Welcome to Seity Health

Information for teachers

Developed by physicians and psychologists, Seity Health is a wellbeing, engagement, and performance system powered by Core Values.



What this means for your classroom

Imagine knowing what inspires and motivates every student in your classroom. That's what Core Values reveal. Everyone has 4 personal Core Values, and not only will you discover yours through the Personal Core Values Assessment, but your students will as well. And when you know your students' Core Values, you gain something no gradebook can offer: a real understanding of who each student is.

That understanding changes a classroom for the better. When students know their own Core Values and recognize them in each other, communication improves and connection grows. You'll have a shared language that everyone can use, every day.

The Learn · Love · Live™ method guides the way: Discover your personal Core Values, affirm them in yourself and others, and live them out through daily choices.

Stay connected to how students are doing

The scientifically validated Wellbeing Check-in is a 10-second way for you and your students to notice how you are doing in the moment.

Each wellbeing score reflects how much Energy, Direction, Belonging, and Joy you are feeling. Every Wellbeing Check-in earns an entry into a monthly prize drawing.

Your students' wellbeing scores appear daily in your student information system so you can step in early with care when a student needs support and see when they are doing well.

What you can say to your students

The Seity Wellbeing Check-in on the Seity Health App asks how your Energy, Direction, Belonging, and Joy are today.

- It's not a test, and there are no right answers.
- It's not a measure of your worth or a judgement of who you are.
- The check-in is for noticing how you're doing and pointing you toward a person or resource if you need help.
- Both high and low days are normal.
- Your answers can change from day to day.
- Participation is voluntary.



"Seity has cultivated a more positive culture in our school district this year more than any other year."

— Dr. Helio Brasil, former Superintendent, Keyes Union School District



Whoever you are, wherever you are, start with personal Core Values.

Seity Health

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The science behind Core Values

When we live out our Core Values in healthy ways, wellbeing, engagement and performance improve.

- Activates reward centers of the brain[1]
- Self-compassion improves[3]
- Higher levels of optimism and happiness[5]
- Psychological distress decreases[2]
- Increases positive behaviors towards others[4]
- Performance improves at work, school, and in sports[6-8]





Ready to begin?

Download the Seity Health App from the App Store or Google Play Store. Visit seityhealth.com to access on the web. Your login credentials arrive by email. Any questions or issues, email info@seityhealth.com.

References

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