



KEY FINDINGS

from the University of Wollongong independent study on Grow Your Mind:

In 2021 we commissioned an external evaluation of the Grow Your Mind Program with the University of Wollongong. The evaluation report has just been finalised and we are thrilled to share the findings.

Participants were 32 teachers and 657 students across 25 classrooms from three schools. Classes were matched and then randomly assigned to either participate in the Grow Your Mind program or continue with their routine practice.

Students' responses to validated surveys indicated positive impacts for those whose class teachers participated in the Grow Your Mind program. These included:



a reduction in negative affect



positive gains in physical and
psychological wellbeing



quality of the child's interactions
with others, sense of connection,
belonging and engagement



A FEW FACTS TO SPOTLIGHT



- Pre-evaluation of students' wellbeing and mental health took place BEFORE the NSW lockdown and online learning of Term 3 2021.
- Under challenging circumstances; unanticipated COVID-19 restrictions required a shift to home schooling during program implementation.
- Despite these challenges and suboptimal program implementation conditions, the Grow Your Mind program was implemented by teachers over 10 weeks in Term 3 of 2021, using the schools' online learning platforms and protocols.
- The data trends that emerged from this evaluation suggests that the Grow Your Mind program generated positive changes to mental wellbeing, but also for buffering against negative affect and its consequences.
- This is an important mechanism in facilitating ongoing growth and mental wellbeing, which, in turn, may support children's development of optimism, connectedness, emotional competence and resilience, both at school and in their everyday lives.

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