

Student Well-Being Index: Secondary (6th-12th)

STUDENT NAME:	DATE:
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DIRECTIONS:

Below is a survey that is going to ask you how you have been doing. For each question, please indicate the number that matches your thoughts, feelings, or actions in the last week. Your response can range from 1 (None of the Time) to 10 (All of the Time). You can choose any number from 1 to 10 that best represents how you have been feeling or functioning in the last week.

There are no right or wrong answers here – this is not a test, and you will not be graded!

In the past week...	None of the Time										All of the Time
	1	2	3	4	5	6	7	8	9	10	
1. I've been active											
2. I've been thinking clearly											
3. I've been hopeful about the future											
4. I've been feeling heard by others											
5. I've been waking up feeling rested											
6. I've been getting along well with others											
7. I've been relaxed											
8. I've been feeling accepted for who I am (my race, my culture, my gender)											
9. I've been dealing with problems well											
10. I've been engaged in my daily activities											
11. I've been feeling cared about by others											
12. I've been in a good mood											