

STUDENT WELL-BEING SCALE

(KOCI, 2023)

Reference: KOCI, J. (2023). *How to Build Well-Being in University and College Students – Methodology of Academic Well-Being Promotion*. Charles University, Prague, 2024, ISBN: 978-80-87489-38-3

Description of Measure: This assessment tool evaluates the well-being of university students based on the PERMA model (Positive Emotions, Engagement, Relationships, Meaning, Achievement), incorporating additional dimensions such as Physical Health, Mindset, Environment, Economic Security, and Authenticity. The tool employs a mixed-methods approach including quantitative scales and qualitative open-ended questions to provide a comprehensive picture of student well-being.

Abstract: The assessment tool aims to address the mental health crisis among university students by identifying key areas of well-being. Preliminary findings from a pilot study with 95 students indicate significant insights into the state of student well-being and its relation to life satisfaction and other socio-demographic factors.

Keywords: well-being; subjective well-being; student well-being; academic well-being; university; life satisfaction; PERMA; mental health.

Related publications:

- KOCI, J. & DONALDSON, S. I. (2023): *Well-Being and Success for University Students: Applying PERMA+4*. New York, NY: Routledge. 250 pages. 1st edition. ISBN 9781032457208, DOI <https://doi.org/10.4324/9781003378365>
- KOCI, J. (2024). *Building Well-Being of University Students*. Interactive digital monograph. Charles University, Prague, 2024, ISBN 978-80-7603-506-5
- KOCI, J. (2024). *Massive Open Online Course - Student Well-Being*. Charles University, Prague, 2024, ISBN: in press

- KOCI, J. (2024). *Massive Open Online Course - PERMA5: Building Student Well-Being*. Charles University, Prague, 2024, ISBN: in press
- KOCI, J. (2024). *Massive Open Online Course - Well-Being of University Students*. Charles University, Prague, 2024, ISBN: in press
- KOCI, J. (2024). *Massive Open Online Course - PERMA5: Building Well-Being of University Students*. Charles University, Prague, 2024, ISBN: in press
- KOCI, J., SATRAPOVÁ, P., ČERVENÝ, I., & BONILLA, D. A. (2023). Measuring Well-being of University Students to Generate Student Well-being Profiles: PERMA Based Assessment Tool Development and Study Results. *Journal of Educational Psychology*.
- KOCI, J. (2023). *How to Build Well-Being in University and College Students – Methodology of Academic Well-Being Promotion*. Charles University, Prague, 2024, ISBN: 978-80-87489-38-3
- KOCI, J. (2023). *The Charles University Student Well-Being Action Plan*. Charles University, Prague, 2024, ISBN: 978-80-87489-39-0
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- KOCI, J., KOPTÍKOVÁ, D. (2022). *Building Mental Well-Being of Secondary School Students in the Digital Age – How to Apply Practical Recommendations in Practice*. Prague: UK PedF, 2022. ISBN: 978-80-7603-361-0.
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- KOCI, J. (2023). *My Well-Being Workbook*. Charles University, Prague, 2023, ISBN: 978-80-87489-40-6
- DONALDSON, S. I. & KOCI, J. (2024). Chapter in the book *Understanding Wellbeing in Higher Education of the Global South: Contextually Sensitive and Culturally Responsive Perspectives*. New York, NY: Routledge. In press.
- KOCI, J., CERVENY, I., SANTAMARIA, J. G. & BONILLA, D.A. (2024). *Measuring Well-Being of University Students to Generate Student Well-Being Profiles: PERMA Based Assessment Tool Development and Study Results*. In press.
- KOCI, J., SANTAMARIA, J. G. & BONILLA, D.A. (2024). *Positive Education: Effects of an 11-Week Well-Being Course on University Student Well-Being*. In press.
- KOCI, J., CHEN, C.H., ORTIZ, M., SWASTI, W. N. M. & BONILLA, D. A. (2024). *PERMA5: Evidence-Based Framework for Building Student Well-Being in Higher Education*. In press.

Building Blocks of Student Well-Being:

Building Block	Definition	Example of Someone Flourishing	Subsections
Positive Emotions	Experiencing happiness, joy, love, gratitude, etc. in the here and now.	I generally experience positive emotions often and feel overall satisfied.	(1) Experiencing Positive Emotions (Happiness, Joy, Love, Gratitude.); (2) Life Satisfaction; (3) Time Devoted to Your Hobbies and Interests; (4) Positive Emotions Experienced with Other People; (5) Enjoyment of what You do at School; (6) Enjoyment of what You do at Work or Part-Time Job; (7) Shared Positivity
Engagement	Being highly absorbed or experiencing flow in daily activities.	I feel engaged in my hobbies, work, and social interactions.	(1) Ability to Focus; (2) Engagement in Everyday Life Activities; (3) Engagement in School; (4) Engagement in Work or Part-Time Job; (5) Engagement in Your Hobbies; (6) Engagement with Other People; (7) Engagement in Your Alone Time; (8) Experiencing Flow; (9) Creativity
Relationships	Establishing and maintaining positive, mutually beneficial relationships.	I have high-quality relationships with friends, family, and myself.	(1) High Quality Relationship with Classmates; (2) High Quality Relationship with Teachers; (3) High Quality Relationship with Boss or Supervisor; (4) High Quality Relationships with Co-Workers; (5) High Quality Relationships with Friends; (6) High Quality Relationships with Family Members; (7) High Quality Relationships with Significant Other(s); (8) High Quality Relationship with Yourself; (9) High Quality Relationship with People in Your Community; (10) High Quality Relationship with Nature; (11) High Quality Relationship with Animals and Pets; (12) Great Social Skills
Meaning	Being connected to something larger than oneself.	I find purpose in my activities and build meaningful relationships.	(1) Meaning in Life; (2) Meaning in Everyday Life Activities; (3) Meaning in School Activities; (4) Meaning in Work Activities; (5) Building of Meaningful Relationships; (6) Serving Others with No Expectation to Get anything Back; (7) Purpose in Life; (8) Faith & Spirituality
Achievement	Achieving important or challenging goals.	I recognize and celebrate my	(1) Satisfaction with Your Achievements; (2) Recognition and Enjoyment of others' Achievements; (3) Recognition and Using of Your Character

Building Block	Definition	Example of Someone Flourishing	Subsections
		achievements across various domains.	strengths; (4) Responsibility; (5) Willpower; (6) Perseverance for long-term goals; (7) Passion for long-term goals
Physical Health	A combination of biological, functional, and psychological health assets.	I feel physically healthy and avoid risky behaviors.	(1) Adequate Body Movement; (2) Good Body Posture; (3) Good Nutrition; (4) High Quality Sleep; (5) Regular Relaxation; (6) Proper Breathing; (7) Avoidance of Risky Behavior
Mindset	Adopting a growth mindset focused on opportunities for growth.	I feel resilient and optimistic about my future.	(1) Hope; (2) Confident in Yourself – Efficacy; (3) Resiliency; (4) Optimism; (5) Future Orientation; (6) Growth Mindset
Environment	The quality of one's physical environment aligned to individual preferences.	I experience a supportive environment at home, school, and in nature.	(1) High Quality Home and Living Environment; (2) High Quality Family Environment; (3) High Quality School Environment; (4) High Quality Work and Part-Time Job Environment; (5) High Quality Community Environment; (6) High Quality Online Environment; (7) Availability & Time Spent Outdoors in Nature
Economic Security	Perceptions of financial stability.	I feel financially secure and manage my expenses well.	(1) Good Income; (2) Satisfactory Savings; (3) Access to Quality Health Care; (4) Satisfactory Investments; (5) Proper Expense Management; (6) Financial Literacy
Authenticity	Being true to oneself and others.	I accept myself and express my true thoughts and feelings.	(1) Knowing and Understanding Yourself; (2) Accepting and Loving Yourself for Who You Are; (3) Knowing Your Values and Acting According to Them; (4) Knowing Your Passions and Acting According to Them; (5) Saying and Communicating What You Truly Think and Believe in; (6) Setting Boundaries and Saying No without Guilt; (7) Being Your True Self in Your Relationships; (8) Being Vulnerable; (9) Taking Responsibility for Your Actions

Instructions: Please imagine a ladder with steps numbered from 0 at the bottom to 10 at the top. The top of the ladder represents the best for you, while the bottom represents the worst for you. For each individual aspect of well-being listed below, indicate which step of the ladder best reflects how you currently feel.

Scale:

- 0 - Not at all satisfied
- 1 - Very dissatisfied
- 2 - Dissatisfied
- 3 - Slightly dissatisfied
- 4 - Rather slightly dissatisfied than satisfied
- 5 - Neutral
- 6 - Slightly satisfied
- 7 - Satisfied
- 8 - Very satisfied
- 9 - Close to fully satisfied
- 10 - Completely satisfied

Please rate the following aspects of your well-being:

1. Experiencing Positive Emotions (Happiness, Joy, Love, Gratitude...)
2. Life Satisfaction
3. Time Devoted to Your Hobbies and Interests
4. Positive Emotions Experienced with Other People
5. Enjoyment of What You Do at School
6. Enjoyment of What You Do at Work or Part-Time Job
7. Shared Positivity
8. Ability to Focus
9. Engagement in Everyday Life Activities
10. Engagement in School
11. Engagement in Work or Part-Time Job
12. Engagement in Your Hobbies
13. Engagement with Other People
14. Engagement in Your Alone Time

15. Experiencing Flow
16. Creativity
17. High-Quality Relationship with Classmates
18. High-Quality Relationship with Teachers
19. High-Quality Relationship with Boss or Supervisor
20. High-Quality Relationships with Co-Workers
21. High-Quality Relationships with Friends
22. High-Quality Relationships with Family Members
23. High-Quality Relationships with Significant Other(s)
24. High-Quality Relationship with Yourself
25. High-Quality Relationship with People in Your Community
26. High-Quality Relationship with Nature
27. High-Quality Relationship with Animals and Pets
28. Great Social Skills
29. Meaning in Life
30. Meaning in Everyday Life Activities
31. Meaning in School Activities
32. Meaning in Work Activities
33. Building Meaningful Relationships
34. Serving Others with No Expectation of Return
35. Purpose in Life
36. Faith & Spirituality
37. Satisfaction with Your Achievements
38. Recognition and Enjoyment of Others' Achievements
39. Recognition and Use of Your Character Strengths
40. Responsibility
41. Willpower
42. Perseverance for Long-Term Goals
43. Passion for Long-Term Goals
44. Adequate Body Movement
45. Good Body Posture
46. Good Nutrition

47. High-Quality Sleep
48. Regular Relaxation
49. Proper Breathing
50. Avoidance of Risky Behaviors
51. Hope
52. Confidence in Yourself – Efficacy
53. Resiliency
54. Optimism
55. Future Orientation
56. Growth Mindset
57. High-Quality Home and Living Environment
58. High-Quality Family Environment
59. High-Quality School Environment
60. High-Quality Work and Part-Time Job Environment
61. High-Quality Community Environment
62. High-Quality Online Environment
63. Availability & Time Spent Outdoors in Nature
64. Good Income
65. Satisfactory Savings
66. Access to Quality Health Care
67. Satisfactory Investments
68. Proper Expense Management
69. Financial Literacy
70. Knowing and Understanding Yourself
71. Accepting and Loving Yourself for Who You Are, Including Your Strengths and Weaknesses
72. Knowing Your Values and Acting According to Them
73. Knowing Your Passions and Acting According to Them
74. Communicating What You Truly Think and Believe
75. Setting Boundaries and Saying No Without Guilt
76. Being Your True Self in Your Relationships
77. Being Vulnerable
78. Taking Responsibility for Your Actions