



Student Wellbeing Institutional Support Survey

Holistic wellbeing has become more prominent in higher education since the adoption of the *Okanagan Charter* (2015) and the *Health and Wellbeing in Higher Education: A Commitment to Student Success* (NIRSA & NASPA, 2018) statement. This latter statement raises student wellbeing to a multifaceted goal for the entire campus, and one for which each unit in the institution has responsibility. *Health and Wellbeing in Higher Education* has now been adopted by 13 higher education associations in addition to NIRSA and NASPA, including ACHA, ACPA, ACUHO-I, ACUI, CUPA-HR, NACA, and NODA.

Although institutions cannot account for the individual wellbeing that students bring with them to campus, they can influence the supports provided to students post-enrollment. The Institute for Wellbeing at Butler University has developed a survey that allows institutions to collect student perceptions of areas of strength and opportunity in institutional support for various aspects of their wellbeing while they are on campus.

Why should institutions measure how well they are supporting the many facets of student wellbeing? Research has shown that:

- students who sleep more (Kelly & Kelley, 2001) and who eat more nutritiously (Burrows, Whatnall, Patterson, & Hutchesson, 2017) have **higher GPAs**
- strong social wellbeing can help college students **effectively manage their stress** (Altaher & Runnerstrom, 2018)
- interacting with difference helps to **promote learning and development** (Fosnacht, Gonyea, & Graham, 2020)
- engagement in learning communities, study abroad, and undergraduate research is related to **increased democratic awareness and participation** (Howe & Fosnacht, 2017).

Despite the clear benefits of having a student body with high levels of wellbeing, there is currently no survey tool available that measures how well students think their institution is supporting their wellbeing. The Institute for Wellbeing at Butler University's Student Wellbeing Institutional Support Survey (SWISS) offers to fill that gap by **asking students about the emphasis and support given by their college or university for their basic needs; physical and mental health; social and intellectual wellbeing; exploration of meaning and purpose; and exploration of diversity, equity, and inclusion.**

While other national surveys allow students to report their own levels of wellbeing and behaviors that support or undermine their wellness, **the Student Wellbeing Institutional Support Survey (SWISS) is the only survey available that gives actionable measures at the institutional – not individual – level.** The SWISS gives stakeholders a measure of the campus climate for support of student wellbeing.

Participating pilot institutions will receive administration of the SWISS online, a data file containing student responses, and reports on those responses free of charge. In addition, Institute for Wellbeing staff will create data discussion guides, webinars on data interpretation, data-to-action guides, etc. to aid participating campuses in operationalizing their results.

Pilot administration will take place in the 2020-2021 academic year. To participate, or for more information, please contact Dr. Bridget Yuhas at byuhas@butler.edu or 317-940-4103.



Student Wellbeing and Institutional Support Survey (SWISS)

1. During the academic year, how often do you have financial resources to consistently pay for adequate:

- 1a. food
- 2a. housing
- 3a. clothing
- 4a. school supplies (e.g. course materials, texts)
- 5a. school expenses (e.g. tuition and fees)

(Response options: Very often, Often, Sometimes, Never)

2. Thinking about where you live during the academic year, to what extent do you agree that your **housing situation** allows you to do the following, if you choose:

- 2a. Get as much sleep as you need most nights of the week
- 2b. Make or access nutritious food
- 2c. Feel safe
- 2d. Connect socially with other students
- 2e. Prepare for your courses
- 2f. Pursue creative interests
- 2g. Pursue recreational interests
- 2h. Relax

(Response options: Strongly agree, Agree, Disagree, Strongly disagree)

3. Thinking about resources on your campus, to what extent do you agree that your institution provides adequate:

- 3a. Exercise and/or fitness facilities
- 3b. Dining options that offer nutritious food
- 3c. Dining options that are affordable
- 3d. Dining options that meet your dietary needs (vegetarian, kosher, gluten-free, etc.)
- 3d. Health services for physical health needs
- 3e. Counseling services for mental health needs
- 3f. Affordable housing for students
- 3g. On-campus housing options
- 3h. Access to reliable internet

(Response options: Strongly agree, Agree, Disagree, Strongly disagree, I don't know)

4. How much does your institution emphasize the importance of attending courses, workshops, or trainings on the following topics:

- 4a. Resiliency or “grit”
- 4b. Self-compassion
- 4c. Mindfulness
- 4d. Empathy
- 4e. Keeping an open mind to others’ worldviews

(Response options: Very much, Quite a bit, Some, Very little, I don’t know)

5. How much does your institution emphasize the importance of:

- 5a. Diversity, equity, and inclusion
- 5b. Engaging with people of different backgrounds
- 5c. Understanding aspects of your own identity
- 5d. Understanding aspects of others’ identities
- 5e. Being open to new ways of thinking
- 5f. Learning about equity, justice, and privilege

(Response options: Very much, Quite a bit, Some, Very little)

6. We all have many aspects to our identities. How often do you have opportunities to interact with a diverse array of people in:

- 6a. Courses for your major
- 6b. Courses outside your major
- 6c. Student clubs or organizations
- 6d. Place of residence during the academic year
- 6e. Attendance at campus programs/events
- 6f. Campus common spaces
- 6g. On-campus employment

(Response options: Very often, Often, Sometimes, Never, Not applicable)

7. Thinking about your experiences with course instructors/faculty at this institution, how often have your instructors:

- 7a. Challenged your thinking about a topic
- 7b. Encouraged you to explore new ideas
- 7c. Provided you with multiple ways to learn about a topic
- 7d. Assessed your individual needs as a learner
- 7e. Discussed your academic goals with you

(Response options: Very often, Often, Sometimes, Never)

8. To what extent do you agree that your institution offers adequate:

- 8a. Academic advising services
- 8b. Tutoring services for a variety of subjects
- 8c. Opportunities to learn effective study skills
- 8d. Preparatory or prerequisite courses
- 8e. Opportunities to learn outside of the classroom

(Response options: Strongly agree, Agree, Disagree, Strongly disagree, I don’t know)

9. To what extent do you agree that your institution provides adequate physical spaces where all students can:

- 9a. Feel welcome
- 9b. Safely spend time outdoors
- 9c. Socialize informally
- 9d. Relax
- 9e. Engage with students who have similar interests

(Response options: Strongly agree, Agree, Disagree, Strongly disagree, I don't know)

10. How often does lack of accessibility prevent you from engaging in all your institution has to offer?

- 10a. Mobility accessibility (e.g. ramps, crosswalks)
- 10b. Visual accessibility
- 10c. Auditory accessibility

(Response options: Very often, Often, Sometimes, Never, I don't know)

11. To what extent do you agree that your institution provides:

- 11a. Opportunities for you to meet other students
- 11b. Activities for students on campus or close to campus
- 11c. Opportunities for you to pursue non-academic interests
- 11d. Ways for you to connect with the local community
- 11e. Opportunities to pursue spiritual or religious interests
- 11f. Volunteer or service opportunities
- 11g. Campus traditions that unite all students
- 11h. Opportunities to experience artistic performances/exhibitions

(Response options: Strongly agree, Agree, Disagree, Strongly disagree, I don't know)

12. How do you most often learn about events, programs, or services on your campus?

(Response options: Campus newspaper (print or online), Regular campus email blasts, Campus list-serv messages, Administration-sponsored social media, Student organization social media, Campus app, Printed flyers/posters, Word of mouth, Announcements in your courses, Other, please list:_)

13. To what extent do you agree that you know where to go on campus if you are:

- 13a. Feeling isolated socially
- 13b. Having trouble academically
- 13c. Worried about your physical health
- 13d. Worried about your mental health
- 13e. Feeling discriminated against, harassed, or unsafe
- 13f. Interested in better nutrition
- 13g. Interested in joining a student club or organization
- 13h. Interested in learning more about diversity, equity, and inclusion

(Response options: Strongly agree, Agree, Disagree, Strongly disagree)

14. To what extent do you agree that your institution encourages you to:
- 14a. Set meaningful academic goals
 - 14b. Set meaningful personal goals
 - 14c. Connect your coursework to experiences outside the classroom
 - 14d. Weigh whether or not to change your major based on your experiences at the institution
 - 14e. Explore a variety of academic interests
 - 14f. Graduate from this institution

(Response options: Strongly agree, Agree, Disagree, Strongly disagree)

15. To what extent does your institution encourage you to:
- 15a. Appreciate the value of being a life-long learner
 - 15b. Develop a set of personal, life-long values
 - 15c. Make an impact on campus
 - 15d. Make an impact in your community
 - 15e. Explore your religious/spiritual views
 - 15f. Reflect on your purpose in life
 - 15g. Meaningfully connect your coursework to your purpose and values
 - 15h. Meaningfully connect your co-curricular activities to your purpose and values
 - 15i. Leave a meaningful legacy on campus
 - 15j. Support the institution after you graduate

(Response options: Very much, Quite a bit, Some, Very little)

16. To what extent do the following contribute to your stress during the academic year?
- 16a. Concern for your family members
 - 16b. Concern for your friends
 - 16c. Issues with your romantic partner
 - 16d. Physical health concerns
 - 16e. Mental health concerns
 - 16f. Academic concerns
 - 16g. Concerns related to your basic needs (food, housing, clothing)
 - 16h. Financial concerns

(Response options: Very much, Quite a bit, Some, Very little, Not applicable)

17. Please indicate your class standing

(Response options: First-year/Freshman, Sophomore, Junior, Senior, Fifth-year, Graduate student, Other please specify [write-in])

18. In which subject area(s) is/are your major(s)?

(Response options: Business, Computer science, Education, Engineering, Health sciences, Interdisciplinary, Liberal arts/Humanities, Mathematics, Physical sciences, Social sciences, Technology, Visual or performing arts, Other please specify [write-in], Undecided)

19a. Where do you currently live?

(Response options: On-campus residence hall or apartment, Fraternity or sorority housing, Off-campus (but not commuter), Off-campus (commuting to campus), Studying abroad this semester, In transition or homeless, Another living situation)

19b. [If “yes” to Off-campus (commuting to campus) Do you live:

(Response options: At home with parent(s)/guardians, In my own home/apartment, Another living situation)

20. How would you describe yourself? (Select all that apply)

(Response options: African American or Black; American Indian, Alaska Native, or First Nations; Asian or Asian-American; Hispanic or Latino/a/x; Middle Eastern or North African; Native Hawaiian or other Pacific Islander; White or European American; Another race or identity; Prefer not to respond)

21. What is your gender identity? (Select all that apply)

(Response options: Genderqueer or non-binary, Man, Woman, Prefer to self-describe [write-in], Unsure, Prefer not to respond)

22. Which of the following best describes your sexual orientation?

(Response options: Bisexual, Gay, Heterosexual (straight), Lesbian, Queer, Questioning or unsure, Prefer to self-describe [write-in], Prefer not to answer)

23. Do you identify as any of the following?

23a. First-generation student (neither parent has completed a Bachelor’s degree)

23b. Current or former member of the U.S. Armed Forces, Reserves, or National Guard

23c. Student athlete

23d. International student

23e. Member of a social fraternity or sorority

(Response options: Yes, No, I prefer not to respond)

24. Have you been diagnosed with any disability or impairment?

(Response options: Yes, No, I prefer not to respond)

24b [If answered “Yes”] Which of the following has been diagnosed? (Select all that apply)

(Response options: A sensory impairment (visual or hearing), A mobility impairment, A learning disability, A mental health disorder, A chronic illness, A disability or impairment not listed above)

25. In what year were you born? (Pull-down menu)