

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 **30 institutions** and collected more than **20,000 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:



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 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.