1. ____ I feel that I can manage my academic, social, and co-curricular commitments without sacrificing my mental health.

2. ____ My relationships with my friends and professors support me and motivate me to do well.

3. ____ I am optimistic about the future and have goals that will help me reach this future.

4. ____ I feel that I have a positive impact on those around me.

5. ____ I am often in a good mood.

6. ____ I sleep well most nights.

7. ____ I take time for self-care, including a good diet, regular exercise, and time to relax and recharge.

8. ____ I am motivated to get up and start my day.

9. ____ I am able to focus well in my classes and on my schoolwork.

10. ____ I have a good support system and do not feel alone.

The UR Well Community Stepped Care Scale is a brief 10-item summary measure of the respondent’s self-perceived success in important areas such as relationships, self-esteem, purpose, and optimism. The scale provides a well-being score, which corresponds to the steps on the UR Well Community Stepped Care Model. Answer each statement on a scale of 1-10.

(1 – least agreement with statement to 10 – highest agreement with statement)

Add the numbers together for all 10 statements. The range of scores is 10-70.

**Step 1:** scores of 65-70  **Step 2:** scores of 58-64  **Step 3:** scores of 51-57

**Step 4:** scores of 44-50  **Step 5:** scores of 37-43  **Step 6:** scores of 30-36

**Step 7:** scores of 24-30  **Step 8:** scores of 17-23  **Step 9:** scores of 10-16