Student Well-Being Self-Assessment (P2) - 2024-2025

Start of Block: Default Question Block

Q1 Welcome to the UC San Diego SSPPS Student Well-Being Self-Assessment.

This brief survey (approximately 5 minutes) is designed to better understand the well-being of our student body.

The insights gathered will help school leadership identify areas for improvement, strengthen student support services, and promote a more supportive learning environment. Additionally, the results will support our accreditation efforts by highlighting the needs and experiences of our students.

While participation is required for accreditation purposes, your responses are strictly confidential. All data will be deidentified and reviewed only in aggregate - no individual answers will be linked back to you.

Your input is essential and appreciated—thank you for completing this survey.

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Q9 The questions below ask about your feelings and thoughts during the last month. In each case, please indicate how often you felt or thought a certain way.

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|  | Never (1) | Almost never (2) | Sometimes (3) | Fairly often (4) | Very often (5) |
| In the last month, how often have you been upset because of something that happened unexpectedly? (1) |  |  |  |  |  |
| In the last month, how often have you felt that you were unable to control the important things in your life? (2) |  |  |  |  |  |
| In the last month, how often have you felt nervous and "stressed"? (3) |  |  |  |  |  |
| In the last month, how often have you felt confident about your ability to handle your personal problems? (4) |  |  |  |  |  |
| In the last month, how often have you felt that things were going your way? (5) |  |  |  |  |  |
| In the last month, how often have you found that you could not cope with all the things that you had to do? (6) |  |  |  |  |  |
| In the last month, how often have you been able to control irritations in your life? (7) |  |  |  |  |  |
| In the last month, how often have you felt that you were on top of things? (8) |  |  |  |  |  |
| In the last month, how often have you been angered because of things that were outside of your control? (9) |  |  |  |  |  |
| In the last month, how often have you felt difficulties were piling up so high that you could not overcome them? (10) |  |  |  |  |  |

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Q10 Please click on the point on the scale that you feel is most appropriate in describing you.

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|  | 1 (not a very happy person) (1) | 2 (2) | 3 (3) | 4 (4) | 5 (5) | 6 (6) | 7 (a very happy person) (7) |
| In general, I consider myself: (1) |  |  |  |  |  |  |  |

Q11 Please click on the point on the scale that you feel is most appropriate in describing you.

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|  | 1 (less happy) (1) | 2 (2) | 3 (3) | 4 (4) | 5 (5) | 6 (6) | 7 (more happy) (7) |
| Compared to most of my peers, I consider myself: (1) |  |  |  |  |  |  |  |

Q12 Please click on the point on the scale that you feel is most appropriate in describing you.

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|  | 1 (not at all) (1) | 2 (2) | 3 (3) | 4 (4) | 5 (5) | 6 (6) | 7 (a great deal) (7) |
| Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything. To what extent does this characterization describe you? (1) |  |  |  |  |  |  |  |

Q13 Please click on the point on the scale that you feel is most appropriate in describing you.

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|  | 1 (not at all) (1) | 2 (2) | 3 (3) | 4 (4) | 5 (5) | 6 (6) | 7 (a great deal) (7) |
| Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be. To what extent does this characterization describe you? (1) |  |  |  |  |  |  |  |

Q14 The next questions are about how you feel about different aspects of your life. For each one, indicate how often you feel that way.

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|  | 1 (Hardly Ever) (1) | 2 (Some of the Time) (2) | 3 (Often) (3) |
| First, how often do you feel that you lack companionship? (1) |  |  |  |
| How often do you feel left out? (2) |  |  |  |
| How often do you feel isolated from others? (3) |  |  |  |

Q15 Please rate your level of agreement to the following statements.

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|  | Strongly disagree (1) (1) | Slightly disagree (2) (2) | Neither agree or disagree (3) (3) | Slightly agree (4) (4) | Strongly agree (5) (5) |
| I feel comfortable expressing my opinions to others at SSPPS. (1) |  |  |  |  |  |
| I believe SSPPS leadership, faculty or staff will take appropriate action in response to incidents of harassment and discrimination. (2) |  |  |  |  |  |
| I feel that I belong at SSPPS. (3) |  |  |  |  |  |

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Q38 Do you believe you have experienced mistreatment by anyone at the Skaggs School of Pharmacy and Pharmaceutical Sciences during this past year?

* Yes (1)
* No (4)
* Not sure (5)

Skip To: Q40 If Do you believe you have experienced mistreatment by anyone at the Skaggs School of Pharmacy and P... = No

Q39 Please indicate the category of mistreatment (Check all that apply).

* Publicly humiliated (1)
* Threatened with physical harm (2)
* Physically harmed (3)
* Required to perform personal services (4)
* Subjected to offensive sexist remarks (5)
* Denied opportunities for training or rewards based solely on gender (6)
* Received lower evaluations or grades solely because of gender (7)
* Subjected to unwanted sexual advances (8)
* Asked to exchange sexual favors for grades or other rewards (9)
* Denied opportunities for training or rewards based solely on race or ethnicity (10)
* Subjected to racially or ethnically offensive remarks (11)
* Received lower evaluations or grades solely because of race or ethnicity (12)
* Denied opportunities for training or rewards based solely on sexual orientation (13)
* Subjected to offensive remarks/names related to sexual orientation (14)
* Received lower evaluations or grades solely because of sexual orientation (15)

Q40 Have you observed mistreatment of others at the Skaggs School of Pharmacy and Pharmaceutical Sciences during this past year?

* Yes (1)
* No (2)
* Not sure (3)

Skip To: Q42 If Have you observed mistreatment of others at the Skaggs School of Pharmacy and Pharmaceutical Scie... = No

Q41 Please indicate the category of mistreatment that you observed of others at Skaggs School of Pharmacy and Pharmaceutical Sciences (Check all that apply).

* Publicly humiliated (1)
* Threatened with physical harm (2)
* Physically harmed (3)
* Required to perform personal services (4)
* Subjected to offensive sexist remarks (5)
* Denied opportunities for training or rewards based solely on gender (6)
* Received lower evaluations or grades solely because of gender (7)
* Subjected to unwanted sexual advances (8)
* Asked to exchange sexual favors for grades or other rewards (9)
* Denied opportunities for training or rewards based solely on race or ethnicity (10)
* Subjected to racially or ethnically offensive remarks (11)
* Received lower evaluations or grades solely because of race or ethnicity (12)
* Denied opportunities for training or rewards based solely on sexual orientation (13)
* Subjected to offensive remarks/names related to sexual orientation (14)
* Received lower evaluations or grades solely because of sexual orientation (15)

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Q42 How often does SSPPS provide activities that foster social interaction/support?

* Never (1)
* Seldom (2)
* Sometimes (3)
* Frequently (4)
* Very frequently (5)

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Q2 Please select the one choice that best describes your current preference.

* Male (1)
* Female (2)
* Trans Male/Trans Man (3)
* Trans Female/Trans Woman (4)
* Genderqueer/Gender Nonconforming/Non-Binary (5)
* I prefer not to answer (7)
* Different Identity, please self identify: (6) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q3 Current age (years):

* <25 (1)
* 25-35 (2)
* >35 (3)

Q4 Ethnicity: Do you consider yourself to be of Hispanic/Latino origin?

* Yes (1)
* No (2)

Q5 Race: Please select one or more of the following groups in which you consider yourself to be a member.

* American Indian or Alaska Native (1)
* Asian (2)
* Black or African American (3)
* Native Hawaiian or Other Pacific Islander (4)
* White (5)
* Other (6)
* I prefer not to answer (7)

Q6 Indicate your status.

* Single/divorced/widowed, living with others (6)
* Single/divorced/widowed, living alone (7)
* Married, living with others (4)
* Married, living alone (5)

Q7 Do you currently have primary caregiver responsibilities to a dependent (child/adult)?

* Yes (1)
* No (2)

Q37 If you had paid outside work experience while in school, please indicate the approximate number of hours you worked in a week in the past year.

* Less than 10 hours (1)
* 10 to 19 hours (2)
* 20 to 29 hours (3)
* 30 or more hours (4)
* I did not work (5)

Q8 Did you attend a Pharmacy Universal Mentorship Program (PUMP) workshop prior to matriculating at SSPPS?

* Yes (1)
* No (2)

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Q16 Please provide any comments regarding this survey or areas impacting your well-being that are not included in this survey.

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End of Block: Default Question Block