Problem: Now more than ever, students are struggling with mental health challenges, financial insecurity, homelessness and hunger – all of which contribute to students’ holistic well-being and opportunity to succeed. Regrettably, no assessment measures if an institution’s well-being initiatives are counteracting these challenges and appropriately meeting students’ needs.

Solution: Through the Student Well-being Institutional Support Survey (SWISS), we can assess how well an institution supports its students’ holistic well-being and identify opportunities to improve support.

- Since 2020, our team, led by Dr. Bridget Yuhas and a team of data analysts and higher education professionals, administered the SWISS at nearly 20 institutions and collected more than 12,000 student responses.
- The data allows institutions to collect student perceptions of areas of strength and opportunity by measuring more than five areas of well-being, including:

**Inclusion, Diversity, Equity & Accessibility**

**Physical & Mental Health**

**Financial Literacy**

**Meaning & Purpose**

**Social & Intellectual Well-being**

Why: Increased student well-being supports students’ success and leads to positive outcomes for students and institutions. Research shows that:

- Students who **sleep more** and who **eat more** nutritiously have higher GPAs.
- Strong social wellbeing can help college students **effectively manage their stress**.
- Interacting with difference helps to **promote learning and development**.
- Engagement in learning communities, study abroad, and undergraduate research is related to **increased democratic awareness and participation**.
- Institutions who support students’ emotional well-being have **higher retention rates** and **greater alumni engagement**.

How you can support your students: please visit our [website](#) or contact us at [swiss@butler.edu](mailto:swiss@butler.edu) to enroll your institution.

- Cost for participation in SWISS is $2,500.
- The Institute for Well-being will manage most aspects of your administration, including contacting student respondents and compiling reports from your results.
- Participating institutions will have access to online dashboards showing their results in real time.