

My Wellness Check



My Wellness Check

How are you doing? This survey of student wellbeing will help TU Delft understand and support student needs during these challenging times. We want to hear from you.

The survey is 25 items long and will take about 10 minutes. We do appreciate thoughtful answers. Thank you for participating!

Regarding Privacy: This is a fully anonymous survey. Please do not self-identify yourself as responses may be shared publicly. To ensure that responses cannot be tracked back to individuals, we ask for minimal demographic information and will report data as group aggregates. This survey complies with the GDPR (General Data Protection Regulation).

ATTENTION: Please do not use Internet Explorer or Edge to fill out the survey

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What is your study programme?

Select one:

- Architecture, Urbanism & Building Sciences (A&BE)
- Civil Engineering (CEG)
- Electrical Engineering (EEMCS)
- Industrial Design (IDE)
- Clinical Technology (3mE)
- Life Science and Technology (AS)
- Aerospace Engineering (AE)
- Marine Technology (3mE)
- Molecular Science and Technology (AS)
- Nanobiology (AS)
- Applied Earth Sciences (CEG)

My Wellness Check

In which degree programme are you, currently?

Select one:

- Bachelor
- Masters
- Other

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What year of your current study programme are you in?

Select one:

- First
- Second
- Third
- Fourth
- Other

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My Wellness Check

How are you feeling today?

Terrible Excellent

0 1 2 3 4 5 6 7 8 9 10

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My Wellness Check

Living Environment

During the past study term, select all the statements that apply to your study place

- I have a dedicated desk for working at home
- I have a comfortable chair
- My study environment is not ergonomic and I can feel the negative effects on my body
- I have good lighting for video conferencing
- I have a fast and reliable internet connection
- I have good noise control for video conferencing
- None of these statements apply to me

Optional: elaborate on your answers here

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Living Environment

During the past study term, how satisfied were you with your physical study environment at home?

Very dissatisfied Very satisfied

0 1 2 3 4 5 6 7 8 9 10

Optional: elaborate on your rating here

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My Wellness Check

Living Environment

In the past 3 months, where did you stay?
Select all that apply

- Student housing
- Own apartment, home or studio
- Friend's place
- Parent's home
- Delft
- Netherlands
- Not in the Netherlands, but my home country

Other?

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Living Environment

During the last 3 months, how many other
people were you living with?

Select one:

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9+

My Wellness Check

Social Life

Select all the statements that apply to you

- I'm an international student
- I feel part of a community at TU Delft
- I'm part of a student association
- I often feel lonely
- I often feel disconnected from my family
- I feel like I belong at TU Delft
- It often feels like no one at TU Delft cares about me

Optional: elaborate on your answers
here

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My Wellness Check

Coronacrisis Wellbeing

Rate your current physical health

Terrible Excellent

0	1	2	3	4	5	6	7	8	9	10
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Optional: elaborate on your rating here

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Coronacrisis Wellbeing

Looking back over the past 3 months, select the items you agree with

- Overall, I felt good about my exercise levels
- Overall, I felt good about my sleep quality
- Overall, I felt good about my diet
- Overall, I often felt down
- Overall, I often felt worried
- Overall, I felt like I drank alcohol or used drugs more than I wanted to

Optional: elaborate on your answers here

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Coronacrisis Wellbeing

Overall, what effect has the coronacrisis had on your study motivation?

Select one:

- Greatly increased my motivation
- Somewhat increased my motivation
- No effect on my motivation
- Somewhat decreased my motivation
- Greatly decreased my motivation

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Coronacrisis Wellbeing

Please share how your motivation has been affected

Enter your text here

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Tips for Others

What has helped you maintain your motivation during the coronacrisis? Do you have any tips for others?

Enter your text here

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My Wellness Check

Health & Wellbeing

How worried are you about your financial situation?

Select one:

- I am not at all worried
- I am a little worried
- I am worried
- I am very worried
- I am extremely worried

Optional: elaborate on your rating here

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Health & Wellbeing

Taking all things together, how satisfied or dissatisfied are you with your life as a whole these days?

Very dissatisfied

Very satisfied

0 1 2 3 4 5 6 7 8 9 10

Optional: elaborate on your rating here

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My Wellness Check

Health & Wellbeing

I believe I have been discriminated against at TU Delft due to my ethnicity, gender, sexual orientation, et cetera

Select one:

- A great deal
- Much
- Somewhat
- Little
- Never

Optional: elaborate on your rating here

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My Wellness Check

Study progress & motivation

Select all the statements that apply to you

- I feel confident about graduating on time
- I am considering dropping out of my programme
- I am generally optimistic about the future
- My studies will help me make the world a better place
- I am happy with how I am performing in my studies
- None of these statements apply to me

Optional: elaborate on your answers here

My Wellness Check

Study progress & motivation

Select all the statements that apply to you

- My study program is a good fit for me
- The things I learn are relevant and important
- I usually enjoy myself when I'm studying
- I am satisfied with my study / life balance
- I am satisfied with the possibilities for self-development at TU Delft
- None of these statements apply to me

Optional: elaborate on your answers here

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Study progress & motivation

Do you have anything you want to share about issues that your fellow students are struggling with?

Enter your text here

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Connection with the TU

Rate the effect of TU Delft on your overall wellbeing

Very negative effect

Very positive effect

1

2

3

4

5

6

7

8

9

10

Optional: elaborate on your rating here

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TU Delft Support

The TU Delft offers a range of support. Your first point contact is your Academic Counsellor, and then there's Career & Counselling Services (e.g. Career Counsellors, Student Psychologists, Student Counsellor, Essential Study Skills, e-health tool Gezondeboel).

Please rate your overall satisfaction with these services.

Very dissatisfied

Very satisfied

0 1 2 3 4 5 6 7 8 9 10

Please provide your feedback on these services

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Coronacrisis

Select all the statements that apply to you

- I expect TU Delft to handle the ongoing coronacrisis effectively
- I think the 1.5m rule is important
- I feel safe returning to campus
- TU Delft has been responding appropriately to the coronacrisis with respect to my personal situation

Any comments or suggestions about returning to campus and the coronacrisis?

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Coronacrisis Wellbeing

Almost done! We want to better understand student needs. Please list out **any other specific problems** that you have faced during the coronacrisis

Enter your text here

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Your Ideas

You have come to the last question. What could your study programme and/or lecturers do to help improve your wellbeing? What else could TU Delft do? We would love to hear your ideas.

Enter your text here

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Submit

Thank You!

Supporting your Wellbeing

Your first point of contact, your academic counsellor, will always be there for questions or a sympathetic ear.

Make an appointment

Remote Studying

On this page you can find more information about support and tools developed for remote studying

Tools and Support

Information regarding the coronavirus

TU Delft is taking measures to prevent the spread of coronavirus.

Information regarding the coronavirus

TU Delft is taking measures to prevent the spread of coronavirus. Learn more on this page

Read more

How can we improve these wellness checks?

Let us know



TU Delft

Remote Research by
NEURO-UX
getneuroux.com

MyWellnessCheck.org