

The Cambridge Wellbeing Check

A guide for parents



is now using the
Cambridge Wellbeing Check.

Cambridge Insight have been helping teachers clearly see what's happening in their classroom for 40 years through assessments, empowering millions of students around the world to unlock their potential and achieve their best.

What is the Cambridge Wellbeing Check?

The Cambridge Wellbeing Check is a simple student-led assessment that enhances and complements the pastoral care provision already in place. Grounded in world-leading research, the Cambridge Wellbeing Check helps teachers see a complete picture of wellbeing of their students so that they can provide the right support at the right time.

It is not used for diagnosing mental health conditions.

How does the Cambridge Wellbeing Check work?

The Cambridge Wellbeing Check is an online questionnaire.

There are 22 questions covering how often students experience feelings in four different areas of wellbeing. Responses to each question are given on a five-point scale: never, not often, sometimes, often, always. Students can skip any question they do not want to answer. There is no option to provide further details, and no extra information is sought.

We provide schools and colleges with two optional lesson plans, for use before and after the assessment.

Teachers are given a confidential report detailing each student's responses. Teachers also receive a class report where the results are combined to provide average scores across the whole class. This is fully anonymised and may be discussed together with students in a lesson.

Who developed the Cambridge Wellbeing Check?

The Cambridge Wellbeing Check is based on the published research of two researchers, Dr Ros McLellan and Susan Steward in the Faculty of Education at the University of Cambridge.

They created and trialled a short questionnaire that allowed students from age 7 upwards to indicate how they felt in the school environment about four different areas of wellbeing:



Competence Wellbeing

how students experience competence, self-confidence, fulfilment, and purpose.



Interpersonal Wellbeing

how students feel connected with others, that people care about them, and that they are valued.



Life Satisfaction

how students experience contentment and overall life satisfaction.



Negative Emotions

how students experience anxiety, stress, and/or sadness.

The questionnaire was refined and trialled further to create the Cambridge Wellbeing Check

Has the Cambridge Wellbeing Check been approved in any way?

Yes. In Cambridge we take our responsibilities very seriously. Before being used in schools, the Cambridge Wellbeing Check was approved by the Cambridge Research Ethics Committee, making sure that the basis for the Cambridge Wellbeing Check is ethically sound, and by our GDPR (General Data Protection Regulation) compliance team to ensure data confidentiality.

Why do you need to collect student details?

There are two key purposes to the Cambridge Wellbeing Check: to provide a space for students to reflect on their own wellbeing and to give schools an overall snapshot of the wellbeing of their students.

We could run the Cambridge Wellbeing Check anonymously, but if the results showed that any student was under emotional conflict or strain there would be no way that the school could reach out to offer help to that student.

Will I see my child's results?

Only the school will have access to the results. Your school may choose to share the reports in discussions with you or your child. Please contact your school if you would like to know more.