

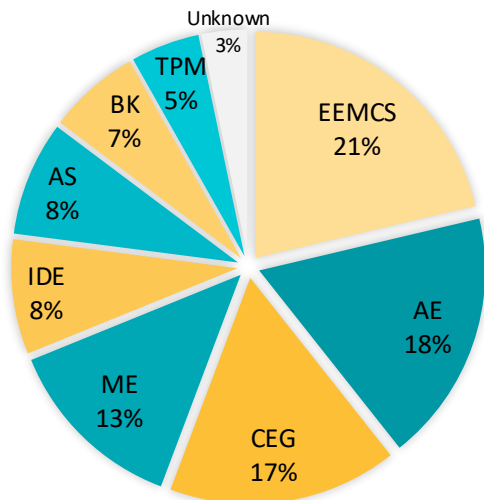
# SPS Wellbeing Check-in

Survey Results • 26.06.2024 – 25.07.2024

## Survey Respondents

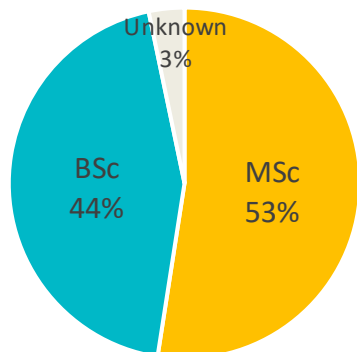
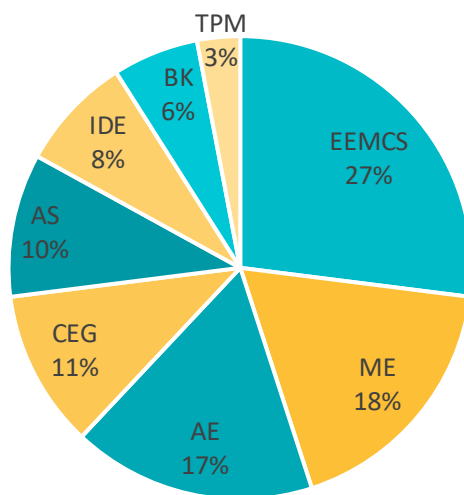
61 (max.) Respondents out of 226 Student Panel members

Survey Respondents (61)

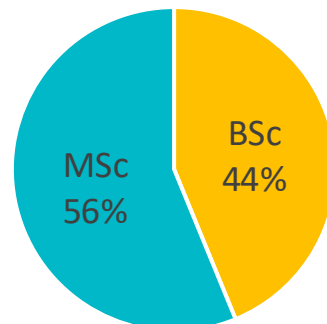


Distribution per faculty

All Student Panel Members (226)



Distribution per programme



## Topic of research

With the sun finally shining, and the summer break nearly there, we asked students to take a moment and reflect on their student life through the past semester at TU Delft. In terms of their sense of belonging, health and study progress.

## Survey Insights

Most students (64% out of 61 respondents) signaled that they are happy (😊) with TU Delft's effect on their overall wellbeing.

- Most students (around 60% of respondents) **feel part of a community** at TU Delft, and that they belong at TU Delft. Study associations, research groups, especially at AE and BK, were specified as communities students feel a belonging towards.
- Fewer students (around 23% and 15%) indicated that they often feel lonely or disconnected from their families.
- In terms of physical and mental health, students (upward of 34% respondents) **felt good about their exercise levels, sleep quality and diet**. Around 50% students often felt worried, though only 26% often felt down, and 6.5% felt that they drank alcohol or used drugs more than they wanted to.
- 82% students indicated the **study programme is a good fit for them**. Most students (upward to 38%) indicated satisfaction with their study fit and progress. 3% (n=2 of 61) indicated that they are considering dropping out of the programme.

### Q1. Consider how you've been feeling lately and check all that apply in relation to the following:

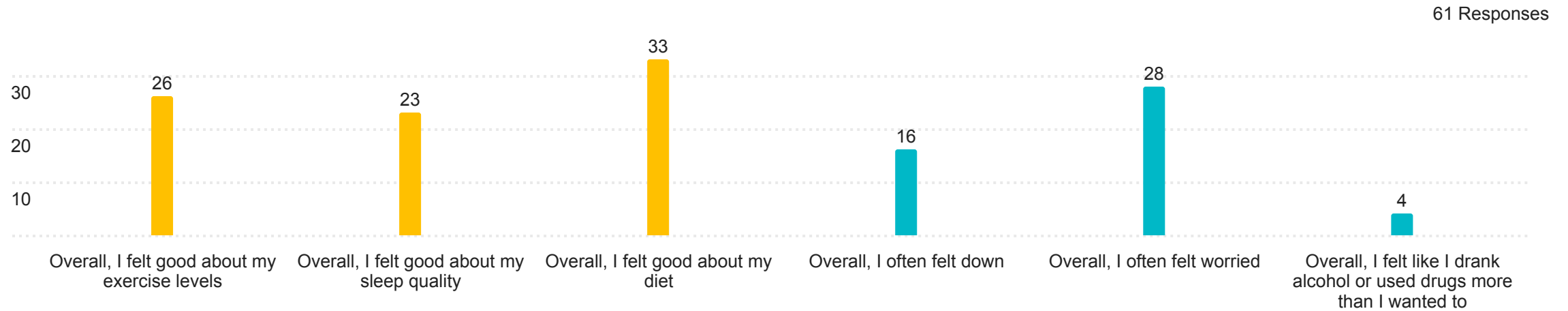
#### Sense of belonging



#### Groups and communities students feel a belonging towards:



## (Physical & mental) Health



## Study fit & progress



Q2 - Rate the effect of TU Delft on your overall wellbeing.

:O    :( :|:)    :D

61 Responses



■ :O [2]   ■ :( [7]   ■ :| [13]   ■ :) [30]   ■ :D [9]

Q3 - How are you looking to recharge during the summer break?

61 Responses

