



Self-fulfillment needs

**ACADEMIC
SUCCESS**

PURPOSE

*self-esteem, identity,
confidence, achievement*

Psychological needs

BELONGING

*friends, family, community,
intimate relationships*

SAFETY & SECURITY

finances, healthcare, housing, employment

Basic needs

PHYSIOLOGICAL

eating, sleeping, exercise

On a scale of 1-4, indicate the degree to which you agree with each statement.

4 = Strongly agree 3 = Somewhat agree 2 = Somewhat disagree 1 = Strongly disagree

Academic Success

- _____ I effectively prioritize and complete my schoolwork.
- _____ I have a comfortable balance with school, work, and personal responsibilities.
- _____ I know when all of my assignments are due and exams are held.
- _____ I attend and participate in all of my classes, discussions, and labs.
- _____ I know my current academic standing and understand the policy regarding probation.
- _____ I know how to run and read my DARS report.

Total

Purpose

- _____ I enjoy school and want to be in college.
- _____ My purpose for getting an education is clear.
- _____ This is the right time for me to complete a college degree.
- _____ I have specific and attainable educational and career goals.
- _____ I fit in at UW-Madison.
- _____ I found the transition to UW-Madison from high school or my previous college to be smooth.

Total

Belonging

- _____ My family is supportive of my education, including my major choice and career goals.
- _____ I have talked to my family about my grades this past semester.
- _____ I have friends here at UW-Madison with whom I talk about school.
- _____ I feel safe in my relationships.
- _____ I am happy with the support system I have.
- _____ My cultural background is affirmed and valued.

Total

Safety & Security

- _____ I feel safe on the UW-Madison campus.
- _____ I feel safe where I live (i.e. residence hall, off-campus apartment, etc.).
- _____ I have a manageable plan for paying my bills, including tuition, housing, and other expenses.
- _____ My work schedule fits around my academic schedule, including classes and study time.
- _____ I am able to access healthcare that I need, including mental health care.
- _____ I am able to afford any medications prescribed to me.

Total

Physiological

- _____ I feel well-rested most days of the week.
- _____ I go to sleep and wake up at consistent times throughout the week.
- _____ I eat a balanced diet.
- _____ I exercise regularly.
- _____ Alcohol and drug use does not interfere with my daily activities.
- _____ I have appropriate clothing for Wisconsin winters.

Total
