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)