

Student Wellness Surveys

We use student wellness surveys each semester to collect information about student stress and coping mechanisms. We also include questions pertaining to perfectionism as we try to address fear of failure in our students. We want failure to be seen as an opportunity for learning instead of an obstacle to trying. The survey results are reviewed by all faculty and staff each semester, and discussion focuses on ways we can address and alleviate harmful stress in our students.

I've included an example of a wellness survey used after the first semester of the clinical year.

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Summer Wellness Survey 2022

Thank you for completing this anonymous Wellness Survey. The Vet Tech Program truly values your feedback! Our goal is to support your wellbeing during the clinical year, and we cannot do that without your input.

* Required

1. How often are you currently incorporating wellness and self-care practice into your routine? *

- Daily
- Several times a week
- Occasionally
- Never

2. How often did you incorporate wellness and self-care practice into your routine before the Vet Tech clinical year? *

- Daily
- Several times a week
- Occasionally
- Never

3. What are you doing (big or small) in your wellness and self-care practice? *

4. What do you wish you could do that you are not already doing? *

5. What barriers are preventing you from reaching these goals? *

6. How frequently do you ask for help at school? *

- Never
- Occasionally
- Sometimes
- Often

7. What prevents you from asking questions in your courses? How could UCBA instructors facilitate student questions online or in labs? *

8. How frequently do you ask for help at work? *

- Never
- Occasionally
- Sometimes
- Often

9. For questions 9-13, please rate how frequently the following statements apply to you at this point in your life.

"I often think that I should've done better than I did." *

- Always
- Sometimes
- Never
- Prefer not to answer

10. "I tend to put things off if I don't have the time to do them perfectly." *

- Always
- Sometimes
- Never
- Prefer not to answer

11. "I'm afraid to fail when working with instructors." *

- Always
- Sometimes
- Never
- Prefer not to answer

12. "I think less of myself if I repeat a mistake." *

- Always
- Sometimes
- Never
- Prefer not to answer

13. "I strive to maintain control of my emotions at all times." *

- Always
- Sometimes
- Never
- Prefer not to answer

14. Please rate your academic stress over the last few weeks from 1-10, with 1 being low stress and 10 being extreme stress. *

1	2	3	4	5	6	7	8	9	10
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15. Please rate how much control you feel you have over your academic stress, with 1 being no control and 10 being complete control. *

1	2	3	4	5	6	7	8	9	10
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16. Please rate your work stress over the last few weeks from 1-10, with 1 being low stress and 10 being extreme stress. Skip this question if you do not currently work outside of school.

1	2	3	4	5	6	7	8	9	10
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17. Please rate how much control you feel you have over your work stress, with 1 being no control and 10 being complete control. Skip this question if you do not currently work outside of school.

1	2	3	4	5	6	7	8	9	10
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18. What causes you the most stress? (please rank in order of most stress to least stress) *

Academic workload
Time constraints
Test anxiety
Unclear expectations
Job commitments
Interpersonal relationships
Finances
Family commitments
Other

19. What do you do to relieve stress both at school and at home? *

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20. What can the Vet Tech Department do to help you alleviate stress?
Please be as specific as possible to help us make meaningful changes. *

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21. Are you getting regular exercise? *

- Yes. I lead an active lifestyle and exercise at least three times per week.
- Sort of. I get some exercise throughout the day, or I exercise a couple times a week.
- No. I don't exercise regularly.

22. Do you find yourself 'eating emotionally': eating unhealthy foods or eating when you're not hungry, as a response to stress or difficult feelings? *

- No, I eat a healthy diet, and only eat when hungry.
- I admit I've binged on the occasional Haagen Dazs, but it's not a regular occurrence.
- Yes, I have to admit that my diet is pretty unhealthy.

23. Are you easily irritated lately? *

- No, I'm pretty even-tempered. It takes quite a bit to get me flustered.
- Somewhat. I find I have less patience than I'd like, but it's not a problem in my life.
- Yes. I find myself snapping at people out of frustration, or having a low threshold for dealing with annoyances.

24. Do you often feel fatigued at the end of a day? *

- Not too much. I'm ready for sleep at night, but I do have energy in the evenings.
- Somewhat. I come home and need to rest for a while before I can do activities in the evenings.
- Yes. In fact, I'm often fatigued by the MIDDLE of the day.

25. Do you ever have trouble sleeping? *

- Rarely or never.
- Sometimes I'll have trouble falling asleep, staying asleep, or getting quality sleep.
- Yes, I pretty often have trouble with sleep quality, or with falling and staying asleep.

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