



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 wellbeing.

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.				☐
2. I recognize when I am stressed and take steps to manage my stress (e.g., exercise, quiet time, meditation).				☐
3. I am resilient and can bounce back after a disappointment or problem.				☐
4. I am able to maintain a balance of work, family, friends, and other obligations.				☐
5. I am flexible and adapt or adjust to change in a positive way.				☐
6. I am able to make decisions with minimal stress or worry.				☐
7. When I am angry, I try to let others know in nonconfrontational or unhurtful ways.				☐
Total				☐



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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.				☐
2. I recognize the impact of my environment on my health.				☐
3. I am aware of and make use of campus health, wellness, and safety resources.				☐
4. I practice environmentally conscious behaviors (e.g., recycling).				☐
5. I seek out ways to improve the social environment at Columbia.				☐
6. I contribute to making my environment a safer and healthier place.				☐
7. I surround myself with people who support me in my journey of being healthy and well.				☐
Total				☐

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.				☐
2. I search for learning opportunities and stimulating mental activities.				☐
3. I manage my time well, rather than it managing me.				☐
4. I enjoy brainstorming and sharing knowledge with others in group projects or tasks.				☐
5. I enjoy learning about subjects other than those I am required to study/in my field of work.				☐
6. I seek opportunities to learn practical skills to help others.				☐
7. I can critically consider the opinions and information presented by others and provide constructive feedback.				☐
Total				☐



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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.				☐
2. I believe that I am able to contribute my knowledge, skills, and talents at work.				☐
3. I seek out opportunities to improve my knowledge or skills.				☐
4. I balance my social life and job responsibilities well.				☐
5. I effectively handle my level of stress related to work responsibilities.				☐
6. My workload is manageable.				☐
7. I explore paid and/or volunteer opportunities that interest me.				☐
Total				☐

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).				☐
2. I get 6 to 8 hours of sleep each night.				☐
3. I protect myself and others from getting ill (e.g., wash my hands, cover my cough, etc).				☐
4. I abstain from drinking alcohol; or if I do drink, I aim to keep my BAC < 0.06.				☐
5. I avoid using tobacco products or other drugs.				☐
6. I eat a balanced diet (fruits, vegetables, low to moderate fat, whole grains).				☐
7. I get regular physical exams (i.e., annually or when I have atypical symptoms).				☐
Total				☐



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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.				☐
2. In my romantic or sexual relationships, I choose partner(s) who respect my wants, needs, and choices.				☐
3. I feel supported and respected in my close relationships.				☐
4. I communicate effectively with others, share my views, and listen to those of others.				☐
5. I consider the feelings of others and do not act in hurtful/selfish ways.				☐
6. I try to see good in my friends and do whatever I can to support them.				☐
7. I participate in a wide variety of social activities and find opportunities to form new relationships.				☐
Total				☐

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.				☐
2. I have found a balance between meeting my needs and those of others.				☐
3. I engage in acts of caring and goodwill without expecting something in return.				☐
4. I sympathize/empathize with those who are suffering and try to help them through difficult times.				☐
5. My values are true priorities in my life and are reflected in my actions.				☐
6. I feel connected to something larger than myself (e.g., supreme being, nature, connectedness of all living things, humanity, community).				☐
7. I feel like my life has purpose and meaning.				☐
Total				☐



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 wellbeing 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 wellbeing.

Scores of 14 and below: Your answers indicate some potential health and wellbeing 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 Wellbeing & Support below.

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