



Wellness Assessment

Wellness is not merely the absence of illness or distress—it is a lifelong process of making decisions to live a more balanced and meaningful life. There are always opportunities for enhancing your wellness. A good way to start is by evaluating your current state and establishing systems to guide you toward a fuller sense of well-being.

You can use this self-assessment tool to determine the areas of wellness (emotional, environmental, intellectual, occupational, physical, social, and spiritual) where you are thriving, as well as those that may need greater attention. Taking this assessment will also help you to reflect on components of health that you may not have considered before.

Instructions

1. Answer all the questions for each of the seven wellness dimensions.
2. Tally your points for each section and use the guide to interpret the scores.

Emotional Wellness

Understanding your feelings and expressing emotions in a constructive way, having the ability to deal with stress and cope with life's challenges

	Never 1	Rarely 2	Sometimes 3	Often 4
1. I find it easy to express my emotions in positive, constructive ways.				<input type="checkbox"/>
2. I recognize when I am stressed and take steps to manage my stress (e.g., exercise, quiet time, meditation).				<input type="checkbox"/>
3. I am resilient and can bounce back after a disappointment or problem.				<input type="checkbox"/>
4. I am able to maintain a balance of work, family, friends, and other obligations.				<input type="checkbox"/>
5. I am flexible and adapt or adjust to change in a positive way.				<input type="checkbox"/>
6. I am able to make decisions with minimal stress or worry.				<input type="checkbox"/>
7. When I am angry, I try to let others know in nonconfrontational or unhurtful ways.				<input type="checkbox"/>
				Total <input type="checkbox"/>



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Environmental Wellness

Recognizing the interactions between yourself and your environment (natural and social), responsibly using available resources, and fostering a safer and healthier environment for others

	Never 1	Rarely 2	Sometimes 3	Often 4	
1. I recognize the impact of my actions on my environment.					<input type="checkbox"/>
2. I recognize the impact of my environment on my health.					<input type="checkbox"/>
3. I am aware of and make use of campus health, wellness, and safety resources.					<input type="checkbox"/>
4. I practice environmentally conscious behaviors (e.g., recycling).					<input type="checkbox"/>
5. I seek out ways to improve the social environment at Columbia.					<input type="checkbox"/>
6. I contribute to making my environment a safer and healthier place.					<input type="checkbox"/>
7. I surround myself with people who support me in my journey of being healthy and well.					<input type="checkbox"/>
					Total <input type="checkbox"/>

Intellectual Wellness

Engaging in creative and mentally stimulating activities, expanding your knowledge through cultural, artistic, or skill-based learning, and sharing knowledge and skills with others

	Never 1	Rarely 2	Sometimes 3	Often 4	
1. I am curious and interested in the communities, as well as the world, around me.					<input type="checkbox"/>
2. I search for learning opportunities and stimulating mental activities.					<input type="checkbox"/>
3. I manage my time well, rather than it managing me.					<input type="checkbox"/>
4. I enjoy brainstorming and sharing knowledge with others in group projects or tasks.					<input type="checkbox"/>
5. I enjoy learning about subjects other than those I am required to study/in my field of work.					<input type="checkbox"/>
6. I seek opportunities to learn practical skills to help others.					<input type="checkbox"/>
7. I can critically consider the opinions and information presented by others and provide constructive feedback.					<input type="checkbox"/>
					Total <input type="checkbox"/>



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Occupational Wellness

Getting personal fulfillment from your job or academic pursuits and contributing to your knowledge and skills while maintaining a work-life balance

	Never 1	Rarely 2	Sometimes 3	Often 4	
1. I get personal satisfaction and enrichment from work.					<input type="checkbox"/>
2. I believe that I am able to contribute my knowledge, skills, and talents at work.					<input type="checkbox"/>
3. I seek out opportunities to improve my knowledge or skills.					<input type="checkbox"/>
4. I balance my social life and job responsibilities well.					<input type="checkbox"/>
5. I effectively handle my level of stress related to work responsibilities.					<input type="checkbox"/>
6. My workload is manageable.					<input type="checkbox"/>
7. I explore paid and/or volunteer opportunities that interest me.					<input type="checkbox"/>
					Total <input type="checkbox"/>

Physical Wellness

Making choices to avoid harmful habits and practicing behaviors that support your physical health and safety

	Never 1	Rarely 2	Sometimes 3	Often 4	
1. I engage in physical exercise regularly (e.g., 30 minutes at least 5x a week or 10,000 steps a day).					<input type="checkbox"/>
2. I get 6 to 8 hours of sleep each night.					<input type="checkbox"/>
3. I protect myself and others from getting ill (e.g., wash my hands, cover my cough, etc).					<input type="checkbox"/>
4. I abstain from drinking alcohol; or if I do drink, I aim to keep my BAC < 0.06.					<input type="checkbox"/>
5. I avoid using tobacco products or other drugs.					<input type="checkbox"/>
6. I eat a balanced diet (fruits, vegetables, low to moderate fat, whole grains).					<input type="checkbox"/>
7. I get regular physical exams (i.e., annually or when I have atypical symptoms).					<input type="checkbox"/>
					Total <input type="checkbox"/>



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Social Wellness

Building and maintaining a diversity of supportive relationships and dealing effectively with interpersonal conflict

	Never 1	Rarely 2	Sometimes 3	Often 4	
1. I consciously and continually try to work on behaviors or attitudes that have caused problems in my interactions with others.					<input type="checkbox"/>
2. In my romantic or sexual relationships, I choose partner(s) who respect my wants, needs, and choices.					<input type="checkbox"/>
3. I feel supported and respected in my close relationships.					<input type="checkbox"/>
4. I communicate effectively with others, share my views, and listen to those of others.					<input type="checkbox"/>
5. I consider the feelings of others and do not act in hurtful/selfish ways.					<input type="checkbox"/>
6. I try to see good in my friends and do whatever I can to support them.					<input type="checkbox"/>
7. I participate in a wide variety of social activities and find opportunities to form new relationships.					<input type="checkbox"/>
					Total <input type="checkbox"/>

Spiritual Wellness

Having beliefs and values that provide a sense of purpose and help give meaning and purpose to your life and acting in alignment with those beliefs

	Never 1	Rarely 2	Sometimes 3	Often 4	
1. I take time to think about what's important in life—who I am, what I value, where I fit in, and where I am going.					<input type="checkbox"/>
2. I have found a balance between meeting my needs and those of others.					<input type="checkbox"/>
3. I engage in acts of caring and goodwill without expecting something in return.					<input type="checkbox"/>
4. I sympathize/empathize with those who are suffering and try to help them through difficult times.					<input type="checkbox"/>
5. My values are true priorities in my life and are reflected in my actions.					<input type="checkbox"/>
6. I feel connected to something larger than myself (e.g., supreme being, nature, connectedness of all living things, humanity, community).					<input type="checkbox"/>
7. I feel like my life has purpose and meaning.					<input type="checkbox"/>
					Total <input type="checkbox"/>



Wellness Assessment

Calculate Your Score

Wellness Dimension	Ideal Score	Your Score
Emotional Wellness	28	
Environmental Wellness	28	
Intellectual Wellness	28	
Occupational Wellness	28	
Physical Wellness	28	
Social Wellness	28	
Spiritual Wellness	28	

Scores of 20–28: Outstanding! Your answers demonstrate that you’re already taking positive steps in this dimension of wellness. You’re improving your own well-being and also setting a good example for those around you. Although you achieved a high overall score in this domain, you may want to check for low scores on individual items to see if there are specific areas you might want to address. You might also choose to focus on another area where your scores weren’t so high.

Scores of 15–19: Your behaviors in this area are good, but there is room for improvement. Take a look at the items on which you scored lower. What changes might you make to improve your score? Even a small change in behavior can help you achieve better health and well-being.

Scores of 14 and below: Your answers indicate some potential health and well-being risks. Review those areas where you scored lower, and review available resources to help you develop and set achievable goals.

**Want to discuss how to better enhance your wellness as a student?
Make an appointment with the Office of Student Wellness below.**

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