Demographic Questions

Are you participating in the speech-language pathology “Be Well” initiative?

Yes

No

Please create a unique, a Unique ID code using First- a loved ones birthday month, Second- The first 2 letters of a childhood friend, and Last- a loved ones birthday day. Please keep this in a safe place, as you will need it to complete the post-survey:

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What year of graduate study are you currently in?

1st year

2nd year

What is your current employment status

Full-time

Part-time

Unemployed

Student only

I am aware of the factors that trigger my stress

Strongly Disagree

Disagree

Neutral

Agree

Strongly Agree

I currently use coping strategies to manage overall stress

Strongly Disagree

Disagree

Neutral

Agree

Strongly Agree

I effectively manage my academic stress.

Strongly Disagree

Disagree

Neutral

Agree

Strongly Agree

Which of the following academic tasks cause you the most stress? (Select all that apply)

Attending classes

Completing assignments

Studying for exams

Group projects

Meeting deadlines

Clinical Rotations

Other (Please specify)

I feel fulfilled and satisfied with my academic work.

Strongly Disagree

Disagree

Neutral

Agree

Strongly Agree

I can effectively balance my academic responsibilities with other areas of my life.

Strongly Disagree

Disagree

Neutral

Agree

Strongly Agree

How often do you engage in activities, practices, or experiences that support and strengthen your inner sense of purpose, peace, and well-being.

Never

Rarely

Sometimes

Often

Always

I have positive outlets (hobbies, creative activities, etc.) to manage stress.

Strongly Disagree

Disagree

Neutral

Agree

Strongly Agree

Which time management challenges cause you the most stress? (Select all that apply)

Balancing academics and social life

Procrastination

Managing part-time work and studies

Extracurricular activities

Other (Please specify)

How often do you use tools such as calendars, to-do lists, and prioritization techniques to organize tasks and manage your time effectively?"

Never

Rarely

Sometimes

Often

Always

On average, how many hours per day do you spend on social media?

Less than 1 hour

1-2 hours

3-4 hours

5-6 hours

7-8 hours

More than 8 hours

Which health-related issues cause you the most stress? (Select all that apply)

Lack of sleep

Poor diet

Lack of exercise

Chronic illness

Other (Please specify)

How often do you practice self-care in a typical week?

Never

1-2 times

3-4 times

5-6 times

Daily

I am satisfied with the physical spaces I spend most of my time in (home, work, school).

Strongly Disagree

Disagree

Neutral

Agree

Strongly Agree

I am able to meet my financial needs without excessive stress.

Strongly Disagree

Disagree

Neutral

Agree

Strongly Agree

I feel that I have a reliable support system.

Strongly Disagree

Disagree

Neutral

Agree

Strongly Agree

I feel a sense of belonging within my social and/or academic communities.

Strongly Disagree

Disagree

Neutral

Agree

Strongly Agree

I feel comfortable seeking help when I am feeling overwhelmed.

Strongly Disagree

Disagree

Neutral

Agree

Strongly Agree

How effectively do you feel you communicate with others?

Not effective at all

Slightly effective

Moderately effective

Very effective

Extremely effective

I feel that I have the ability to express my feelings

Strongly Disagree

Disagree

Neutral

Agree

Strongly Agree

How confident are you in your ability to adjust to challenges and solve problems effectively?

Not confident at all

Slightly confident

Moderately confident

Very confident

Extremely confident

Strongly Agree

How do you typically cope with stress?

Do you think these coping mechanisms are effective for you?

What does “good mental well-being” look like to you?

What are some goals related to improving your mental well-being or managing stress that you would like to accomplish?