

## Study & Well-being Survey (UWES) ©

The following 9 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.

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	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

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1. \_\_\_\_\_ When I'm doing my work as a student, I feel bursting with energy
2. \_\_\_\_\_ I feel energetic and capable when I'm studying or going to class
3. \_\_\_\_\_ I am enthusiastic about my studies
4. \_\_\_\_\_ My studies inspires me
5. \_\_\_\_\_ When I get up in the morning, I feel like going to class
6. \_\_\_\_\_ I feel happy when I am studying intensely
7. \_\_\_\_\_ I am proud of my studies
8. \_\_\_\_\_ I am immersed in my studies
9. \_\_\_\_\_ I get carried away when I am studying