

Comprehensive Assessment of Resilience & Emotional Strengths

CARES Dashboard Basics

This document explains how to use the CARES Dashboard to support students' academic and social-emotional well-being.

March 22, 2026

Comprehensive Assessment of Resilience & Emotional Strengths

CARES has 27 Items Assessing Core Indicators of Students Well-being and Adjustment

1. California Student Wellness Index (CSWI) [10 items: 5 Satisfaction and 5 Distress]
 - A. Life Satisfaction Scale (5 items)
 - B. Social Emotional Distress Scale (5 Items)
2. School Connectedness Scale (5 items)
3. Social Emotional Strengths (12 items)

[Access CARES Demo Dashboard](#)

Username: CARES2026

Password: CARES

Dashboard Landing

Familiarize yourself to the dashboard format and functions

1. Standard CalSCHLS Menu

2. Response Filtering Options

3. Accessing Individual Student Scores

4. Individual Responses, Screen or Printer

5. Expand to Full Screen View

The screenshot shows the CalSCHLS dashboard interface. At the top left is the CalSCHLS logo. To its right is a navigation menu with items: About, Administration, Reports & Data, Resources, Coordinator Portal, and Dashboards. Below this is a sub-header area with a 'Dashboard' button, the title 'CARES Pilot: Demo: CARES Demo Dashboard', and 'Refresh' and 'Logout' buttons. A secondary navigation bar contains 'CSWI Scores - Select Student' (highlighted in yellow), 'Student Report', and 'Display For: Screen Printer' with printer, expand, and refresh icons. Below these are five dropdown filters: Year, School, Grade, Student ID, and CSWI Score Category, each with '(All)' selected. A red '2' is next to the Year filter, a red '3' is next to the Student ID filter, a red '4' is next to the printer icon, and a red '5' is next to the expand icon. Below the filters is the heading 'CSWI scores by student' and a blue link: 'Click on Recorded Date next to the Student ID to view Student Report'. At the bottom is a table with the following columns: Student ID, Recorded Date, Number of Questions Answered, Score Range Description, and a sub-table for 'Combined CSWI Index Score' containing Raw Score (0-40), Standard Score, and Percentile.

Student ID	Recorded Date	Number of Questions Answered	Score Range Description	Combined CSWI Index Score		
				Raw Score (0-40)	Standard Score	Percentile

Select Filters (note)

Step 1: Use Filters to Select Desired Subset of Students

1. Filter responses by year, school and grade.
2. Select the desired CSWI Score Category (see note).
3. Entering student ID limits search to a specific student.

note. Filter for CSWI raw scores of 19 or lower. This group represents the lowest 15% of California students (over 600,000 in grades 6-12) who took the CSWI in 2023-2024. Each school should follow up with these students according to its universal screening and student support services goals.

Year Year

School School

Grade ▼

Student ID Student ID

CSWI Score Category CSWI Score Category

CSWI scores by student

Click on **Recorded Date** next to the Student ID to view Student Report

Student ID	Recorded Date	Number of Questions Answered	Score Range Description	Combined CSWI Index Score		
				Raw Score (0-40)	Standard Score	Percentile
9880	9/23/2025 10:45 AM	10/10	Very Low Well-being (Lowest 15%)	17	80	9
8513	9/23/2025 10:45 AM	10/10	Very Low Well-being (Lowest 15%)	19	84	14
7662	9/23/2025 10:45 AM	10/10	Very Low Well-being (Lowest 15%)	14	74	4
7456	9/24/2025 8:24 AM	5/10	Very Low Well-being (Lowest 15%)	13	73	4
6502	9/23/2025 10:45 AM	5/10	Very Low Well-being (Lowest 15%)	13	73	4
	9/24/2025 8:24 AM	5/10	Very Low Well-being (Lowest 15%)	15	76	5
6245	9/24/2025 8:40 AM	10/10	Very Low Well-being (Lowest 15%)	17	80	9
6017	9/23/2025 10:45 AM	10/10	Very Low Well-being (Lowest 15%)	16	78	7
5893	9/24/2025 8:24 AM	2/10	Very Low Well-being (Lowest 15%)	2	52	1
5746	9/24/2025 8:24 AM	10/10	Very Low Well-being (Lowest 15%)	17	80	9
4062	9/23/2025 10:45 AM	10/10	Very Low Well-being (Lowest 15%)	19	84	14
4003	9/23/2025 10:45 AM	10/10	Very Low Well-being (Lowest 15%)	18	82	12

Why the 15th Percentile?

Explanation for the 15th percentile threshold

- Universal Wellness screening helps to identify students needing targeted wellness support services.
- The California Wellness Index combines students' life satisfaction and emotional distress scores from the past month, standardized on data from over 600,000 students, and ranges from 0 to 40.
- To evaluate students' responses using CARES, examine their CWSI score and compare it to the representative sample of California students who completed the CSWI items in 2023-24. This comparison lets you determine each raw score's percentile rank
- Start by identifying students with raw scores between 0 and 19, which fall at or below the 15th percentile (about 1 standard deviation below average). The CARES dashboard suggests beginning with these students to pinpoint those who may need extra support or follow-up.
- Scores of 19 or lower on the CSWI are just a first step in understanding students' responses. Use CSWI scores for screening only—not for diagnosis or program eligibility. Combine them with school records and input from parents and teachers for a more complete picture.
- CARES is designed to identify students who may benefit from support services. Its effectiveness increases when counselors and staff use CARES responses for all students, as these insights can inform academic and career planning and support personal development.

CSWI Scores Displayed

Step 2: Care team accesses individual student responses

The screenshot shows the CalSCHLS Cares Pilot dashboard. At the top, there is a navigation bar with links for About, Administration, Reports & Data, Resources, Coordinator Portal, and Dashboards. The main header includes the CalSCHLS logo and the title 'CARES Pilot: Demo: CARES Demo Dashboard'. Below the header, there are filters for Year (2025-26), School (School 1), Grade ((All)), Student ID ((All)), and CSWI Score Category (Very Low Well-being (Lowest 15%)). A red annotation 'Raw Score ≤ 19 (lowest 15% Selected)' is placed over the CSWI Score Category filter. Below the filters, there is a section titled 'CSWI scores by student' with a link to view the Student Report. A table displays the following data:

Student ID	Recorded Date	Number of Questions Answered	Score Range Description	Combined CSWI Index Score		
				Raw Score (0-40)	Standard Score	Percentile
9880	9/23/2025 10:45 AM	10/10	Very Low Well-being (Lowest 15%)	17	80	9
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1. Toggle to sort by ID number. You can also toggle by Date, Number of Questions Answered, etc.
2. The CSWI consists of 10 items. If a student completes fewer than 10, review their responses to evaluate if follow-up is indicated.

CSWI Scores Displayed

Step 3: The care team can quickly review each student's CSWI Score

1. Hover above a students' scores for a quick summary.
2. The floating window shows the summary for student ID = 9880.
3. 9880 had a CSWI raw score of 17 (standard score 80, which is at the 9th percentile).

Year
2025-26

School
School 1

Grade
(All)

Student ID
(All)

CSWI Score Category
Very Low Well-being (Lowest 15%)

CSWI scores by student

Click on **Recorded Date** next to the Student ID to view Student Report

hover cursor here

Student ID	Recorded Date	Number of Questions Answered	Score Range Description	Combined CSWI Index Score		
				Raw Score (0-40)	Standard Score	Percentile
9880	9/23/2025 10:45 AM	10/10	Very Low Well-being (Lowest 15%)	17	80	9
8513	9/23/2025 10:45 AM	10/10	Very Low Well-being (Lowest 15%)	10	84	14
7662	9/23/2025 10:45 AM	10/10	Very Low Well-being (Lowest 15%)			
7456	9/24/2025 8:24 AM	5/10	Very Low Well-being (Lowest 15%)			
6502	9/23/2025 10:45 AM	5/10	Very Low Well-being (Lowest 15%)			
	9/24/2025 8:24 AM	5/10	Very Low Well-being (Lowest 15%)			
6245	9/24/2025 8:40 AM	10/10	Very Low Well-being (Lowest 15%)			
6017	9/23/2025 10:45 AM	10/10	Very Low Well-being (Lowest 15%)			
5893	9/24/2025 8:24 AM	2/10	Very Low Well-being (Lowest 15%)	2	52	1
5746	9/24/2025 8:24 AM	10/10	Very Low Well-being (Lowest 15%)	17	80	9
4062	9/23/2025 10:45 AM	10/10	Very Low Well-being (Lowest 15%)	19	84	14
4003	9/23/2025 10:45 AM	10/10	Very Low Well-being (Lowest 15%)	18	82	12

Number of Questions Answered: 10/10
 Indicator: Combined CSWI Index Score
 Recorded Date: 9/23/2025 10:45 AM
 Score Range Description: Very Low Well-being (Lowest 15%)
 Student ID: 9880
 Raw Score (0-40): 17

CSWI Scores Displayed

Step 4: The care team, as needed, can access a full summary of the student's responses

Toggle on the Recorded Date to access each students' responses.

CSWI Scores - Select Student Student Report Display For: Screen Printer

Year: 2025-26

School: School 1

Grade: (All)

Student ID: (All)

CSWI Score Category: Very Low Well-being (Lowest 15%)

CSWI scores by student

Click on **Recorded Date** next to the Student ID to view Student Report

Student ID	Recorded Date	Number of Questions Answered	Score Range Description	Combined CSWI Index Score		
				Raw Score (0-40)	Standard Score	Percentile
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Individual Student Responses

Step 5: The care team displays and reviews a student's report on the monitor: Scrolling down shows five report sections

1. All Indicators Overview Summary
2. CSWI Item Responses
3. School Connectedness Responses
4. Social Emotional Strength Responses
5. Students Favorites Response



Report 1. Indicator Overview Summary

Section 1: Displays wellness indicator summary scores

CSWI Scores - Select Student

Student Report

Display For: Screen Printer



A. For example, after toggling the date for student **9880**, you can quickly review the responses displayed on the screen.

B. The first section of the report shows raw scores, standard scores (M = 100, SD = 15), and percentiles for the CSWI, School Connectedness, and Social Emotional Strengths.

C. General score range, descriptive interpretation levels are provided.

D. Verify that the student answered all items for a valid score.

Student ID: 9880 **A**
 Grade: Grade 7
 School: School 1
 Recorded Date: 9/23/2025 10:45 AM

CARES Score Summary

C

B

Indicator	D Number of Questions Answered	Raw Score Range	Score Description	Raw Score	Standard Score	Percentile
Combined CSWI Index Score	10/10	0-40	Very Low Well-being (Lowest	17	80	9
Social Emotional Distress	5/5	0-15	Moderate Distress	7	107	68
Life Satisfaction	5/5	0-25	Very Low Life Satisfaction (Lo	9	73	4
Social Emotional Strength	12/12	0-36	Low Strengths	17	86	18
Belief in Self (BIS)	3/3	0-9	Low Belief in Self	4	88	21
Belief in Others (BIO)	3/3	0-9	Very Low BIO (Lowest 15%)	4	81	10
Emotional Competence (EC)	3/3	0-9	Very Low EC (Lowest 15%)	4	84	14
Engaged Living (EL)	3/3	0-9	High Engaged Living	5	97	42
School Connectedness	5/5	0-20	Low Connectedness	11	94	34

Global Mental Health

How would you rate your overall mental health and well-being at the present time? (Poor mental health includes excessive stress, anxiety, and depression.)

(0 = very poor ... 5 - fair10 = excellent)

Very poor					Fair					Excellent
0	1	2	3	4	5	6	7	8	9	10
							●			

Scores of 7-10 ???

Report 2. CSWI Item Responses (note)

Section 2: Displays the raw scores, percentile, and response of the Satisfaction + Distress Items = Wellness Index

A. The **Life Satisfaction** item responses are displayed here.

B. The past month **distress** items are displayed here.

C. General score range descriptive interpretation levels area provided.

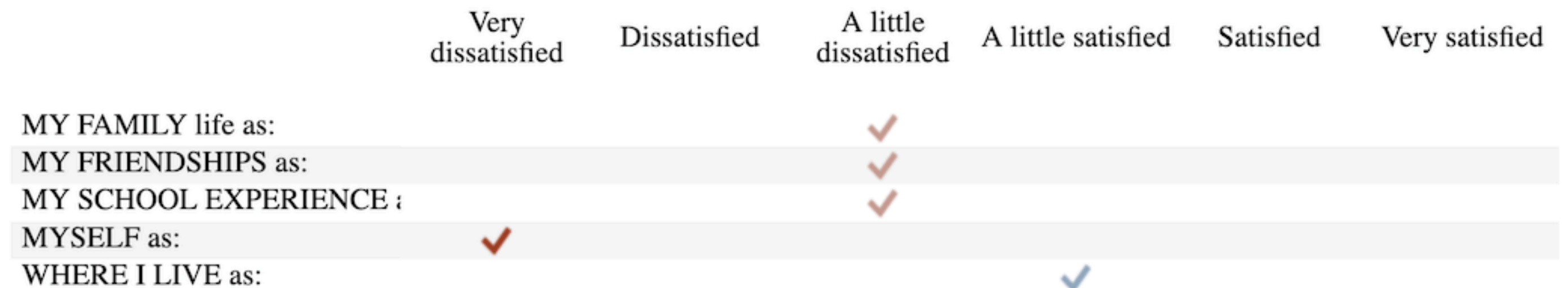
A Life Satisfaction

Percentile: 4

Score Description: Very Low Life Satisfaction (Lowest 15%)

← Percentile and descriptive score range

I would describe my satisfaction with...



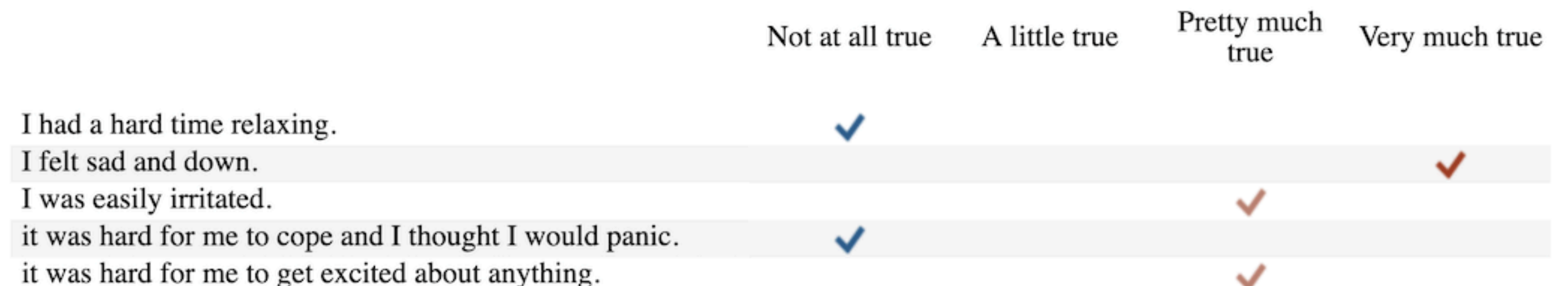
B Social Emotional Distress

Percentile: 68

Score Description: Moderate Distress

← Percentile and descriptive score range

In the past month...



note. To get the CSWI score, satisfaction and distress responses are combined into one wellness index. For more details, please refer to the [CARES Manual](#).

Report 3. School Connectedness Responses

Section 3: Displays the raw score, percentile rank, and responses for the School Connectedness Scale

A. **School connectedness** item responses are displayed here.

B. General score range, descriptive interpretation levels are provided.

School Connectedness

Percentile: 34

Score Description: Low Connectedness

← Percentile and descriptive score range

B

A

	Strongly disagree	Disagree	Neither disagree or agree	Agree	Strongly agree
I feel close to people at this school.			✓		
I am happy to be at this school.				✓	
I feel like I am part of this school.			✓		
The teachers at this school treat students fairly.		✓			
I feel safe in my school.				✓	

Report 4. Social Emotional Strength Responses

Section 4: Displays the raw score, percentile rank, and responses social emotional health strengths scale

A Social Emotional Health

Percentile: 18

Score Description: Low Strengths

B

Percentile and descriptive score range

A. Social-emotional **strengths** item responses are displayed here.

B. General score range, descriptive interpretation levels are provided.

	Not at all true	A little true	Pretty much true	Very much true
I can do most things if I try.				✓
I understand my moods and feelings.	✓			
I try to answer all the questions asked in class.		✓		
At my school, there is a teacher or some other adult w..			✓	
My family really gets along well with each other.			✓	
I have a friend my age who helps me when I'm having a.	✓			
I accept responsibility for my actions.				✓
I try to understand what other people go through.	✓			
I think before I act.		✓		
I usually expect to have a good day.			✓	
I feel grateful	✓			
I feel active				✓

Fostering Student Strengths:
Counseling and Classroom Resources

Report 5. Students' "Favorites" Responses

Section 5: Displays the choices for their favorite classes, personal characteristics, and requests about school wellness resources

- A. These are a students' favorite **classes**.
- B. These are the students' selected positive self-descriptive **characteristics**.
- C. These questions were included to help students finish the survey on a positive note and to provide helpful topics for follow-up conversations.

My Favorites

School subjects

Arts

English

Languages

A Math ★

PE ★

Sciences ★

Social Studies ★

Words that describe me

Cheerful

Confident

Creative

B Curious

Determined ★

Hopeful

Kind

Outgoing ★

Resourceful ★

Self-Disciplined ★

C

Follow-up

This item was included to provide students a way to request urgent or non-urgent follow-up

Would you like to learn more about the student wellness programs offered at school?

Not at this time

Yes

Would you like to schedule a check-in meeting with your school counselor?

Not right now

Yes




How comfortable did you feel about responding honestly to this survey?
(0 = very uncomfortable ... 10 = completely comfortable)

Very Uncomfortable	0	1	2	3	4	5	6	7	8	9	Completely Comfortable
										●	

This item was included to help care teams determine whether students could provide meaningful responses

Print Student Report

Step 6: Print hard copy or save PDF

CSWI Scores - Select Student **Student Report** Display For: Screen **Printer**   

Student ID: 9880
 Grade: Grade 7
 School: School 1
 Recorded Date: 9/23/2025 10:45 AM

1 3

CARES Score Summary

2

Indicator	Raw Score	Standard Score	Percentile
Combined CSWI Index Score	17	80	9
Social Emotional Distress	7	107	68
Life Satisfaction	9	73	4
Social Emotional Strength	17	86	18
Belief in Self (BIS)	4	88	21
Belief in Others (BIO)	4	81	10
Emotional Competence (EC)	4	84	14
Engaged Living (EL)	5	97	42
School Connectedness	11	94	34

Download PDF

Include
 This View

Scaling
 Automatic

Page Size: Letter Orientation: Portrait

Download

Global Mental Health

How would you rate your overall mental health and well-being at the present time? (Poor mental health includes excessive stress, anxiety, and depression.)

(0 = very poor ... 5 - fair ... 10 = excellent)

Very poor	1	2	3	4	Fair	6	7	8	9	Excellent
0					5		●			10

1. Select Printer

2. Select the formatting option from the floating window

3. Select the printer icon to export

1 Summary of all Indicators

2 Wellness Index

Student ID: 9880
Grade: Grade 7
School: School 1
Recorded Date: 9/23/2025 10:45 AM

CARES Score Summary

Indicator	Number of Questions Answered	Raw Score Range	Score Description	Raw Score	Standard Score	Percentile
Combined CSWI Index Score	10/10	0-40	Very Low Well-being (Lowest ..	17	80	9
Social Emotional Distress	5/5	0-15	Moderate Distress	7	107	68
Life Satisfaction	5/5	0-25	Very Low Life Satisfaction (Lo..	9	73	4
Social Emotional Strength	12/12	0-36	Low Strengths	17	86	18
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Global Mental Health

How would you rate your overall mental health and well-being at the present time? (Poor mental health includes excessive stress, anxiety, and depression.)
(0 = very poor ... 5 - fair10 = excellent)

Very poor				Fair				Excellent		
0	1	2	3	4	5	6	7	8	9	10
							●			

Life Satisfaction

Percentile: 4
Score Description: Very Low Life Satisfaction (Lowest 15%)

I would describe my satisfaction with...

	Very dissatisfied	Dissatisfied	A little dissatisfied	A little satisfied	Satisfied	Very satisfied
MY FAMILY life as:			✓			
MY FRIENDSHIPS as:			✓			
MY SCHOOL EXPERIENCE as:			✓			
MYSELF as:	✓					
WHERE I LIVE as:				✓		

Social Emotional Distress

Percentile: 68
Score Description: Moderate Distress

In the past month...

	Not at all true	A little true	Pretty much true	Very much true
I had a hard time relaxing.	✓			
I felt sad and down.				✓
I was easily irritated.			✓	
it was hard for me to cope and I thought I would panic.	✓			
it was hard for me to get excited about anything.			✓	

3 Connectedness

4 My Strengths

5 My Favorites Follow-up Request Comfort Responding

Report 9880 PDF

School Connectedness

Percentile: 34
Score Description: Low Connectedness

	Strongly disagree	Disagree	Neither disagree or agree	Agree	Strongly agree
I feel close to people at this school.			✓		
I am happy to be at this school.				✓	
I feel like I am part of this school.			✓		
The teachers at this school treat students fairly.		✓			
I feel safe in my school.				✓	

Social Emotional Health

Percentile: 18
Score Description: Low Strengths

	Not at all true	A little true	Pretty much true	Very much true
I can do most things if I try.				✓
I understand my moods and feelings.	✓			
I try to answer all the questions asked in class.		✓		
At my school, there is a teacher or some other adult w..			✓	
My family really gets along well with each other.			✓	
I have a friend my age who helps me when I'm having a..	✓			
I accept responsibility for my actions.				✓
I try to understand what other people go through.	✓			
I think before I act.		✓		
I usually expect to have a good day.			✓	
I feel grateful	✓			
I feel active				✓

My Favorites

School subjects

- Arts
- English
- Languages
- Math ★
- PE ★
- Sciences ★
- Social Studies ★

Words that describe me

- Cheerful
- Confident
- Creative
- Curious
- Determined ★
- Hopeful
- Kind
- Outgoing ★
- Resourceful ★
- Self-Disciplined ★

Follow-up

Would you like to learn more about the student wellness programs offered at school?

Not at this time ✓
Yes

Would you like to schedule a check-in meeting with your school counselor?

Not right now ✓
Yes

How comfortable did you feel about responding honestly to this survey?
(0 = very uncomfortable ... 10 = completely comfortable)

Very Uncomfortable										Completely Comfortable
0	1	2	3	4	5	6	7	8	9	10
									●	

CARES

Documentation and Resources

UC Santa Barbara
Gevirtz Graduate School Education

School Mental Health Collaborative

Home CARES CSWI SEDS SEHS Screening Student Support Data Dashboard About

Explore
[CARES Online Administration Format](#)



Universal Wellness Screening Resources
CARES
Comprehensive Assessment of Resilience & Emotional Strengths

CARES is a 27-item screener designed to support students' positive development. Validation and normative data derived from 1.2 million California students in grades 6 through 12. This tool is a valuable resource for enhancing your school's data-informed efforts to promote students' well-being.

[CSWI](#)
California Student Wellness Index

[SEDS](#)
Social Emotional Distress Survey

[SEHS](#)
Social Emotional Health Surveys (Primary, Secondary, Higher Education)

[CARES Development and Validation Manual](#)