



## Study wellbeing questionnaire 15.2.-1.3.2023

Dear student,

This questionnaire will help you get information about yourself as a student and tips on how you could develop studying and maintain your condition to study. By combining the responses of many students, Aalto University uses the tool to obtain information about students' experiences so that teaching can be developed to better meet the needs and support the wellbeing of students in the future.

Please, answer to the questions based on your own experiences. There are no right or wrong answers. You will receive personal feedback based on your answers during March by email.

The questionnaire is based on two surveys: the HowULearn survey developed at the University of Helsinki and Aalto University's FeelWell? questionnaire. Filling out the questionnaire takes approximately 15 minutes.

Data from Aalto University study register, courses and other study related feedback may be combined with AllWell? data. Aalto University is committed to secure the privacy of an individual student in all data handling. The data of an individual student will not be followed or reported. The administrators of this questionnaire are the only people in Aalto with access to your responses, and they are bound to secrecy. In the end of this questionnaire, you can permit or prohibit the data use for research purposes.

Questions and feedback: [allwell@aalto.fi](mailto:allwell@aalto.fi).

### **APPROVAL \***

I fill this questionnaire voluntarily, and I have understood that other data from Aalto University study register, courses and other student feedback may be combined with AllWell? data. I am also aware that only the administrators of this questionnaire are the only people in Aalto with access to my responses, and they are bound to secrecy. The reports sent to programmes, schools and to Aalto University are summaries of the replies of many students.

- YES, I am replying voluntarily and I understand how my data is being handled
- NO, I do not want to reply

### **Are you sure that you do not want to use this tool? \***

If you reply "I do not want", you are not able to use the tool, and you will not get personal feedback.

If you want to access the tool now, please accept the terms of service in the previous page.

If you want to access the tool later, please close the browser, and open the link from the email later.

I do not want to use this tool, and I do not get personal feedback.

**My previous bachelor's degree is from \***

- Aalto University, current programme
- Aalto University, other programme than the current one
- Other Finnish university
- Finnish university of applied sciences
- Foreign university or other foreign institution of higher education
- I haven't yet finished my bachelor's degree
- Other, please specify:  

---

**Part 1: Studying and learning I**

Consider your studies and learning as a whole and respond to the following statements. Consider the most typical course (lecturing, group work etc.) in which you have participated.

	I completely agree	I agree to some extent	I disagree to some extent	I completely disagree
1. Overall, I have been systematic and organised in my studying. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Ideas and perspectives I came across during my studies have made me contemplate them afterwards. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I have carefully looked for evidence to reach my own conclusions about what I am studying. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. The things I need to learn have seemed so complicated that I have had difficulties in understanding them. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I have organised my study time carefully to make the best use of it. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I have often had to repeat things in order to learn them. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I have planned my studies so that I can fit everything in. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. During my studies I have tried to relate new material to my previous knowledge. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	I completely agree	I agree to some extent	I disagree to some extent	I completely disagree
9. I have tried to relate what I learn in one course to what I have learned in other courses. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I have often had trouble in making sense of the things I have to learn. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. I have put a lot of effort into my studies. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. Much of what I have learned seems nothing more than unrelated bits and pieces. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Part 2: Studying and learning II

Consider your studies as a whole and respond to the following statements. When you answer, think about your studying experience over the last academic year.

	I completely agree	I agree to some extent	I disagree to some extent	I completely disagree
13. I believe I will do well in my studies. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. I am certain I can understand even the most difficult material in my studies. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. I am confident I can understand the basic concepts of my discipline. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. I expect to do well in my studies. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. I am certain I can learn the skills required in my study field. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Part 3: Development of teaching

Consider your studies as a whole and respond to the following statements.

### Organisation and structure

	I completely agree	I agree to some extent	I disagree to some extent	I completely disagree
18. It has been clear to me what I am expected to learn on the courses. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. What we are taught seems to match what we are supposed to learn. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### Part 3: Development of teaching

Consider your studies as a whole and respond to the following statements.

#### Teaching and learning

	I completely agree	I agree to some extent	I disagree to some extent	I completely disagree
20. I can see the relevance of what we have been taught. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21. I have got support and help from other students when I have needed it. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22. Most of what I have learned on courses has been really interesting. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23. Talking with other students has helped me understand things better. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24. I have enjoyed participating in courses. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25. I believe that I have been able to work comfortably with other students during courses. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### Part 3: Development of teaching

Consider your studies as a whole and respond to the following statements.

#### Requirements and assessment

	I completely agree	I agree to some extent	I disagree to some extent	I completely disagree
26. I have received enough feedback about my learning. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27. It has been clear to me what has been expected of me in final exams, exercises, essays, course presentations etc. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
28. It has been easy to see how the assigned tasks and work have been related to what I am expected to learn. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29. The feedback given on my work has helped me to improve my ways of learning and studying. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
30. The set work (final exams, exercises etc.) has helped me to make connections between the things I am studying and my existing knowledge. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	I completely agree	I agree to some extent	I disagree to some extent	I completely disagree
31. The feedback given on my assigned work has helped me to clarify things I had not fully understood. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

#### Part 4: Studying and learning III

Please choose the alternative that best describes your situation during the last academic year. Please answer all the questions the best you can and as sincerely as possible.

	I completely agree	I agree to some extent	I disagree to some extent	I completely disagree
32. I feel overwhelmed by the work related to my studies. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
33. I feel a lack of study motivation and often think of giving up. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
34. I often have feelings of inadequacy in my studies. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
35. I often sleep badly because of matters related to my studies. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
36. I feel that I am losing interest in my studies. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
37. I am continually wondering whether my studies have any meaning. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
38. During my free time I worry over matters related to my studies. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
39. I used to expect I would achieve much more in my studies than I expect now. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
40. The pressure of my studies causes problems in my close relationships with others. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

#### Part 5: Your values and time use

41. How important to you are the following areas of life at the moment?

	Very important	Important	Not so important	Not at all important
a) Studies *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) Gainful employment / your own company *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c) Hobbies / leisure time *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Very important    Important    Not so important    Not at all important

d) Social relationships *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e) Wellbeing *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**42. How much of your own time and personal resources do you spend on the following areas of life?**

Very much    Much    Not so much    Not at all

a) Studies *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) Gainful employment / your own company *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c) Hobbies / leisure time *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d) Social relationships *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e) Wellbeing *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**43. How much the following areas of life burden you and cause stress?**

Very much    Much    Not so much    Not at all

a) Studies *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) Gainful employment / your own company *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c) Hobbies / leisure time *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d) Social relationships *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e) Lack of wellbeing *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Part 6: How do you maintain your condition to study?**

Estimate how well the following statements describe you as a student

I completely agree    I agree to some extent    I disagree to some extent    I completely disagree

44. When I have a difficult task in front of me, I end up doing something else. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
45. When something upsets me I try to keep my emotions in balance *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
46. When I'm going through a very hard time, I give myself the caring and tenderness I need *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



0 1-10 11-20 21-30 31-40 41-50 51-60 over 60

b) Guided face-to-face studying on campus (e.g., face-to-face lectures, studying in small groups, exercises and exams)?

c) Independent distant learning (e.g., studying for exams, searching for information, joint remote exercise sessions, writing essays and theses, independent assignments)?

d) Independent studying on campus (e.g., studying for exams, searching for information, joint exercise sessions, writing essays and theses, independent assignments)?

e) Gainful employment (e.g. paid work, your own business, paid internship)?

**61. Do you feel part of group related to your studies? (e.g. class, study group, student organization, or association, department/unit, etc.) \***

- No
- Yes
- Not sure

**62. Evaluate the current state of your study well-being \***

Very bad Bad Reasonably good Good Excellent

As a student I am feeling

**63 A. What kind of changes or actions in teaching, supervision or services in your school, programme, or in university would help you to improve your wellbeing?**

---



---



---



---



---



---



---



---

**63 B. What has your school, programme or university already done in teaching, supervision or services to improve your wellbeing?**

---

---

---

---

---

---

---

---

---

Finally, we kindly ask you tell if you wish to participate to reseach with your data.If you permit the use for research purposes, your answers to this questionnaire combined with study register data and other study related feedback given at Aalto University may be given for scientific research purposes, subject to the conditions laid down in legislation. Aalto University gives AllWell? data to researchers only if they commit to guarantee the privacy of an individual replier and report the results in a way that no individual replier can be recognized.

**Research purposes \***

- My responses MAY be used for research purposes.
- My responses may NOT be used for research purposes.