

This assessment is not indicative of your overall wellness but is used as a tool to help facilitate a conversation and gain perspective of flourishing in college.

ACADEMIC

I attend class regularly and consistently.....	Yes.	Sometimes.	No.
I have a routine for studying and homework.....	Yes.	Sometimes.	No.
I use a planner or digital calendar.....	Yes.	Sometimes.	No.
My grades reflect my expectations and efforts.....	Yes.	Sometimes.	No.
I'm engaged in class.....	Yes.	Sometimes.	No.
I ask questions when I need clarification or help.....	Yes.	Sometimes.	No.
I have a growth mindset in the face of challenges.....	Yes.	Sometimes.	No.

BELONGING

I seek out opportunities to connect with others.....	Yes.	Sometimes.	No.
I feel lonely.....	Yes.	Sometimes.	No.
I have empathy for others.....	Yes.	Sometimes.	No.
I give and accept kindness.....	Yes.	Sometimes.	No.
I can be honest and open with others.....	Yes.	Sometimes.	No.
I'm involved in a club or organization.....	Yes.	Sometimes.	No.
I try new activities.....	Yes.	Sometimes.	No.

PHYSICAL

I feel safe.....	Yes.	Sometimes.	No.
I prioritize sleep (and sleep 7-8 hrs a night).....	Yes.	Sometimes.	No.
I have a healthy and balanced diet.....	Yes.	Sometimes.	No.
I make time for physical movement daily.....	Yes.	Sometimes.	No.
I practice self-care.....	Yes.	Sometimes.	No.
I take regular breaks throughout the day.....	Yes.	Sometimes.	No.
I listen to my body.....	Yes.	Sometimes.	No.

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FAITH

I practice prayer and introspection.....	Yes.	Sometimes.	No.
I have curiosity about life's existential questions.....	Yes.	Sometimes.	No.
I attend a group worship service.....	Yes.	Sometimes.	No.
I seek guidance from religious leaders or mentors....	Yes.	Sometimes.	No.
I discuss diverse religious and spiritual perspectives.	Yes.	Sometimes.	No.
I share my religious or spiritual journey with others..	Yes.	Sometimes.	No.
I am developing my values and beliefs.....	Yes.	Sometimes.	No.

GENEROSITY

I volunteer.....	Yes.	Sometimes.	No.
I give to others.....	Yes.	Sometimes.	No.
I ask for help when I need it.....	Yes.	Sometimes.	No.
I am involved in the community.....	Yes.	Sometimes.	No.
I participate in service-oriented clubs or groups.....	Yes.	Sometimes.	No.
I perform random acts of kindness for others.....	Yes.	Sometimes.	No.
I listen to others when they need to share.....	Yes.	Sometimes.	No.

LIFE PREPARATION

I identify and set my priorities.....	Yes.	Sometimes.	No.
I have goals for my future.....	Yes.	Sometimes.	No.
I research career paths.....	Yes.	Sometimes.	No.
I spend time building my resume.....	Yes.	Sometimes.	No.
I practice interview skills.....	Yes.	Sometimes.	No.
I'm gaining hands-on work experience.....	Yes.	Sometimes.	No.
I build my network.....	Yes.	Sometimes.	No.