

# Student ARACY Question Set



Linewize Pulse asks students to answer questions which are drawn from the Australian Research Alliance for Children and Youth's (ARACY) Common Approach™ framework.

# Introduction

The Common Approach™ framework was selected based on its **evidentiary base and track record of use in Australian Schools.**



Data is collected from students and organised within six areas of wellbeing: Valued & Safe, Healthy, Material Basics, Learning, Participating, and Positive Sense of Identity and Culture.

To assist the school interpret and anticipate the data that will be collected, this document provides the comprehensive list of questions, and the areas under which they are grouped in the Pulse application. We ask that you do not distribute this list of questions beyond the staff at your school.

We also note that ARACY provides training for all school staff to ensure they are equipped to have best practice conversations about wellbeing with students and their families. We believe that the impact of Linewize Pulse can be amplified by training your staff to have such conversations.

**Healthy:** The overall physical, mental and emotional health of students.

Category	Question
Positive Emotions	I feel happy.
Positive Emotions	I have a lot of fun.
Positive Emotions	I love life.
Positive Emotions	I have more good times than bad times.
Positive Emotions	I believe more good things than bad things will happen to me.
Positive Emotions	I start the day thinking I will have a good day.
Positive Emotions	In most ways my life is close to the way I would want it to be.
Positive Emotions	I am happy with my life.
Positive Emotions	So far I have gotten the important things I want in life.
Positive Emotions	If I could live my life over again, I would have it the same way.
Emotion Regulation	When I'm worried about something, I make myself think about it in a different way that helps me feel better.
Emotion Regulation	Do thoughts in your head keep you awake at night?
Challenging Emotions	I feel unhappy a lot of the time.
Challenging Emotions	I feel upset about things.
Challenging Emotions	I feel that I do things wrong a lot.
Challenging Emotions	I worry a lot about things at home.
Challenging Emotions	I worry a lot about things at school.
Challenging Emotions	I worry a lot about mistakes that I make.
Challenging Emotions	In the last month, about how often did you feel nervous?
Challenging Emotions	In the last month, about how often did you feel hopeless?
Challenging Emotions	In the last month, about how often did you feel so sad that nothing could cheer you up?
Challenging Emotions	In the last month, about how often did you feel that everything was an effort?
Challenging Emotions	In the last month, about how often did you feel worthless?

**Healthy:** The overall physical, mental and emotional health of students.

Category	Question
Self Image	In general, how would you describe your physical health?
Self Image	In general, how would you describe your mental health?
Self Image	In general, how would you describe your emotional health?
Self Image	Most weeks, how many nights do you get enough sleep?
Physical Activity	I get enough physical activity each week.
Health Problems	If there is a problem with my health, there is someone I can speak with.
Have Enough Food	We have enough food in our house for everyone

**Values and Safe:** How valued and safe a student feels.

Category	Question
Bullying	At school, are you physically bullied (for example, someone hit, shoved, or kicked you, spat at you, beat you up, or damaged or took your things without permission)?
Bullying	At school, are you verbally bullied (for example, someone called you names, teased, embarrassed, threatened you, or made you do things you didn't want to do)?
Bullying	At school, are you socially bullied (for example, someone left you out, excluded you, gossiped and spread rumours about you, or made you look foolish)?
Bullying	Are you bullied online (for example, someone used the computer or text messages to exclude, threaten, embarrass you, or to hurt your feelings)?
Connectedness To School Adults	Are there any adults who are important to you at your school?
Connectedness To School Adults	Do you feel confident that you can go to a teacher if you are worried or concerned about something?
Connectedness To School Adults	At my school, there is a teacher or another adult who really cares about me.
Home Climate	My home is a safe place to be.
Home Climate	I like being at home.
Home Climate	My family makes me feel loved and important.

**Values and Safe:** How valued and safe a student feels.

Category	Question
School Climate	Teachers and students treat each other with respect in this school.
School Climate	People care about each other in this school.
School Climate	Students in this school help each other, even if they are not friends
School Climate	I feel like I fit in at school.
School Climate	I feel supported at school.
School Climate	If something is worrying me there is someone at school I can talk to.
School Climate	I feel safe at school.
School Climate	People at my school care for the environment.

**Learning:** How a student learns.

Category	Question
Emotional Engagement With Teacher	I get along well with my teachers.
Emotional Engagement With Teacher	My teachers are interested in my wellbeing.
Emotional Engagement With Teacher	My teachers really listen to what I have to say.
Emotional Engagement With Teacher	If I need extra help, I will receive it from my teachers
Emotional Engagement With Teacher	My teachers treat me fairly.
Engagement Flow	When I do an activity, I enjoy it so much that I lose track of time.
Engagement Flow	I get so involved in activities that I forget about everything else.
Perseverance	I keep at my school work until I am done with it.
Perseverance	I finish whatever I begin.
Perseverance	Once I make a plan to get something done, I stick to it.
Perseverance	I am a hard worker.

**Learning:** How a student learns.

Category	Question
Cognitive Engagement	When I find something hard I try another way.
Cognitive Engagement	I take a lot of care with what I do.
Cognitive Engagement	I am excited to come up with new things.
Academic Self Concept	I am certain I can learn the skills taught in school this year.
Academic Self Concept	If I have enough time, I can do a good job on all my school work.
Academic Self Concept	Even if the work in school is hard, I can learn it.
Learning Practices	I can finish my homework assignments by the deadlines.
Learning Practices	I can get myself to study when there are other interesting things to do.
Learning Practices	I can concentrate on school subjects during class.
Learning Practices	I can take good notes during school lessons.
Learning Practices	I can plan my schoolwork for the day.
Learning Practices	I can organise my schoolwork.
Learning Practices	I can remember information presented in class and textbooks.
Learning Practices	I can arrange a place to study without distractions.
Learning Practices	I can get myself to do schoolwork.

**Participating:** How a student participates in the activities and relationships around them.

Category	Question
Connectedness To Home Adults	In my home, there is a parent or another adult who believes I will be a success.
Connectedness To Home Adults	In my home, there is a parent or another adult who listens to me when I have something to say.
Connectedness To Home Adults	In my home, there is a parent or another adult who I can talk to about my problems.
Connectedness To Home Adults	Education is valued by my family.
Friendship Intimacy	I have at least one really good friend I can talk to when something is bothering me.
Friendship Intimacy	I have a friend I can tell everything to.
Friendship Intimacy	I play with my friends.
Resilience	I tend to bounce back quickly after hard times.
Resilience	I usually come through difficult times with little trouble.
Motivation To Achieve Goals	I actively pursue my goals.
Motivation To Achieve Goals	I've been pretty successful in life.
Motivation To Achieve Goals	I meet the goals that I set for myself.
Future Goal Planning	There are lots of ways around any problem.
Future Goal Planning	I can think of many ways to get the things in life that are important to me.
Feelings About After School Study Work	How confident are you in your ability to achieve your study/work goals after school?
Organised Activities	How often do you participate in organised activities (e.g. sport, art, craft, music, etc.)?
Agency	I have a say in the decisions that affect me at school.
Agency	I have a say in the decisions that affect me at home.

**Positive Sense of Identity and Culture:** How a student feels they belong within the school academic and social environment, and the expectations they perceive to be placed on them.

Category	Question
School Belonging	I feel like I belong in this school.
School Belonging	I feel like I am important to this school.
Peer Belonging	I feel part of a group of friends that do things together.
Peer Belonging	I feel that I usually fit in with other kids around me.
Peer Belonging	When I am with other kids my age, I feel I belong.
Meeting Expectations	I often feel disappointed after completing a task because I knew I could have done better.
Meeting Expectations	I am hardly ever satisfied with my performance.
Expectations For Success	I have high expectations for myself.
Expectations For Success	I have a strong need to strive for excellence.
Expectations For Success	I expect the best from myself.
Expectations For Success	How would you describe your feelings when you think about the future?
Sense Of Identity	I see positive representations of people who are like me in school resources, television, social media.
Sense Of Identity	I experience discrimination.
Sense Of Identity	I have role models I can look up to in my school.
Sense Of Identity	I have the same opportunities at school as other students in my school.
Sense Of Identity	I can be myself at school.
Sense Of Identity	I can be myself at home.
Sense Of Identity	Do you feel out of place because of who you are?



**Material Basics:** The basic parts of life that contribute to an overall well-rounded individual.

Category	Question
Eats Breakfast	How often do you eat breakfast?
General Nutrition	I try to eat healthy food.
General Nutrition	I generally eat healthy food.
Access To Necessities	Do you have the things you need for a healthy life (healthy food, hot and cold water, heating/cooling, appropriate clothing)?
Access To Necessities	Do you have access to services that you need (medical treatment, doctor, dentist, shops)?
Access To Necessities	I have the things I need for school (uniforms, equipment, etc).
Access To Necessities	My family uses safe and reliable transport.
Access To Necessities	My family has the money to buy the things we need.
Home Environment	I have somewhere suitable to sleep.
Home Environment	I have a suitable place to study
Home Environment	Do you feel you have enough space and privacy at home?



Linewize is a unique response to the challenge of today's connected learning environments, supporting the integration of technology, education and engagement to create cyber safe communities where students thrive.

**Web:** [www.linewize.io](http://www.linewize.io)  
**Email:** [sales@linewize.io](mailto:sales@linewize.io)



Linewize is part of Qoria, a global technology company, dedicated to keeping children safe and well in their digital lives. We harness the power of connection to close the gaps that children fall through, and to seamlessly support them on all sides - at school, at home and everywhere in between.

Find out more  
[www.qoria.com](http://www.qoria.com)