

# UNC CHAPEL HILL WELLBEING ASSESSMENT

## What?

The Wake Forest University Wellbeing Assessment is a dynamic, multi-dimensional measure of holistic wellbeing in undergraduate students. The survey assesses whether students have achieved wellbeing and whether they have the necessary skills, resources and conditions for achieving wellbeing.

## Why?

The WFU Wellbeing Assessment offers a more holistic picture of undergraduate wellbeing. Rather than focusing specifically on health behaviors, physical health, or mental health, it incorporates aspects of students' wellbeing such as their sense of meaning, purpose, experiences of belonging, et cetera.

The data will allow UNC wellness partners to develop targeted, evidence-based programs to support wellbeing in the following dimensions

- Meaning
- Purpose
- Belonging
- Engagement
- Volunteerism
- Romantic Relationships
- Conscientiousness
- Intellectual Curiosity
- Identification With All Humanity
- Positivity
- Standing Up To Discrimination
- Volunteerism
- Lifelong Service



1,177  
Total  
Participants

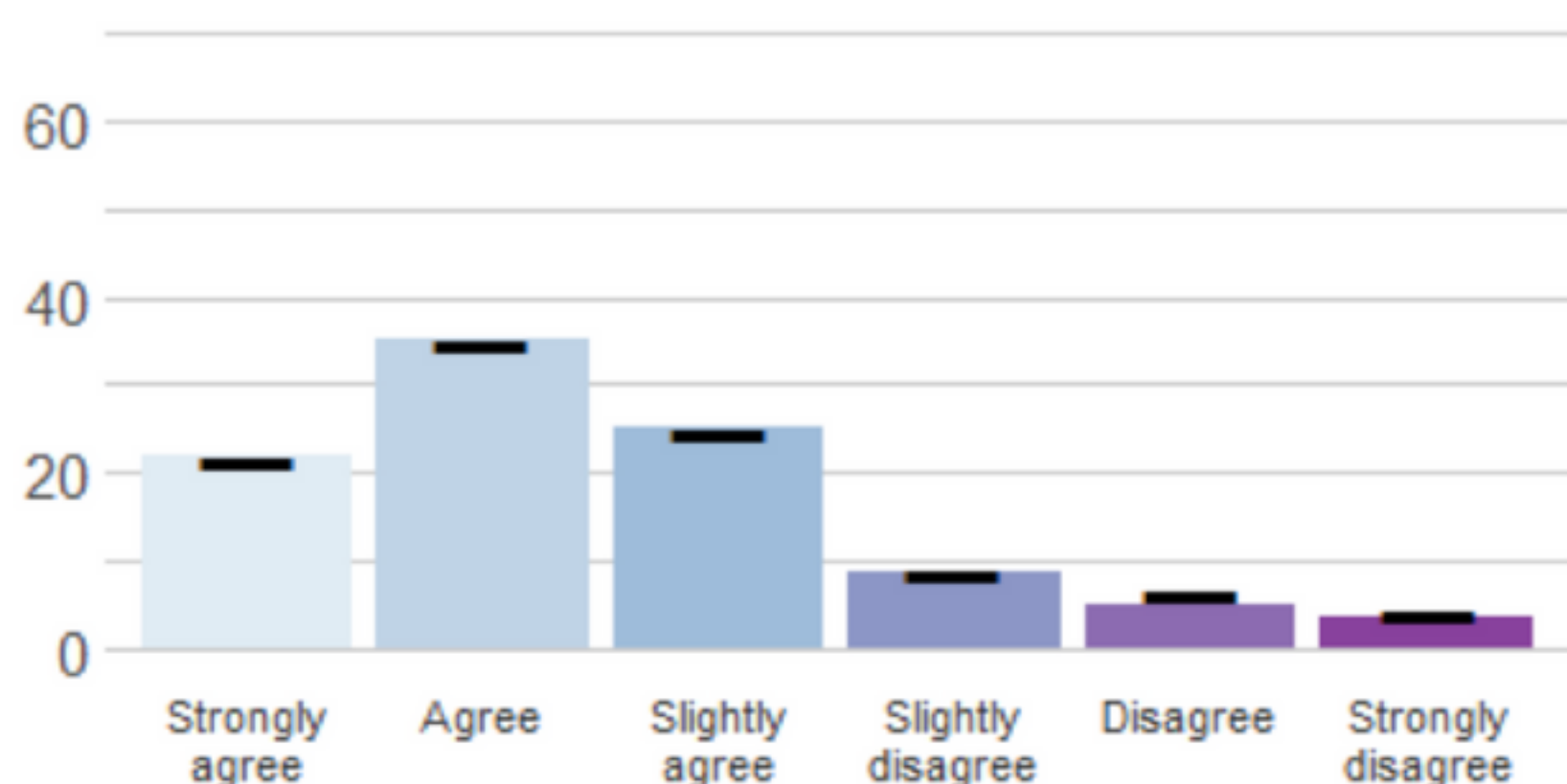


73.7% Female  
25.4% Male  
0.86% Other

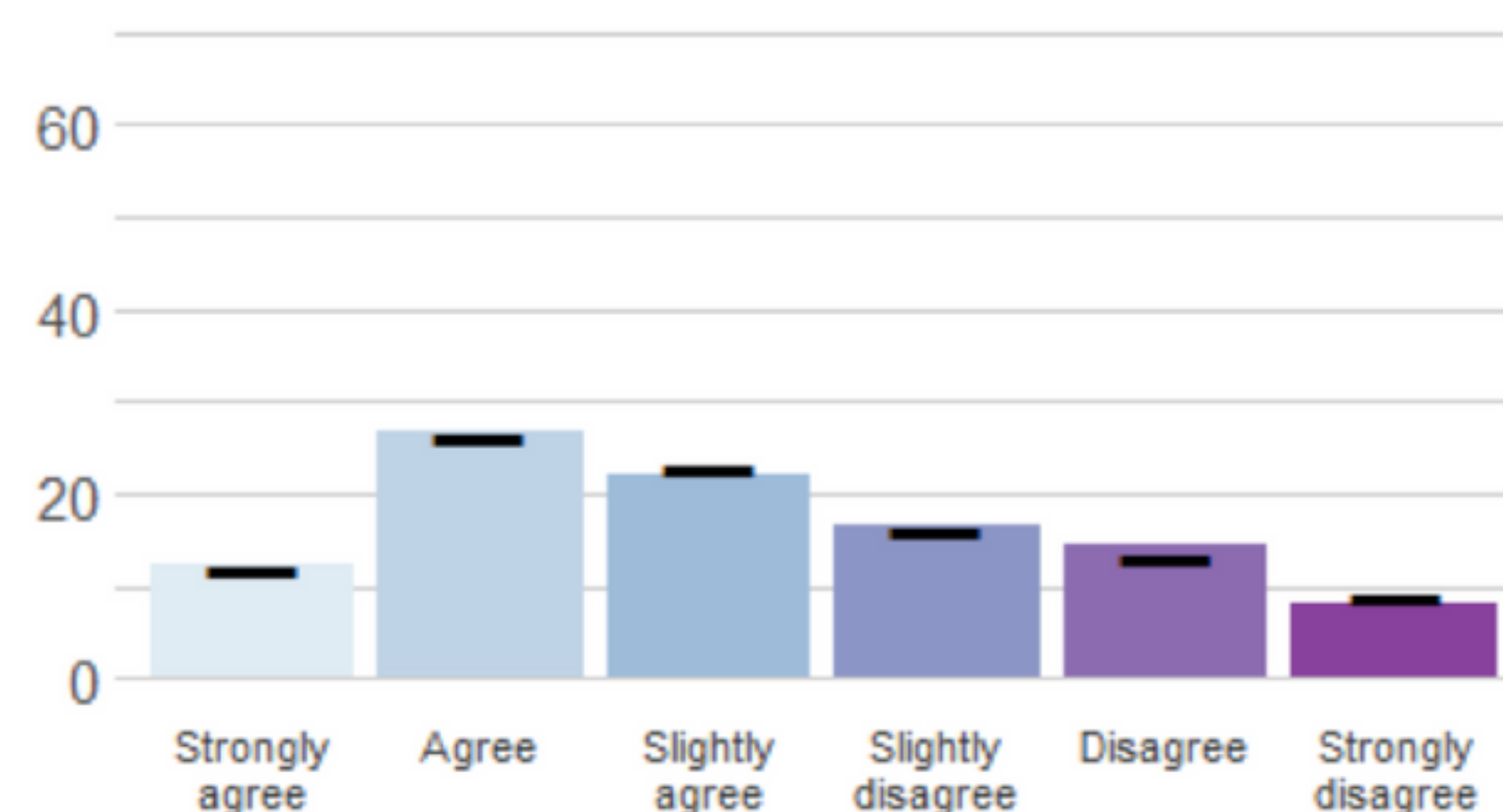


22.9% First Year  
24.8% Sophomore  
26.6% Junior  
25.6% Senior

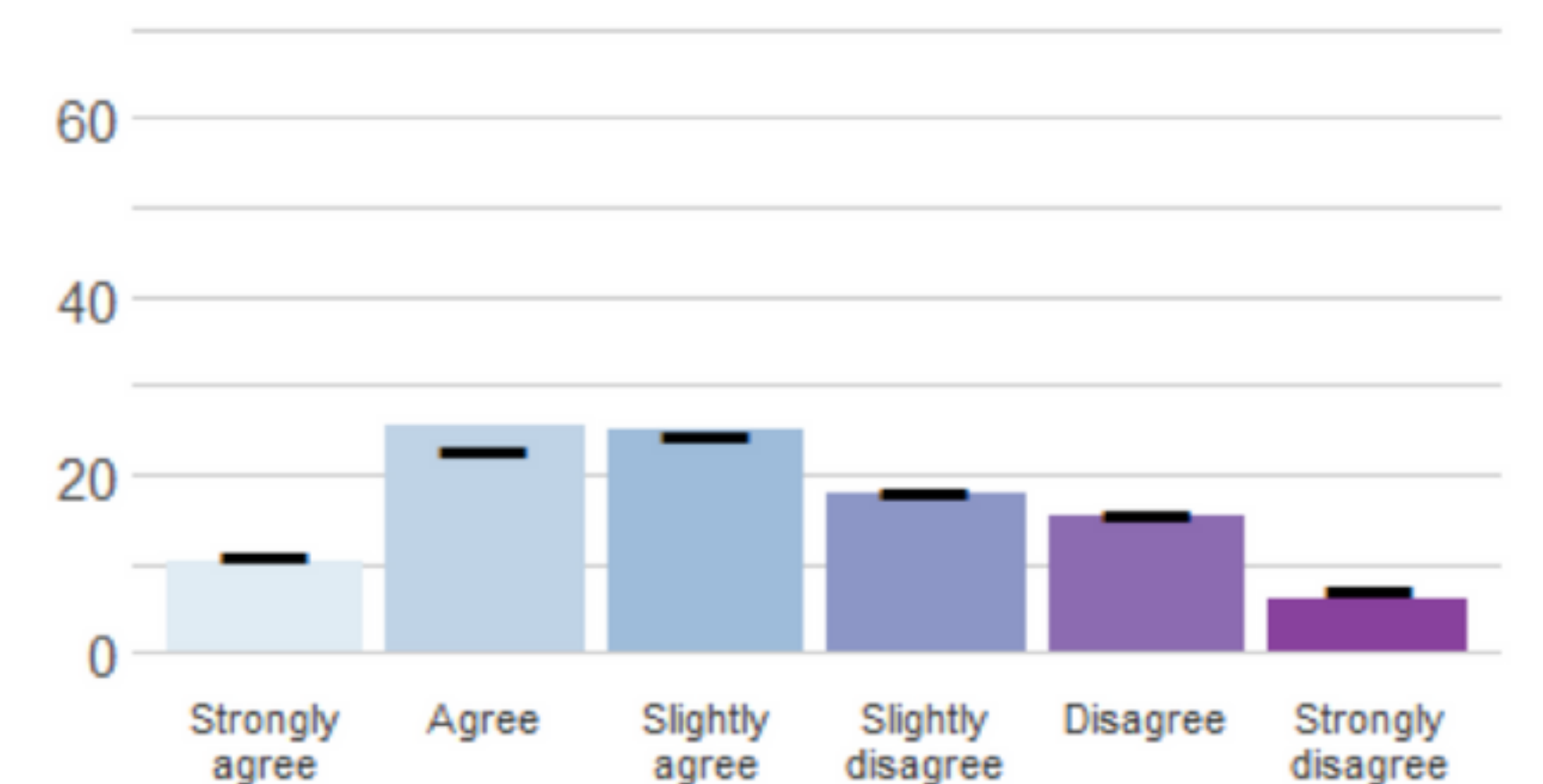
There are faculty or staff who help me feel like I belong at my school



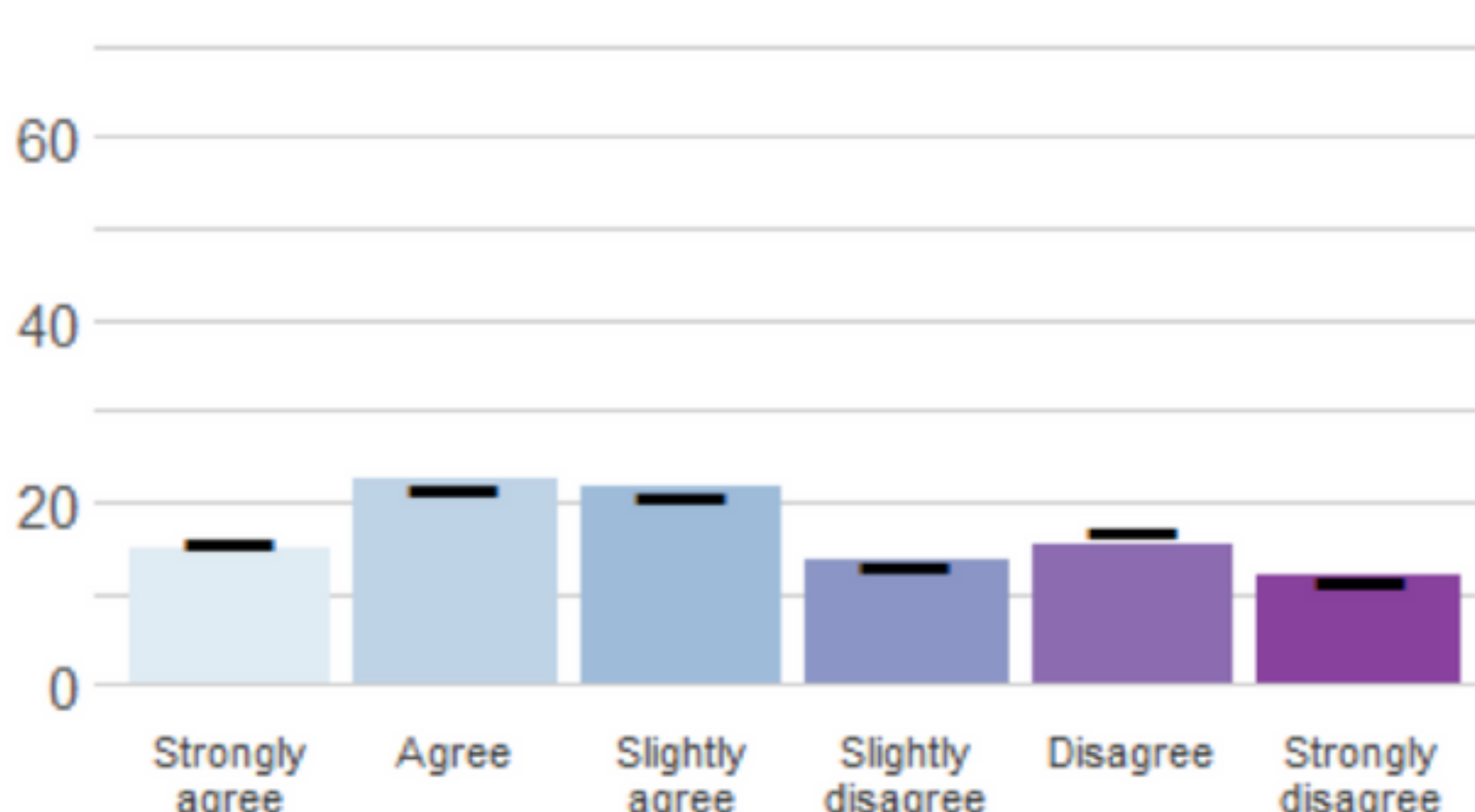
I am satisfied with my emotional health



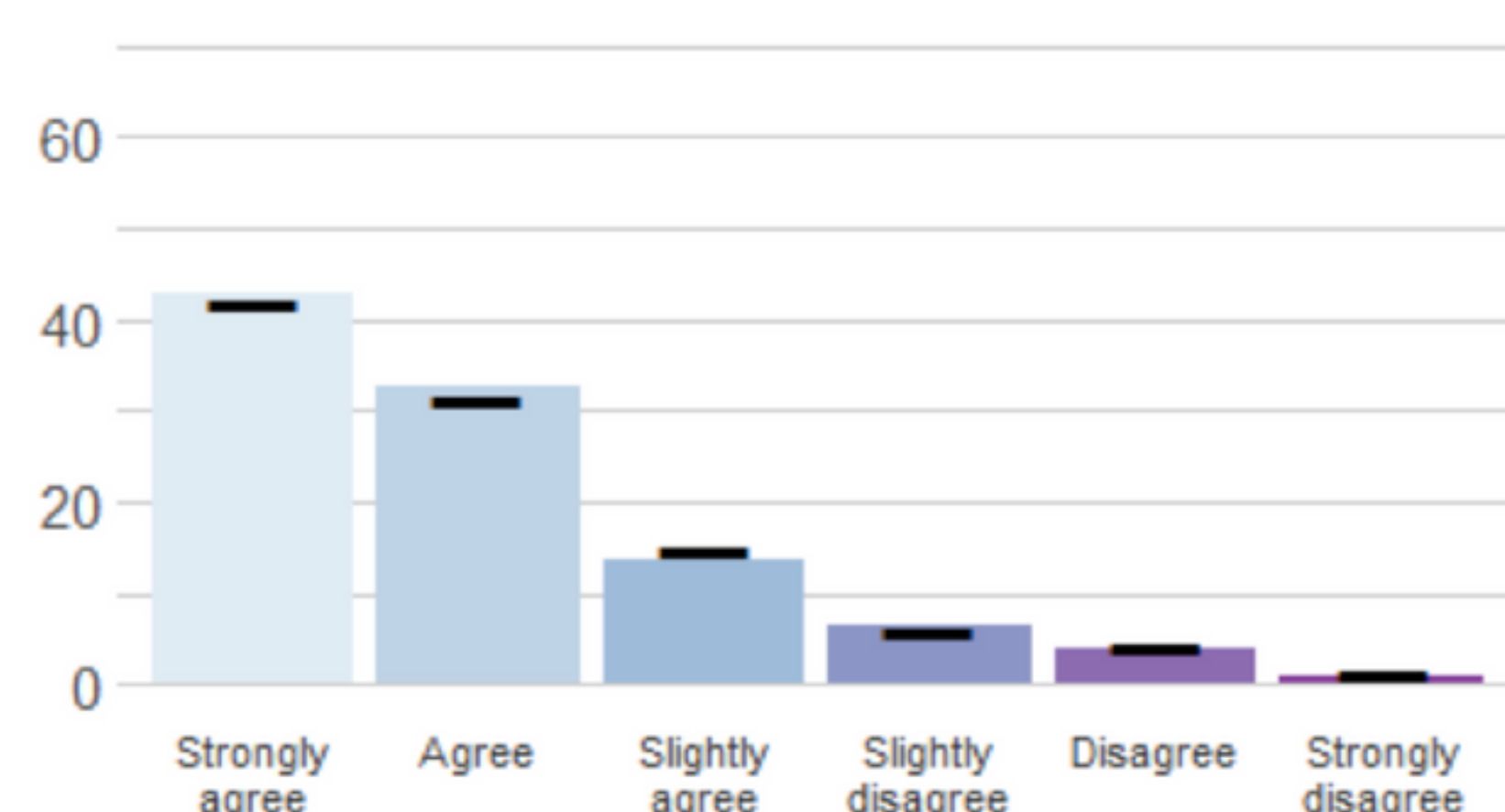
I am satisfied with my physical health



I get at least 7 hours of sleep a night



Getting at least 7 hours of sleep a night is important to me



The bold black lines represent the percentage of students in our benchmark group.

## Questions

- How does UNC Chapel Hill define wellbeing and wellness?
- How can we work together and what opportunities exist for collaboration?
- What can we (individually and collectively) do now?
- What can we (individually and collectively) do in the next 3-5 years?