

# Student wellbeing: a CESE literature review

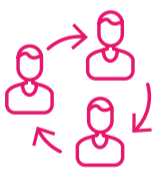


The CESE literature review 'Student wellbeing' is also a MyPL course\*  
To enrol, search 'CESE' on myPL

## Core elements that affect student wellbeing



### Creating a safe environment



### Ensuring connectedness



### Engaging students in learning



### Promoting social and emotional learning



### A whole school approach

## Student wellbeing

The Centre for Education Statistics and Evaluation's (CESE) literature review on student wellbeing explores how student wellbeing is defined; the relationship between wellbeing, schools and outcomes; school elements in improving student wellbeing; and student wellbeing policies in Australia.

### Wellbeing at school is multi-faceted.

Key elements are:

- positive affect
- resilience
- satisfaction with relationships and other dimensions of one's life, and
- effective functioning and the maximising of one's potential.

### In education, wellbeing is important for two reasons.

- Schooling is not just about academic outcomes but about the wellbeing of the 'whole child'.
- Students who have higher levels of wellbeing are more likely to have higher achievement outcomes at school and complete Year 12; better mental health; and a more pro-social, responsible lifestyle.

#### About CESE

The Centre for Education Statistics and Evaluation (CESE) was created by the NSW Department of Education in 2012 to improve the effectiveness, efficiency and accountability of education in NSW. CESE is focused on supporting decision-making in education delivery and development with strong evidence.



Read or listen to the literature review  
at [education.nsw.gov.au/cese](http://education.nsw.gov.au/cese)