

Study & Well-being Survey (UWES) ©

The following 17 statements are about how you feel regarding your studies. Please read each statement carefully and decide if you ever feel this way about your job. If you have never had this feeling, cross the "0" (zero) in the space after the statement. If you have had this feeling, indicate how often you feel it by crossing the number (from 1 to 6) that best describes how frequently you feel that way.

	Almost never	Rarely	Sometimes	Often	Very often	Always
0	1	2	3	4	5	6
Never	A few times a year or less	Once a month or less	A few times a month	Once a week	A few times a week	Every day

1. _____ When I'm doing my work as a student, I feel bursting with energy
 2. _____ I find my studies full of meaning and purpose
 3. _____ Time flies when I am studying
 4. _____ I feel energetic and capable when I'm studying or going to class
 5. _____ I am enthusiastic about my studies
 6. _____ When I am studying, I forget everything else around me
 7. _____ My studies inspires me
 8. _____ When I get up in the morning, I feel like going to class
 9. _____ I feel happy when I am studying intensely
 10. _____ I am proud of my studies
 11. _____ I am immersed in my studies.
 12. _____ I can continue studying for very long periods at a time
 13. _____ To me, my studies are challenging
 14. _____ I get carried away when I am studying
 15. _____ I am very resilient, mentally, as far as my studies are concerned
 16. _____ It is difficult to detach myself from my studies
 17. _____ As far as my studies are concerned I always persevere, even when things do not go well
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