- Clear written & interactive reports on student wellbeing, including mental health;
- Actionable data to help make evidence-informed decisions that best support student wellbeing;
- Insightful data that can help inform the Institute's provision of additional consultancy services, professional learning, and curriculum.

The Mi7 Survey was developed by the Institute of Positive Education (IPE) in collaboration with Resilient Youth Australia and the Department of Justice and Society (Psychology) at the University of South Australia.

We believe this survey will assist your school with harnessing the opportunities and addressing the challenges faced in the implementation of a sustainable, evidence-informed, whole-school approach to wellbeing.

Drawing on our extensive knowledge and experience supporting schools world-wide to improve student wellbeing, our measurement instrument captures the key elements of a flourishing life for young people and reports it as seven related areas of wellbeing:

- **Positive Relationships**
- **Positive Emotions**
- **Positive Health**
- **Positive Engagement**
- **Positive Accomplishment**
- **Positive Purpose**
- **Character Strengths**

The Mi7 Survey puts in your hands up-to-the-minute data on the wellbeing of your (non-identified) students.

We provide you with your own Reporting Portal that gives you access to your school's survey data, and the tools to generate interactive, on-demand reports that focus on the aspects of student wellbeing that most interest you.

We know that you will find the Mi7 Survey data insightful and a practical starting point for your intentional efforts to help your school community flourish.

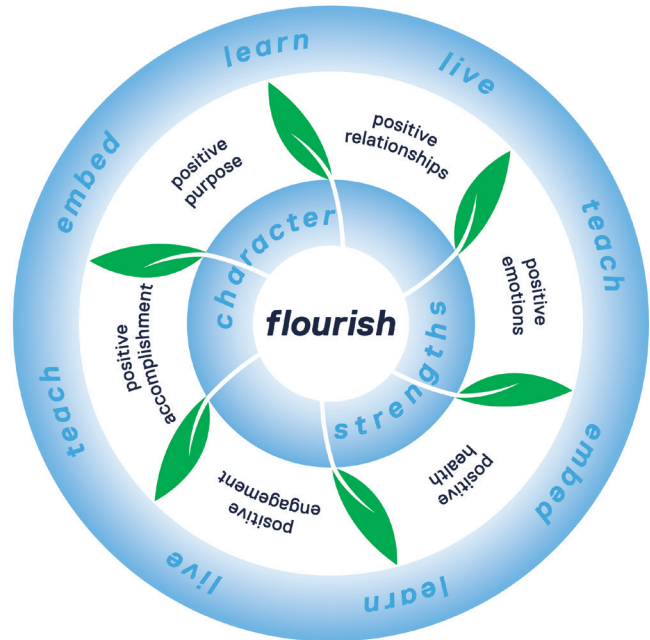
Please don't hesitate to contact us if we can be of further assistance.

**For more information, contact [institute@ggs.vic.edu.au](mailto:institute@ggs.vic.edu.au) or +61 3 5227 6222.**

## Measures and reports on flourishing

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

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



## Scientific

The Mi7 Survey incorporates five scientifically validated, reliable and internationally accepted measures:

- Cantril Self Anchoring Scale (CSAS)
- Children's Hope Scale (CHS)
- General Patient Health Questionnaire (PHQ-4)
- Generalised Anxiety Disorder- 2 (GAD-2)
- Patient Health Questionnaire [Depression] (PHQ-2)



## User experience

The Mi7 Survey is 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.

## Online and device friendly

The survey is available on most browsers and most devices with an internet connection.

## Customisable survey periods

Survey whenever suits you best.

## Good value

The cost is AUD\$5 +GST per student survey per year.

## Survey from 8 years of age

The survey is suitable for ages 8 - 18+. A shorter survey is available for the younger students.

## Confidential, safe and secure

All student data is non-identified and anonymous. Data transmission and storage is secure.

## Action-oriented data

Our practical questions and easy to interpret results lead directly to great data-informed decisions.

## 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 '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:

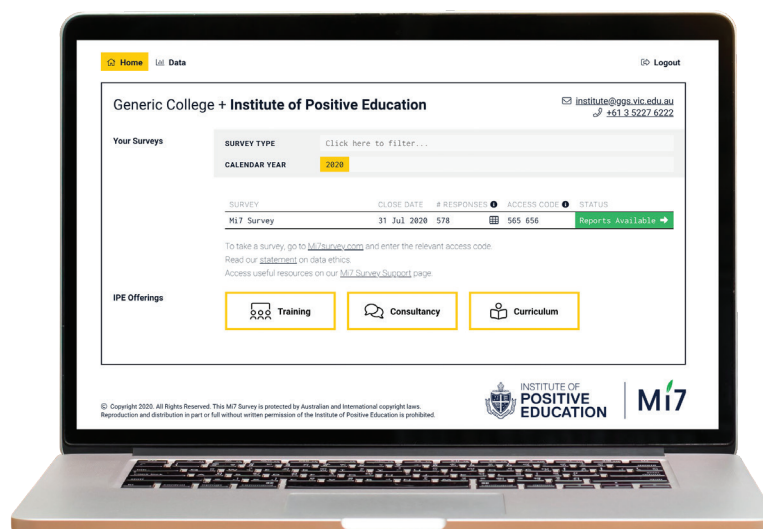
- **Snapshot reports:** An at-a-glance overview of your students' wellbeing.
- **Cross-sectional reports:** Comparing your students by gender across year levels.
- **Longitudinal reports:** Comparing your students as they move through the school year levels.
- **Time-lag reports:** Comparing any year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

To test drive our exclusive interactive online portal, go to:

[www.portal.Mi7survey.com](http://www.portal.Mi7survey.com)

**username:** DemonstrationPortal

**password:** demo



## Principals and school leaders

The Mi7 Survey data supports school leadership teams in achieving their goal of placing wellbeing at the heart of the school. Measuring wellbeing is key to the success and sustainability of a whole-school approach to wellbeing. Having relevant, actionable data at your fingertips supports strategic direction, implementation plans, and continuous improvement.

By adopting the Mi7 Survey and using the detailed, user-friendly survey reports, this can help you:

- **Make data-informed decisions**  
Listen to the voices of your students. It is essential to know what they are experiencing at school and at home, and to understand their needs in order to best support their wellbeing.
- **Increase efficiency and confidence in your practices**  
Use the data to better allocate resources, set professional learning priorities, assign responsibilities & more.
- **Assess the success of initiatives**  
Improve knowledge and understanding of what is working overtime and determine specific initiatives' return on investment.
- **Continue to improve**  
Determine the effectiveness of programs, policies and practices to support continuous improvement and innovation.
- **Sustain academic success**  
Student wellbeing and mental health data are strongly linked to learning outcomes, so it is vital to know your students' reported strengths and needs.
- **Reduce risk**  
In the face of today's accountability pressures, reduce risk by making great evidence-based decisions by pinpointing specific opportunities and problems earlier.
- **Share data with stakeholders**  
Share your survey data with students, staff and parents to help keep them informed and to encourage collaboration and accountability with supporting your students' wellbeing.

## Wellbeing and counselling staff

Wellbeing and counselling staff are supported to better know their students' wellbeing strengths and needs. Importantly, this can be provided by year group, school campus and whole school levels and will be segmented by gender. The Mi7 Survey data can provide specialist staff with clear evidence from each cohort to help plan responses and measure the success of initiatives over time.

## Year-level coordinators

Know your year level like never before! Compare year levels (cross-sectional) across the school this year, and past year cohorts (longitudinal comparisons). For example, how do the year 7 students of today differ from those of 3 years ago?

## Classroom teachers

Analyse and understand the key factors for student wellbeing and success. Tailor your lessons and practices to the wellbeing strengths and needs identified. Enabling more students to flourish can help ensure more positive learners and improved academic results.

## Students

A voluntary, confidential and non-identified survey, the Mi7 Survey elicits honest answers from your students, helping them feel heard and empowering them to share responsibility for their own wellbeing

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 (9) 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 less 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: <https://instituteofpositiveeducation.com/pages/mi7-data-policy>

## Contact Us

For more information, contact us via  
email: [institute@ggs.vic.edu.au](mailto:institute@ggs.vic.edu.au)  
Or phone: +61 3 5227 6222