

School Day Releases a Report on the State of Student Wellbeing in the United States

Helsinki, 28 September 2022



School Day releases report on the wellbeing of American students and how it has developed both during and post-pandemic. The report, *American Schools Are Suffering From Long-term COVID*, is based on 7 million student wellbeing survey answers and provides vast data and insight on how students are coping going back to school after several years of uncertainty caused by COVID-19.

School Day has over the past two and a half years, from January 2020 to June 2022, surveyed elementary, middle, and high school students globally, including in 44 states in the US, and collected 7 million data points on the development of student wellbeing and the state of their social-emotional skills throughout the pandemic. Respondents in the U.S. represent 1.5 million of those answers, collected from over 300 school districts. The report goes through five critical findings and provides guidance for schools and school districts on what is needed for students to decompress and once again feel engaged with their learning community.

The report finds that students have become unmotivated, and the situation has declined since going back to in-person schooling. While students adapted fairly quickly to online learning, returning to school has been overwhelming as students feel ill equipped to manage their emotions and handle social situations. Many students reported feeling less supported at school post-pandemic than they did while studying at home, and task performance amongst US students has seen a 15 % decline, 3 times higher than the rest of the world.

*"We tend to think that student wellbeing was most affected during the pandemic, but that is not the case. According to our data, students are actually struggling more after going back to school than they did during the pandemic. This is a worrisome trend and a testimony to how important, yet fragile social emotional skills are for children and young adults. It is critical we break this trend by providing schools and educators the tools to help every student feel good and flourish" says **Helena Mustelin**, Head of Product and Customer Experience at School Day.*

The pandemic isolated students at their most vulnerable stage and brought uncertainty to what should be the safest place for kids and young adults to explore, learn, and grow. Their wellbeing is now the single most important means to improve learning results, and school districts can no longer afford not to lead student wellbeing proactively. Read the full report at [https://www.schoolday.com/en/resources/state-of-school-wellbeing-study-report](https://www schoolday.com/en/resources/state-of-school-wellbeing-study-report)

About School Day

School Day is the best K12 app to measure and manage student wellbeing and social-emotional skills. School Day asks students weekly questions about their wellbeing, analyzes the data, and provides real-time insight, highlighting what's going well and providing resources for the areas that need more attention. We are Education Alliance Finland certified and SETDA Emerging Markets partner. The School Day survey consists of short statements around: Learning, Social & Emotional Skills, Social Relationships, and Health.

Read more at <https://schoolday.com>

For media inquiries, please contact:

Helena Mustelin, School Day Helsinki Oy

helena.mustelin@schoolday.com