

**This document is an example of what our Tool provides to users. You can learn more and access the it at our website: <https://www.thegoodstudent.org>.** Please feel free to share this document. And keep your results once you've used the Tool.

**Today's date: 11/30/2023**

**Please save your results.**

**Because this is an anonymous survey, you will not be able to retrieve this page after you close it or navigate away from it. An option to save your results is to copy & paste them. Additionally, you may take a photo or press "Ctrl+P" and print or save as a PDF.**

Dear Student & Others,

Thank you for using this survey. You'll find estimated feedback scores, based on your responses, and you'll also find supportive resources for each section, to include additional material to help you feel at your best and succeed in school.

If you believe you may be in danger or are thinking of harming yourself, please call the local emergency number (911 or 988 in the United States) or Suicide Prevention Lifeline: 1-800-TALK (8255), also available internationally at [www.suicide.org/hotlines/international-suicide-hotlines.html](http://www.suicide.org/hotlines/international-suicide-hotlines.html). (en español: 1-888-628-9454; deaf and hard of hearing: 1-800-799-4889) or the Crisis Text Line (<https://www.crisistextline.org>) by texting HOME to 741741.

Thank you!

-Joe Dorri, President  
The Good Student 501(c)3 nonprofit  
[www.thegoodstudent.org](http://www.thegoodstudent.org)

Please let us know what you think by going [here](#) and consider sharing the survey with your college or school. Below you'll find your results for key domains measured in the survey and resources to help with each.

|                          | <b>Well-being</b> |
|--------------------------|-------------------|
| Your score               | 15                |
| Likely doing well        | 15 and greater    |
| May benefit from support | under 15          |

|                          | <b>Mental Health</b> |
|--------------------------|----------------------|
| Your score               | 21                   |
| Likely doing well        | 15 or higher         |
| May benefit from support | under 15             |

|                          | <b>Perceived Support from Family</b> |
|--------------------------|--------------------------------------|
| Your score               | 22                                   |
| Likely doing well        | 18 or higher                         |
| May benefit from support | under 18                             |

|                          | <b>Perceived Support from Friends</b> |
|--------------------------|---------------------------------------|
| Your score               | 22                                    |
| Likely doing well        | 18 or higher                          |
| May benefit from support | under 18                              |

|                          | <b>Perceived Support from Guardian/Parent #1</b> |
|--------------------------|--|
| Your score               | 22   |
| Likely doing well        | 15 or higher                                     |
| May benefit from support | under 15   |

|                          | <b>Perceived Support from Parent #2</b> |
|--------------------------|---|
| Your score               | 15                                      |
| Likely doing well        | 15 or higher                            |
| May benefit from support | under 15                                |

|                          | <b>Mindset</b> |
|--------------------------|----------------|
| Your score               | 8              |
| Likely doing well        | 9 or higher    |
| May benefit from support | under 9        |

|                          | <b>Sense of Belonging</b> |
|--------------------------|---------------------------|
| Your score               | 16                        |
| Likely doing well        | 15 or higher              |
| May benefit from support | under 15                  |

## Wellbeing

Wellbeing consists of psychological, physical, and social health. This also includes positive emotions and assessment of one's overall life and a sense of meaning and purpose.

Your result: 15

Score Chart:

15-20 likely doing well in this area

0-14 may benefit from support

### Resources:

- [World Health Organization:](#)
- [National Institute of Health](#)
- [The Good Student Nonprofit](#)

## Psychological Health



Mental health consists of a psychological state that is resilient to stress and is able to learn and grow, foster cohesive relationships, and adapt so as to succeed in life. Mental health challenges are more common than most people know, and there are helpful resources below

Your result: 21

Score Chart:

15-20 likely doing well in this area

0-14 may benefit from support

If you believe you are struggling with mental health, you could benefit from free counseling at your school or in your community. It's a good idea to seek help as soon as possible.

## Resources:

- Support Internationally: [www.suicide.org/hotlines/international-suicide-hotlines.html](http://www.suicide.org/hotlines/international-suicide-hotlines.html)
- Mental Health America: [www.nmha.org](http://www.nmha.org)
- Very Well Minded: [here](#)
- Six Things You Can Say to Someone Who is Depressed: [here](#)
- What to Say to Someone Who's Depressed: [here](#)

## Social Support



As you know, it's crucial to have a social network of support. This can be easier if you are extraverted and comfortable putting yourself out there, but anyone can learn to develop supportive relationships.

Your results for family: 22

Your results for friends: 22

Score Chart:

18-24 likely doing well in this area

0-17 may benefit from support

A positive relationship with family, peers, instructors, and others can make you resilient, improve your academic performance, enrich your life, and provide a great trajectory for your future. If you do feel lonely or are having difficulty making meaningful friendships, there are many resources and opportunities on campus to help.

## Resources:

- Key Habits for Building Better Relationships: [here](#)
- Peer Pressure Resources: [here](#)

## Relationship with Parent



This section of the survey is based on studies and is being validated through this survey. Having functional and healthy relationships with your parent(s)/guardian(s) is key to school and college success

Parent one: 17

Parent two: 15

Score Chart:

15-20 likely doing well in this area

0-14 may benefit from support

Even having a difficult relationship with a single parent can have negative effects on your success and well-being. In some cases, this is not in our hands, but we can learn to deal with it effectively.

### Resources:

- How to Improve Your Relationship with Your Parents: [here](#)

## Mindset

Mindsets are people's underlying beliefs about their ability to change. If you believe that people can change, you have what is called a "growth mindset" and the opposite is called a "fixed mindset." As you can see, mindset is not simply one or the other, but rather it is on a spectrum.

Your results: 8

Score Chart:

9-12 are likely to have a growth mindset

0-8 have a mixed or fixed mindset and are likely to benefit from support

People can change their mindset, and the benefits can be substantial, such as greater academic and social resilience, better transition between educational institutions, and reduction of risk for anxiety and depression.

#### **Resources**

- Mindset: The New Psychology of Success: [here](#)
- Positive Psychology Mindset Resources: [here](#)

## **Sense of Belonging**

Most students worry about belonging when they start at a new institution, regardless of demographics such as race, city of origin, parents' education level, and gender. Gaining this sense of belonging is vital for healthy adjustment and well-being.

Your results: 16

Score Chart:

15-20 likely doing well in this area

0-14 may benefit from support

#### **Resource:**

- Creating a Sense of Belonging [here](#)

## **Additional Resources Below**

### **Academic Engagement**

Academic engagement is the extent to which you actively participate in your courses and campus life. Asking questions in class, participating in clubs, and becoming involved in campus activities are some ways to integrate into your school. Doing so can increase your sense of belonging and attachment to your institution and often leads to a feeling of completion and happiness.

**Resource:** [here](#)

### **Academic Self-Efficacy**

Self-efficacy is our view of our ability to do well in any particular area of our lives, such as mathematics, reading, studying, taking tests, making friends, and an infinite number of other skills.

Keep in mind that self-efficacy is a subjective evaluation of oneself that could be wrong. We see this effect in many studies: someone who believes that they are lacking certain abilities often underperforms as a result.

**Resources:**

- How to Build Self-Efficacy: [here](#)

## Self-Compassion

Research has shown that self-compassion is even more important than self-esteem. Having good self-compassion means that you are more likely to be well, resilient, and successful. Kristin Neff, who is a pioneer in the field, states there are three-component to self-compassion. They are an awareness of common humanity, self-kindness, and mindfulness. Several short-term programs can help even thriving people be happier and more successful.

**Resources:**

- Definition of Self-Compassion: [here](#)
- Self-Compassion: The Proven Power of Being Kind to Yourself [here](#)

## Body Image

Body image concerns are common among all sexes, ethnic groups, and populations. It is often due to media and contemporary and temporary interpretations of beauty. If you are concerned about your body image or appearance, consider using the resources below and seeking help from a professional at your school or community.

**Resources:**

- Help and information: [here](#)
- How to Cultivate Positive Teen Body Image: [here](#)
- Healthy Body Image: Tips for Guiding Teens: [here](#)
- Here to Help: [here](#)
- Young Minds: [here](#)
- Teen Talk: Body Image: [here](#)

## Disabilities

About ten percent of the student population identify as having some form of disability. Usually, the disabilities office at schools or colleges offer testing, accommodations, resources and helpful academic processes.

- DREAM: Disability Rights, Education, Activism, and Mentoring Disabilities, Opportunities: [here](#)

- Internetworking, and Technology (DO-IT): [here](#)
- National Center for College Students with Disabilities (NCCSD): [here](#)

## Increase in Deaths Due to Drugs

There has been an increase in deaths due to drug use, especially Fentanyl. Often people are not aware that the drug they are using has Fentanyl, and just a little bit can have severe consequences. People don't know that they are taking it because they look like prescription drugs, like Xanax and other drugs, such as Percocet or Vicodin. So please share this information with others.

### Resources

- Information for parents: [here](#) and [here](#)
- Navigating the Fentanyl Crisis as a Young Person: [here](#)
- Information from the Center for Disease Control (CDC): [here](#)
- Getting help right away is important
  - Use your local emergency number or 911 in the US
  - [American Addiction Center](#) 1+ 877-960-020

## Food and Home-Insecurity

Many people forget to consider contacting and registering with their local government assistance programs, which may include the opportunity for food, money, and help to find work. Another source of support may be your high school or college. This may include food and/or directions on how to gain support from your local, state, or federal governments.

This is a good starting point to gain government support: [Food Assistance | USAGov](#)

For immediate assistance with food needs contact: USDA National Hunger Hotline at 1-866-3-HUNGRY (1-866-348-6479) or 1-877-8-HAMBRE (1-877-842-6273). Information is available in English and Spanish. The hotline operates Monday through Friday, 7:00 AM to 10:00 PM Eastern Time.

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Please let us know what you think about this Tool by going [here](#). Remember, save your work first. Furthermore we'd love to work with you to translate this survey and feedback page into other languages that also respect various cultures.

If you would like to partner with us, please visit: <https://www.thegoodstudent.org>

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