The AllWell? Results and Visualisations/Power BI

How To Read Them?
In this presentation:

AllWell? results on the Power BI:

• Link

• How to read the data?

• Read more about the AllWell?
Where to find the results?

• The AllWell? numerical data can be found on the Power BI (log in with your Aalto account):

  AllWell report – Power BI

Data visibility:
The rights to view data depend on the user’s role. General staff at Aalto without additional rights will not be able to view data for programmes or majors with fewer than five respondents or for filtered groups with five or fewer students. Individual students cannot be identified from the data.
Use this AllWell? data:

- To understand how your students experience your programme
- To learn more about your students’ wellbeing, study skills, motivation, and experiences of teaching
- To develop evidence-based pedagogy
- To bring your academic staff together and develop the programme
- Together with other student feedback collected (course feedback etc.)
- Discuss together with the programme (faculty and students)
Results on the Power BI & How to read them
Results on Power BI

From the left side you will find navigation pane and different tabs:
- Instructions
- Normalised scores
- Distributions
- And tabs for each factors
Click to open data filtering panel, and use filters to choose which results you would like to take a look at:

**Year:** Choose year/years

**Degree program & Major:** Choose Degree program/programs and Major/Majors

Press ctrl to choose multiple options.
You may have viewed similar statistics about the AllWell? – survey in previous years via pdf.

This visualisations in Power BI work in a similar manner.
Factors are presented in three categories:

- **Wellbeing**
  - Burnout risk
  - Avoidance
  - Self-criticism
  - Self-compassion

- **Teaching and peer support**
  - Alignment of teaching
  - Feedback from teachers
  - Interest
  - Peer support
  - Self-efficacy

- **Study skills**
  - Commitment
  - Organised studying
  - Unreflective approach to learning
Normalised scores:

Z-scores are normalised to the Aalto-level mean 2017. 0 (blue line in the middle) indicates the same level as Aalto average in 2017. Scores above 0 indicates improvement compared to Aalto average in 2017.
The graphs on the Distributions page display the percentage of students belonging to each of the answer categories (1-4) for each factor.

For each student, an average score for a factor is calculated, and then rounded to the nearest integer, and they are assigned to that category for that factor.
Visualisation: Distributions

The categories are labeled 1-4, where the higher number indicate a better results. These are also indicated by colours, green = good.
Factors in three categories:

- **Wellbeing**
- **Teaching and peer support**
- **Study skills**
On the left side you will find tabs for each factor. Each factor includes several questions in the AllWell-questionnaire. Here you will see factor related questions and distributions in each question.

Recommendation: Choose just one year at the time when you view these factor related results.
Burn out questions:

For example here you can see all the nine questions related to burn out factor and distributions in each questions.
Instructions

From the Instructions page you will find more information about AllWell – survey and how to read the visualisations.

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AllWell? - report instructions

To view the visualisations, use the navigation pane on the left.

The AllWell survey is based on University of Helsinki’s HowUlearn survey, and uses the same questions and factors. For more information about AllWell, visit the survey’s website. The questionnaire is open yearly during February, and is collected from second year bachelor’s students and first year master’s students.

You may have viewed similar statistics about the AllWell survey in previous years via pdf reports. The visualisations used here work in a similar manner. The HowUlearn factors consist of multiple questions. You can view them on the ‘Terms explained’ page.

If you have questions about AllWell, contact allwell@aalto.fi.

Distributions:
The graphs on the Distributions page display the percentage of students belonging to each of the answer categories for each factor. For each student, an average score for a factor is calculated, and then rounded to the nearest integer, and they are assigned to that category for that factor.

The categories are labeled 1–4, where the higher number always indicate a better result, e.g., 4 on both ‘burnout’ and ‘peer support’ are good values, in these cases meaning lower risk of burnout and higher experienced peer support. These are also indicated by the colours, where green = good.

To view individual questions within each category, use the pages named after the category in which you are interested.

Normalised scores:
For these graphs, z-scores are normalised to the Aalto-level mean from 2017, i.e., 0 indicates “the same level as Aalto average in 2017”. Scores above that (above 0, on the right side of the graph) indicate improvement compared to Aalto average in 2017, and vice versa for scores below (i.e., to the left of) zero. When comparing two data points (i.e., two years), same logic applies, the data point more to the right has a better score compared to the data point more to the left.

If you have questions or feedback about the report, contact mis@aalto.fi.

Data visibility:
The rights to view data depend on your role. General Aalto Staff without additional rights will not be able to view data for programmes/majors with fewer than 10 students or for filtered groups with five or fewer students. Individual students cannot be recognised.

The information that you see is affected by your viewing rights.

If you have any questions regarding data visibility, contact mis@aalto.fi.
Terms explained
Read more..
The AllWell? questionnaire in a nutshell

• The AllWell? questionnaire was conducted for the first time in spring 2017.
• Target group: second-year bachelor’s students and first-year master’s students.
• The AllWell? dimensions are grouped according to the study ability model (Kunttu, 2005; updated by the YTHS, 2022) used as a conceptual framework in this questionnaire (see next slide).
• According to the model, study ability consists of personal resources, study skills, teaching and study environment. The AllWell? questionnaire consists of these four categories, and major part of it is covered by the HowULearn instrument developed by the University of Helsinki (see https://unihow.fi).
Personal resources

- Study burnout (Salmela-Aro et al. 2009b)
- Avoidance towards studying (Nurmi et al. 1995)
- Self-compassion & self-criticism (Raes et al. 2011)

Study skills (see more in Parpala & Lindblom-Ylänne, 2012)

- Deep approach to learning
- Unreflective approach to learning
- Commitment to studying
- Organized studying
- Self-efficacy as a learner

Teaching and counselling (see more in Parpala & Lindblom-Ylänne, 2012)

- Interest in teaching
- Feedback from teachers to students
- Alignment of teaching

Study environment (see more in Parpala & Lindblom-Ylänne, 2012)

- Support from other students
## Terminology

<table>
<thead>
<tr>
<th>Deep</th>
<th>Deep approach to learning</th>
<th>Syväsuuntautunut oppiminen</th>
</tr>
</thead>
<tbody>
<tr>
<td>Organized</td>
<td>Organized studying</td>
<td>Organisoitunut opiskelu</td>
</tr>
<tr>
<td>Surface</td>
<td>Surface approach to learning</td>
<td>Pintasuuntautunut oppiminen</td>
</tr>
<tr>
<td>Self-Efficacy</td>
<td>Trust oneself as learner</td>
<td>Itseluottamus opiskelijana</td>
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<tr>
<td>Commitment</td>
<td>Commitment to studying</td>
<td>Sitoutuminen opintoihin</td>
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<tr>
<td>Interest</td>
<td>Interest in teaching</td>
<td>Opetuksen kiinnostavuus</td>
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<tr>
<td>Alignment</td>
<td>Alignment of teaching</td>
<td>Opetuksen linjakkusu</td>
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<tr>
<td>Feedback</td>
<td>Feedback from teachers to students</td>
<td>Palaute opettajilta</td>
</tr>
<tr>
<td>Support</td>
<td>Support from other students</td>
<td>Tuki opiskelukavereilta</td>
</tr>
<tr>
<td>Avoidance</td>
<td>Avoiding study tasks</td>
<td>Opiskelun välttely</td>
</tr>
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<td>SelfCriticism</td>
<td>Harshness toward oneself</td>
<td>Ankaruu isseä kohtaan</td>
</tr>
<tr>
<td>SelfCompassion</td>
<td>Compassion toward oneself</td>
<td>Myötätunto isseä kohtaan</td>
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<tr>
<td>BurnoutRisk</td>
<td>Burnout risk: Feeling stressed and lacking motivation</td>
<td>Uupumusriski: Stressaantuminen ja alentunut motivaatio</td>
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