# Student Snapshot Survey: School information

The transition from primary school to secondary school is a significant time of change. In fact, [research](https://www.cese.nsw.gov.au/images/stories/PDF/transition-primary_secondary_AA.pdf) from the NSW Centre for Education Statistics and Evaluation highlights a decline in students’ engagement in their education and sense of belonging during this time. One of the key protective factors for supporting students through this period is the early development of strong student–teacher relationships.

To support teachers to build these relationships with their students and to develop a tailored wellbeing program, ReachOut has developed Student Snapshot. Student Snapshot is a simple, digital alternative to paper-based transition questionnaires. This student self-assessment survey can be used to generate a wellbeing overview for teachers.

**What information does Student Snapshot gather?**

Student Snapshot does not collect any information classified as sensitive or health related.

The Individual Student Survey will provide you with a profile for each student who completes the survey. It asks students to share things about themselves, including their favourite subjects and any activities they would like to be involved in.

The Cohort Survey focuses on any things that may have been causing students to feel stressed or anxious about starting secondary school. It aggregates student answers and presents the information in easy-to-read graphs. The section highlights key wellbeing topics to focus on, with recommended resources and activities to implement in class, as well as resources to share with parents and carers.

**How long does the survey take?**

The survey set-up will take approximately 10 minutes. This involves creating an account and sending a unique survey link to students completing the survey.

Each survey will take students approximately 8 minutes to complete, with the results available immediately.

**Privacy and data security**

As this is a digital tool, it is natural to have questions regarding data collection and its use. At ReachOut, we pride ourselves on putting young people and their needs and safety first. This includes how we collect and use data and personal information.

* The survey does **not** collect any data classified as sensitive or health related.
* Student Snapshot is password protected and is available only to authorised teachers within your school. Outside of authorised teachers, ReachOut technical staff will have limited and controlled access for maintenance and support.
* All of Student Snapshot’s data is stored in Australia electronically in approved password-protected databases . The information held is protected and safeguarded against loss or unauthorised access, use, modification, disclosure or any other misuse.
* All student data is stored for 12 months from the date of teachers having access to Student Snapshot. After this period, it will be permanently erased.
* Any personal details provided to Student Snapshot are protected in line with [Australian Privacy Principles](https://www.oaic.gov.au/privacy-law/privacy-act/australian-privacy-principles) and with laws and regulations regarding such matters as are applicable in Australia, including but not limited to the [Information Privacy Act 1988](https://www.legislation.gov.au/Details/C2018C00292).
* Access to the data is highly limited and strictly managed in accordance with the [Privacy Act 1988](https://www.legislation.gov.au/Details/C2018C00292) and ReachOut’s [Privacy Policy](https://au.reachout.com/our-policies/privacy-policy).
* Student Snapshot’s data security and storage solution has been audited by an external security consultancy and passed all critical requirements.

If you have any questions about privacy, data security and storage, please email ReachOut’s Privacy Officer at[privacy@reachout.com](mailto:privacy@reachout.com)

**Talking to your students about Student Snapshot**

It is important that students understand why Student Snapshot is an important survey. Some key points to discuss with them could include:

* The survey will let your teacher know what you like to do and what activities you enjoy. This means they will be able to support you to get involved, and might be able to help you identify other students with common interests.
* Be as honest as you can when providing answers. This will help your teachers to build relationships with you and to plan activities for your wellbeing.
* Only your school’s nominated teachers will have access to your answers. There are no right or wrong responses, and they are not being marked. The purpose of the survey is to help teachers to work with you.

**Where can I get more information?**

If you require any further information regarding Student Snapshot, please email: [schools@reachout.com](mailto:schools@reachout.com)

### The questions

**Individual Student Survey Questionnaire**

1. Which subjects do you most look forward to at school? Select all that apply.

* Music
* Art
* Maths
* PE/Health/PDHPE
* English
* Drama
* Science
* Design and Technology
* Languages
* History
* Geography
* None of the above

2. Which of the following activities do you like doing? Select all that apply.

* Cooking
* Team sport
* Dancing
* Craft
* Watching movies
* Fitness
* Gaming
* Reading
* Hanging out with friends
* Hanging out with my sibling/s
* Watching sport
* Outdoor activities (camping, fishing)
* None of the above

3. Are you a member of any groups outside of school? Select all that apply.

* Religious groups
* Cultural groups
* Sports groups
* Dance
* Scouts or Cadets
* Volunteering
* Art or craft groups
* Music
* None of the above

4. Are there any activities you would like to be more involved in at school? Select all that apply.

* Drama
* School musical
* Choir
* Band
* Sports team
* Swimming carnival
* Athletics carnival
* Debating
* Social groups
* SRC (Student Representative Council)
* Volunteering
* None of the above

5. Which of these classroom activities do you like doing? Select all that apply.

* Group work
* Working with a partner
* Working on my own
* Speaking in front of the class
* Reading
* Solving problems
* Learning
* Doing practical things
* Being creative
* None of the above

6. From the list below, select the three words that best describe you.

We know that describing yourself can be tricky. Think about what words your family and friends might use.

* Honest
* Trustworthy
* Creative
* Athletic
* Funny
* Caring
* Easy-going
* Adventurous
* Shy
* Clever
* Brave
* Loyal
* Friendly
* Nice
* None of the above

7. Do you feel a connection to any of these things?

* My cultural background
* Spiritual beliefs
* Religious beliefs
* Family values
* My own values and beliefs
* Values held by groups I am part of
* None of the above

8. Are you really interested in any of these areas?

* Agriculture
* Animals
* The environment
* Climate change
* Politics
* Equality
* Human rights
* None of the above

9. What are you interested in doing after you leave secondary school? Select all that apply.

* Getting an apprenticeship or traineeship
* Getting a job and working full-time
* Starting a family
* Travelling
* Studying at TAFE or a college
* Studying at university
* I’m not sure what I want to do

10. Who lives with you at home? Select all that apply.

* Mum/s
* Dad/s
* Stepmum
* Stepdad
* Sister/s
* Brother/s
* Step-sister/s
* Step-brother/s
* Grandmother
* Grandfather
* Auntie
* Uncle
* Foster parents
* Pet/s
* Prefer not to answer

**Cohort Survey Questionnaire**

1. How do you feel about secondary school? Select one that applies.

* I hate it
* I don't like it
* I don't mind it
* I like it
* I love it

2. How much time each week do you spend on homework, study and assessments when you are not at school? Select one that applies.

* Less than 1 hour
* 1–2 hours
* 3–4 hours
* 5–6 hours
* More than 6 hours

3. In the past few weeks, which of the following has made you feel more stressed, worried or down than usual? Select the one that most applies.

* Exams, assignments and school work
* Friendship issues
* Bullying
* Feeling alone
* Pressure to do well at school
* Fitting in
* Peer pressure
* Things at home
* Finding my way around school
* Following all the school rules
* Getting into trouble at school
* Other things
* Nothing has really stressed or worried me recently
* Prefer not to say

4. Rate how happy you are with the following parts of your life by scoring each from 0 to 5 (0 = not happy at all, and 5 = totally happy).

* Sleep or energy
* Exercise
* Healthy eating
* Balancing my time well
* Relationships with family
* Friends

5. What is the main thing that would motivate you to do your best at school? Select one that applies.

* Awards
* Getting good marks
* Encouragement from my teacher
* My parents being proud of me
* My friends looking up to me
* Not embarrassing myself in front of others
* Being proud of myself
* Achieving my goals
* Doing better than my friends
* Feeling like I belong
* Being part of a team
* None of the above

6. Do you want to improve in any of these areas? Select all that apply.

* Confidence
* Setting goals
* Being more organised
* Making friends
* Dealing with stress
* Getting stuff done on time
* Studying
* Exercise and eating well
* None of the above

7. Rate how worried you have been about each of the following in the last month (1 = not worried at all, and 5 = worried a lot).

* My peers leaving me out of things
* Feeling different from others in my year
* Friendship drama
* Gossip, rumours or people talking about me behind my back
* Feeling alone/lonely while at school
* Hurtful texts, messages or comments being sent to me
* Being judged by people at school
* My peers calling me names or insulting me
* People posting things about me online
* None of the above [skip next question]

8. What have you done about these worries? Select all that apply.

* I’ve talked to someone about it
* I’ve given up trying to deal with it
* I’ve been trying different things to make the situation better
* I’ve been criticising or blaming myself
* I’ve been trying to plan what to do about it
* I’ve been getting comfort and understanding from someone
* I’ve been making jokes about it or brushing it off
* I’ve been learning to live with it
* I’ve looked online for advice or help
* None of the above

9. If you were feeling worried about something at school, who would you talk to about it? Select all that apply.

* Friends at school
* Friends outside of school
* Parents/carers
* Other family
* Teachers
* An online service (e.g. eHeadspace, Kids Helpline, ReachOut Forums)
* Someone else
* No one

10. Do you use social media

* Yes
* No
* Prefer not to say