

Draft/Rob Bachmann/Golden West College

Student Success Score

Name: _____ Date: _____

Directions: Please review the following items and select the number that best reflects your current status regarding the item. On a scale of one to five, where five is most like you, and one is least like you.

Example: Sleep, get 8 hours of sleep each night

Almost always = 5.

Often = 4

Sometimes = 3

Occasionally = 2

Almost never = 1

1. Physical health: free of physical illness, healthy weight, physically fit
2. Mental health: positive attitude, good self-esteem, handle stress/change well
3. Social health: positive interactions/relationships: family, friends, school, work, love life
4. Spiritual health: Belief system helps you understand, cope and grow as a human being
5. Career health: career goals are a good match for your skills, abilities, interests and goals
6. Family health: positive relationships with family members or significant others
7. Financial health: live within your means, able to make ends meet without major stress/hardship
8. Sleep: get 8 hours per night
9. Confidence that you will succeed in school, positive attitude/motivation
10. Time management skills, organized/life plan-goals, complete school assignments on time
11. Connection/involvement at School/sense of belonging
12. Problem solving/coping skills/know where and how to get help when needed
13. Balanced life: school, work, family, friends
14. Have a mentor/support system
15. Avoid risk taking behaviors/wear seat belt, safe sex, do not abuse alcohol/drugs
16. Have health insurance, MD/medical home
17. Have enough food to eat each day
18. Have a roof over your head, place of your own/place to study
19. Feel safe, not threatened or victim of abuse or violence
20. Basic needs (food/clothing/shelter) are met