

School of Life Statistical Report 2025-2026

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Overview

The School of Life Foundation report for the 2025-2026 school year consists of data reported to the Foundation from surveyed students from 3 schools in the state of Utah from the Washington County School District, Desert Hills High School, Hurricane High School, and Desert Hills Middle School. The School of Life class is a leadership and life skills course which is designed to help students handle the challenges of life with confidence and to uplift their peers in the process. Helping teens in these areas will also naturally help them in all other aspects of their lives.

Data Collection Process

Data for this past school year was collected from surveys that students took before and after completing the School of Life course. The amount of data for this year is lower than in previous years due to the fall session not having the post-survey data, a result of a problem with the survey link. Those issues were resolved for the second and third sessions of the school year.

In a change from previous years, the data collection and analytics processes did not include data from the schools. This is due to a change in focus of the analytics to specifically home-in on reporting based on what the Foundation does, and not side results of scholastic performance, as good as those have been over the years.

We acknowledge the wonderful assistance of school administrators over the past 13 years in helping with data collection, and their continued support in filling the classes with an optimized mixture of students.

Aggregate Results

The results presented in this paper come from surveys collected of 52 students from 8th – 12th grades. In some cases, results will remove 2 students who gave the lowest possible answer to every question, showing a lack of care towards the process. Each time this happens, it will be noted.

Students take surveys that are then analyzed based on a 7-point Likert scale. Numbers in tables 1 and 2 are per student averages. As can be seen in these tables, the number of positive responses from students increased by 1.3% in the closing survey when compared to the opening survey, and the average response score increased by 4.4%. When factoring out the two students (from both surveys) who were outliers with their closing survey responses, the average score response jumped 7.8% in the closing survey while the number of positive responses increased 5.1% (1.9 more positive answers). Negative responses dropped by 0.62 responses (57.4%) and neutral dropped by 1.28 responses (68.8%).

Table 1 – Aggregate survey results Likert score and response favorability (n=52)

All Students (n=52)	Pre-Survey	Post-Survey	Percent Change
Avg Response Score	5.97 (out of 7)	6.23	4.4%
Avg Negative Responses (1-3)	1.21 (out of 40)	1.98	63.5%
Avg Neutral Responses (4)	1.81 (out of 40)	0.56	-69.1%
Avg Positive Responses (5-7)	36.98 (out of 40)	37.46	1.3%

Table 2 – Aggregate survey results Likert score and response favorability, suspect data removed from both surveys (n=50)

Low Omitted (n=50)	Pre-Survey	Post-Survey	Percent Change
Avg Response Score	5.98	6.44	7.8%
Avg Negative Responses	1.08	0.46	-57.4%
Avg Neutral Responses	1.86	0.58	-68.8%
Avg Positive Responses	37.06	38.96	5.1%

The surveys consisted of 40 questions. Comparing all responses across the 52 students, 41.7% of the responses improved on the Likert scale from the Pre Survey to the Post Survey, with 45.0% remaining the same answer, and 13.4% of the answers were lower on the scale. When omitting the two students with suspect responses, 43.4% of the responses improved, 46.4% remained the same, and only 10.3% were lower.

Tables 3 and 5 highlight the change in each of the 7 possible responses from the pre to post surveys, with table 3 including the outliers and table 5 excluding them. As is consistent with previous years, there is a large increase in students responding with the best possible response, with the increases ranging from 13.9% for the questions on appreciation to 28.8% for the questions on attitude. 7 of the 10 question categories saw increases for the top response of more than 20%.

Tables 4 and 6 group positive and negative responses together and do a similar analysis. Table 4 includes all students where table 6 filters out the outlier respondents. This is one

case where the results differ dramatically due to that filtering. When removing the outliers, increases are shown in positive responses for each of the 10 categories, which is not the case when they are included. In past years we have not filtered out the outlier responses as we have typically had higher sample sizes and thus the results were more resistant to the influence of outliers.

Table 3 – Survey Data, Changes Between Before and After Surveys, Grouped by Category (n=52)

Response	Appreciate	Assist	Attitude	Aim	Align	Action	Associate	Avoid	Adapt	Lead / Belong
Strongly Disagree	4.3%	3.8%	3.4%	2.4%	2.4%	3.8%	3.4%	3.4%	3.8%	2.4%
Disagree	-0.5%	0.0%	-0.5%	-1.4%	-1.4%	0.5%	0.0%	-0.5%	-0.5%	-1.0%
Somewhat Disagree	0.0%	0.0%	-1.4%	-1.4%	-2.4%	-1.0%	0.0%	-0.5%	-0.5%	-1.4%
Neither Agree nor Disagree	-1.4%	-4.3%	-3.8%	1.0%	-10.1%	-1.4%	-2.9%	-2.9%	0.5%	-5.8%
Somewhat Agree	-3.8%	-7.7%	-5.8%	-3.5%	-4.8%	-5.8%	-12.0%	-12.5%	-9.6%	-13.9%
Agree	-12.5%	-10.1%	-20.7%	-10.1%	-8.2%	-20.7%	-7.7%	-13.0%	-15.9%	-8.2%
Strongly Agree	13.9%	18.3%	28.8%	23.1%	24.5%	24.5%	19.2%	26.0%	22.1%	27.9%

Table 4 – Survey Data, Changes Between Before and After Surveys, By Positive, Negative, Neutral, Grouped by Category (n=52)

Opening Survey Response	Appreciate	Assist	Attitude	Aim	Align	Action	Associate	Avoid	Adapt	Lead / Belong
Disagree	0.5%	0.0%	2.9%	4.8%	9.1%	1.0%	1.4%	3.4%	1.4%	5.8%
Neutral	1.4%	4.8%	5.3%	2.9%	11.5%	1.9%	2.9%	3.8%	1.4%	9.1%
Agree	98.1%	95.2%	91.8%	92.3%	79.3%	97.1%	95.7%	92.8%	97.1%	85.1%
Closing Survey Response	Appreciate	Assist	Attitude	Aim	Align	Action	Associate	Avoid	Adapt	Lead / Belong
Disagree	4.3%	3.8%	4.3%	4.3%	7.7%	4.3%	4.8%	5.8%	4.3%	5.8%
Neutral	0.0%	0.5%	1.4%	3.8%	1.4%	0.5%	0.0%	1.0%	1.9%	3.4%
Agree	95.7%	95.7%	94.2%	91.8%	90.9%	95.2%	95.2%	93.3%	93.8%	90.9%
Change in Response	Appreciate	Assist	Attitude	Aim	Align	Action	Associate	Avoid	Adapt	Lead / Belong
Disagree	3.8%	3.8%	1.4%	-0.5%	-1.4%	3.4%	3.4%	2.4%	2.9%	0.0%
Neutral	-1.4%	-4.3%	-3.8%	1.0%	-10.1%	-1.4%	-2.9%	-2.9%	0.5%	-5.8%
Agree	-2.4%	0.5%	2.4%	-0.5%	11.5%	-1.9%	-0.5%	0.5%	-3.4%	5.8%

Table 5 – Survey Data, Changes Between Before and After Surveys, Grouped by Category, outliers removed (n=50)

Response	Appreciate	Assist	Attitude	Aim	Align	Action	Associate	Avoid	Adapt	Lead / Belong
Strongly Disagree	0.5%	0.0%	0.0%	0.0%	0.0%	0.0%	-0.5%	-0.5%	0.0%	-1.5%
Disagree	-0.5%	0.0%	-0.5%	-1.5%	-1.5%	0.5%	0.0%	0.0%	-0.5%	-1.0%
Somewhat Disagree	0.0%	0.0%	-1.5%	-1.5%	-2.6%	-1.0%	0.0%	0.0%	-0.5%	-1.5%
Neither Agree nor Disagree	-1.5%	-4.5%	-4.0%	1.0%	-10.0%	-1.5%	-3.0%	-3.0%	0.5%	-6.0%
Somewhat Agree	-4.0%	-8.0%	-4.5%	-13.0%	-4.5%	-6.0%	-11.5%	-12.0%	-10.0%	-14.0%
Agree	-12.5%	-8.0%	-21.0%	-10.5%	-8.0%	-20.0%	-7.5%	-12.0%	-16.0%	-6.5%
Strongly Agree	18.0%	20.5%	31.5%	25.5%	26.5%	28.0%	22.5%	27.5%	26.5%	30.5%

Table 6 – Survey Data, Changes Between Before and After Surveys, By Positive, Negative, Neutral, Grouped by Category, outliers removed (n=50)

Opening Survey Response	Appreciate	Assist	Attitude	Aim	Align	Action	Associate	Avoid	Adapt	Lead / Belong
Disagree	0.5%	0.0%	2.5%	3.5%	8.0%	1.0%	1.5%	2.5%	1.5%	6.0%
Neutral	1.5%	5.0%	5.5%	3.0%	11.5%	2.0%	3.0%	4.0%	1.5%	9.5%
Agree	98.0%	95.0%	92.0%	93.5%	80.5%	97.0%	95.5%	93.5%	97.0%	84.5%
Closing Survey Response	Appreciate	Assist	Attitude	Aim	Align	Action	Associate	Avoid	Adapt	Lead / Belong
Disagree	0.5%	0.0%	0.5%	0.5%	4.0%	0.5%	1.0%	2.0%	0.5%	2.0%
Neutral	0.0%	0.5%	1.5%	4.0%	1.5%	0.5%	0.0%	1.0%	2.0%	3.5%
Agree	99.5%	99.5%	98.0%	95.5%	94.5%	99.0%	99.0%	97.0%	97.5%	94.5%
Change in Response	Appreciate	Assist	Attitude	Aim	Align	Action	Associate	Avoid	Adapt	Lead / Belong
Disagree	0.0%	0.0%	-2.0%	-3.0%	-4.0%	-0.5%	-0.5%	-0.5%	-1.0%	-4.0%
Neutral	-1.5%	-4.5%	-4.0%	1.0%	-10.0%	-1.5%	-3.0%	-3.0%	0.5%	-6.0%
Agree	1.5%	4.5%	6.0%	2.0%	14.0%	2.0%	3.5%	3.5%	0.5%	10.0%

Finally, one of the most interesting things to consider each year is how each of the A's affects different students. 9 of the 10 A's were chosen this year as the "most impactful A" from the School of Life by the students, with the only one not chosen being Align.

Table 7 – Most Impactful 'A' from the School of Life Course

Most Impactful "A"	All Students	Percent
Attitude	15	28.8%
Appreciate	11	21.2%
Adapt	11	21.2%
Aim	3	5.8%
Always	3	5.8%
Associate	3	5.8%
Action	3	5.8%
Assist	2	3.8%
Avoid	1	1.9%
Align	0	0.0%

Table 8 – Demographics (Optional Response)

	Students with Matched Surveys	Percent of Total
Total	52	100.0%
Female	25	48.1%
Male	27	51.9%
African American	1	1.9%
Caucasian	30	57.7%
Latino	7	13.5%
Native American	0	0.0%
Pacific Islander	4	7.7%
Other	10	19.2%
8 th Grade	11	21.2%
Freshman	9	17.3%
Sophomore	16	30.8%
Junior	9	17.3%
Senior	7	13.5%

Desert Hills High School

Matched Surveys: 16

Character Improvement

Opening Survey Response	Appreciate	Assist	Attitude	Aim	Align	Action	Associate	Avoid	Adapt	Lead / Belong
Disagree	0.0%	0.0%	3.1%	0.0%	1.6%	0.0%	1.6%	1.6%	0.0%	3.1%
Neutral	0.0%	3.1%	7.8%	0.0%	6.3%	1.6%	3.1%	3.1%	0.0%	12.5%
Agree	100.0%	96.9%	89.1%	100.0%	92.2%	98.4%	95.3%	95.3%	100.0%	84.4%
Closing Survey Response	Appreciate	Assist	Attitude	Aim	Align	Action	Associate	Avoid	Adapt	Lead / Belong
Disagree	1.6%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Neutral	0.0%	0.0%	1.6%	3.1%	1.6%	1.6%	0.0%	1.6%	3.1%	1.6%
Agree	98.4%	100.0%	98.4%	96.9%	98.4%	98.4%	100.0%	98.4%	96.9%	98.4%
Change in Response	Appreciate	Assist	Attitude	Aim	Align	Action	Associate	Avoid	Adapt	Lead / Belong
Disagree	1.6%	0.0%	-3.1%	0.0%	-1.6%	0.0%	-1.6%	-1.6%	0.0%	-3.1%
Neutral	0.0%	-3.1%	-6.3%	3.1%	-4.7%	0.0%	-3.1%	-1.6%	3.1%	-10.9%
Agree	-1.6%	3.1%	9.4%	-3.1%	6.3%	0.0%	4.7%	3.1%	-3.1%	14.1%

Hurricane High School

Matched Surveys: 15

Character Improvement

Opening Survey Response	Appreciate	Assist	Attitude	Aim	Align	Action	Associate	Avoid	Adapt	Lead / Belong
Disagree	1.7%	0.0%	3.3%	10.0%	20.0%	3.3%	1.7%	3.3%	1.7%	3.3%
Neutral	5.0%	6.7%	10.0%	3.3%	16.7%	0.0%	5.0%	6.7%	3.3%	18.3%
Agree	93.3%	93.3%	86.7%	86.7%	63.3%	96.7%	93.3%	90.0%	95.0%	78.3%
Closing Survey Response	Appreciate	Assist	Attitude	Aim	Align	Action	Associate	Avoid	Adapt	Lead / Belong
Disagree	0.0%	0.0%	0.0%	0.0%	6.7%	1.7%	3.3%	5.0%	1.7%	3.3%
Neutral	0.0%	0.0%	3.3%	5.0%	0.0%	0.0%	0.0%	1.7%	3.3%	1.7%
Agree	100.0%	100.0%	96.7%	95.0%	93.3%	98.3%	96.7%	93.3%	95.0%	95.0%
Change in Response	Appreciate	Assist	Attitude	Aim	Align	Action	Associate	Avoid	Adapt	Lead / Belong
Disagree	-1.7%	0.0%	-3.3%	-10.0%	-13.3%	-1.7%	1.7%	1.7%	0.0%	0.0%
Neutral	-5.0%	-6.7%	-6.7%	1.7%	-16.7%	0.0%	0.0%	-5.0%	0.0%	-16.7%
Agree	6.7%	6.7%	10.0%	8.3%	30.0%	1.7%	-1.7%	3.3%	0.0%	16.7%

Desert Hills Middle School

Matched Surveys: 19

Character Improvement

Opening Survey Response	Appreciate	Assist	Attitude	Aim	Align	Action	Associate	Avoid	Adapt	Lead / Belong
Disagree	0.0%	0.0%	1.3%	1.3%	3.9%	0.0%	1.3%	2.6%	2.6%	10.5%
Neutral	0.0%	5.3%	0.0%	5.3%	11.8%	3.9%	1.3%	2.6%	1.3%	0.0%
Agree	100.0%	94.7%	98.7%	93.4%	84.2%	96.1%	97.4%	94.7%	96.1%	89.5%
Closing Survey Response	Appreciate	Assist	Attitude	Aim	Align	Action	Associate	Avoid	Adapt	Lead / Belong
Disagree	0.0%	0.0%	1.3%	1.3%	5.3%	0.0%	0.0%	1.3%	0.0%	2.6%
Neutral	0.0%	1.3%	0.0%	3.9%	2.6%	0.0%	0.0%	0.0%	0.0%	6.6%
Agree	100.0%	98.7%	98.7%	94.7%	92.1%	100.0%	100.0%	98.7%	100.0%	90.8%
Change in Response	Appreciate	Assist	Attitude	Aim	Align	Action	Associate	Avoid	Adapt	Lead / Belong
Disagree	0.0%	0.0%	0.0%	0.0%	1.3%	0.0%	-1.3%	-1.3%	-2.6%	-7.9%
Neutral	0.0%	-3.9%	0.0%	-1.3%	-9.2%	-3.9%	-1.3%	-2.6%	-1.3%	6.6%
Agree	0.0%	3.9%	0.0%	1.3%	7.9%	3.9%	2.6%	3.9%	3.9%	1.3%