

SSWQ

Student Subjective Wellbeing Questionnaire

Name: _____

Age (years): _____

Grade (circle one): 6 ... 7 ... 8 ... 9 ... 10 ... 11 ... 12

Gender (circle one): female ... male ... transgender ... nonconforming ... other/prefer not to say

Date: _____

Here are some questions about what you think, feel, and do at school. Read each sentence and choose the one best answer for how you felt over the past month.

		Almost Never	Some- times	Often	Almost Always
1.	I get excited about learning new things in class.	1	2	3	4
2.	I feel like I belong at my school.	1	2	3	4
3.	I feel like the things I do at school are important.	1	2	3	4
4.	I am a successful student.	1	2	3	4
5.	I am really interested in the things I am doing at school.	1	2	3	4
6.	I can really be myself at school.	1	2	3	4
7.	I think school matters and should be taken seriously.	1	2	3	4
8.	I do good work at school.	1	2	3	4
9.	I enjoy working on class projects and assignments.	1	2	3	4
10.	I feel like people at my school care about me.	1	2	3	4
11.	I feel it is important to do well in my classes.	1	2	3	4
12.	I do well on my class assignments.	1	2	3	4
13.	I feel happy when I am working and learning at school.	1	2	3	4
14.	I am treated with respect at my school.	1	2	3	4
15.	I believe things I learn at school will help me in my life.	1	2	3	4
16.	I get good grades in my classes.	1	2	3	4

Thank you for completing this survey!

SSWQ Scoring & Interpretation Guide

Higher SSWQ scale scores are interpreted as indicating greater levels of student subjective wellbeing. More specifically, higher scores suggest students experience wellbeing at school with greater frequency. For example, a total score of “58” suggests that a student *almost always* experiences wellbeing at school; whereas a score of “26” suggests the student only *sometimes* experiences wellbeing at school.

Using the table below, follow these steps to score and interpret the SSWQ:

1. Copy responses for each item on the survey into the appropriate spot below the item numbers for each subscale on the table.
2. Use a calculator to sum all responses and put the result in each subscale’s “Score” spot.
3. Copy the JL, SC, EP, and AE scores from the second-to-last column into the appropriate spot below each subscale’s abbreviation (in the last row of the table).
4. Use a calculator to sum all subscale scores and put the result in the “SW Score” spot.
5. Use the interpretation guidelines (see below) to find the description that matches each score and then write these in the “Interpretation” spots on the table.

JL, SC, EP, and AE subscale score interpretation ranges:

- 4–5 = *almost never*
- 6–9 = *sometimes*
- 10–13 = *often*
- 14–16 = *almost always*

SW total scale score interpretation ranges:

- 16–23 = *almost never*
- 24–39 = *sometimes*
- 40–55 = *often*
- 56–64 = *almost always*

Joy of Learning	Item 1	Item 5	Item 9	Item 13	JL Score	Interpretation
<i>Subscale</i>		+	+	+	=	
School Connectedness	Item 2	Item 6	Item 10	Item 14	SC Score	Interpretation
<i>Subscale</i>		+	+	+	=	
Educational Purpose	Item 3	Item 7	Item 11	Item 15	EP Score	Interpretation
<i>Subscale</i>		+	+	+	=	
Academic Efficacy	Item 4	Item 8	Item 12	Item 16	AE Score	Interpretation
<i>Subscale</i>		+	+	+	=	
Student Wellbeing	JL Score	SC Score	EP Score	AE Score	SW Score	Interpretation
<i>Total scale</i>		+	+	+	=	

NOTE. More information about using the SSWQ is available at www.tyrenshaw.org/sswq.

