



Student Well-being Institutional Support Survey (SWISS)

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

- 1a. food
 - 1b. housing
 - 1c. clothing
 - 1d. school supplies (e.g. course materials, texts)
 - 1e. 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.)
- 3e. Health services for physical health needs
- 3f. Counseling services for mental health needs
- 3g. Affordable housing for students
- 3h. On-campus housing options
- 3i. 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
- 13i. Interested in exploring religious/spiritual interests

(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. To what extent do you agree that your institution provides adequate resources for you to learn about:

- 17a. Managing your money
- 17b. Paying bills
- 17c. Loan management
- 17d. Saving and/or investing money
- 17e. Salaries or wages
- 17f. Benefits that may be included with employment

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

18. On average, what have your grades been at this institution so far?

(Response options: A, A-, B+, B, B-, C+, C, C- or lower)

19. Please indicate your class standing

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

20. In which subject area is your primary major?

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

21. If applicable, in which subject area is your secondary major?

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

22a. 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)

22b. [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)

23. 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.

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

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

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

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

26. Do you identify as any of the following?

26a. First-generation student (neither parent has completed a Bachelor's degree)

26b. Current or former member of the U.S. Armed Forces, Reserves, or National Guard

26c. Student athlete

26d. International student

26e. Member of a social fraternity or sorority

26f. Transfer student

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

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

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

27b. [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)

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