



Student Well-being Institutional Support Survey (SWISS)

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

- a. Food
 - b. Housing
 - c. Clothing
 - d. School supplies (e.g. course materials, texts)
 - e. School expenses (e.g. tuition and fees)
- (Response options: Very often (4), Often (3), Sometimes (2), Never (1))*

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:

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

(Response options: Strongly agree (4), Agree (3), Disagree (2), Strongly disagree (1))

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

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

(Response options: Strongly agree (4), Agree (3), Disagree (2), Strongly disagree (1), I don't know (5))

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

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

(Response options: Very much (4), Quite a bit (3), Some (2), Very little (1), I don’t know (5))

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

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

(Response options: Very much (4), Quite a bit (3), Some (2), Very little (1))

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

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

(Response options: Very often (4), Often (3), Sometimes (2), Never (1), Not applicable (5))

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

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

(Response options: Very often (4), Often (3), Sometimes (2), Never (1))

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

- a. Academic advising services
- b. Tutoring services for a variety of subjects

- c. Opportunities to learn effective study skills
- d. Preparatory or prerequisite courses
- e. Opportunities to learn outside of the classroom

(Response options: Strongly agree (4), Agree (3), Disagree (2), Strongly disagree (1), I don't know (5))

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

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

(Response options: Strongly agree (4), Agree (3), Disagree (2), Strongly disagree (1), I don't know (5))

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

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

(Response options: Very often (4), Often (3), Sometimes (2), Never (1), I don't know (5))

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

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

(Response options: Strongly agree (4), Agree (3), Disagree (2), Strongly disagree (1), I don't know (5))

12. How do you most often learn about events, programs, or services on your campus? *(Response options: Campus newspaper (print or online) (1), Regular campus email blasts (2), Campus list- serv messages (3), Administration-sponsored social media (4), Student organization social media (5), Campus app (6), Printed flyers/posters (7), Word of mouth (8), Announcements in your courses (9))*

Q12_10_TEXT: Other, please list:_)

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

- a. Feeling isolated socially
- b. Having trouble academically

- c. Worried about your physical health
- d. Worried about your mental health
- e. Feeling discriminated against, harassed, or unsafe
- f. Interested in better nutrition
- g. Interested in joining a student club or organization
- h. Interested in learning more about diversity, equity, and inclusion
- i. Interested in exploring religious/spiritual interests

(Response options: Strongly agree (4), Agree (3), Disagree (2), Strongly disagree (1))

14. To what extent do you agree that your institution encourages you to:

- a. Set meaningful academic goals
- b. Set meaningful personal goals
- c. Connect your coursework to experiences outside the classroom
- d. Weigh whether or not to change your major based on your experiences at the institution
- e. Explore a variety of academic interests
- f. Graduate from this institution

(Response options: Strongly agree (4), Agree (3), Disagree (2), Strongly disagree (1))

15. To what extent does your institution encourage you to:

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

(Response options: Very much (4), Quite a bit (3), Some (2), Very little (1))

16. To what extent do the following contribute to your stress during the academic year?

- a. Concern for your family members
- b. Concern for your friends
- c. Issues with your romantic partner
- d. Physical health concerns
- e. Mental health concerns
- f. Academic concerns
- g. Concerns related to your basic needs (food, housing, clothing)

h. Financial concerns

(Response options: Very much (4), Quite a bit (3), Some (2), Very little (1), Not applicable (5))

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

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

(Response options: Strongly agree (4), Agree (3), Disagree (2), Strongly disagree (1), I don't know (5))

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

(Response options: A (1), A- (2), B+ (3), B (4), B- (5), C+ (6), C (7), C- or lower(8))

19. Please indicate your class standing

(Response options: First-year/Freshman (1), Sophomore (2), Junior (3), Senior (4), Fifth-year (5), Graduate student (6))

Q19_7_TEXT: *Other please specify [write-in]*

20. In which subject area is your primary major?

(Response options: Business (1), Computer science (2), Education (3), Engineering (4), Health sciences (5), Interdisciplinary (6), Liberal arts/Humanities (7), Mathematics (8), Physical sciences (9), Social sciences (10), Technology (11), Visual or performing arts (12) Undecided (13))

Q20_14_TEXT: *Other please specify [write-in]*

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

(Response options: Business (1), Computer science (2), Education (3), Engineering (4), Health sciences (5), Interdisciplinary (6), Liberal arts/Humanities (7), Mathematics (8), Physical sciences (9), Social sciences (10), Technology (11), Visual or performing arts (12) Undecided (13))

Q21_14_TEXT: *Other please specify [write-in]*

22a. Where do you currently live?

(Response options: On-campus residence hall or apartment (1), Fraternity or sorority housing (2), Off-campus (but not commuter) (3), Off-campus (commuting to campus) (4), Studying abroad this semester (5), In transition or homeless (6), Another living situation (7))

22b. [If "yes" to Off-campus (commuting to campus) Do you live:

(Response options: At home with parent(s)/guardians (1), In my own home/apartment (2), Another living situation (3))

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

*(Response options: African American or Black (1); American Indian, Alaska Native, or First Nations (2); Asian or Asian-American (3); Hispanic or Latino/a/x (4); Middle Eastern or North African (5); Native Hawaiian or other Pacific Islander (6); White or European American (7); Another race or identity (8); Prefer not to respond (9) Multiracial (10)) *Note: 10 is a record of respondents who selected more than one response option for this question.*

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

*(Response options: Genderqueer or non-binary (1), Man (2), Woman (3), Unsure (5), Prefer not to respond (6) More than one gender identity (7)) *Note: 7 is a recode of respondents who selected more than one response option for this question.*

Q24_4_TEXT: Prefer to self-describe [write-in]

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

(Response options: Bisexual (1), Gay (2), Heterosexual (straight) (3), Lesbian (4), Queer (5), Questioning or unsure (6), Prefer not to answer (8))

Q25_7_TEXT: Prefer to self-describe [write-in]

26. Do you identify as any of the following?

- a. First-generation student (neither parent has completed a Bachelor's degree)
- b. Current or former member of the U.S. Armed Forces, Reserves, or National Guard
- c. Student athlete
- d. International student
- e. Member of a social fraternity or sorority
- f. Transfer student

(Response options: Yes (1), No (2), I prefer not to respond (3))

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

(Response options: Yes (1), No (2), I prefer not to respond (3))

27b. [If answered "Yes"] Which of the following has been diagnosed? (Select all that apply)

*(Response options: A sensory impairment (visual or hearing) (1), A mobility impairment (2), A learning disability (3), A mental health disorder (4), A chronic illness (5), A disability or impairment not listed above (6), More than one disability or impairment listed above (7)) *Note: 7 is a recode of respondents who selected more than one response option for this question.*

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

(Responses recoded into the following: 17 or younger (1), 18 years old (2), 19 years old (3), 20 years old (4), 21 years old (5), 22 years old (6) 23-25 years old (7), 26-30 years old (8), 31-40 years old (9) 41-50 years old (10), 50 or older (11))