



SOUTH DAKOTA STATE UNIVERSITY

Alumni Mentor Program

PRIORITIZING WELLNESS ACTIVITY

Studies have shown an increased focus on health and wellness can lead to reduced stress, improved mood and emotional resilience, and increased productivity, to name a few benefits.

Prioritizing health and wellness is key to a long and successful professional career. This activity is intended to stimulate a conversation between mentor and mentee to identify appropriate measures to invest in their health.

Personal Wellness Assessment

The South Dakota State University Miller Wellness Center recognizes eight dimensions of wellness including physical, social, mindful, financial, emotional, environmental, occupational, and digital wellness. Each dimension contributes to the overall wellness of an individual. It's important to maintain a healthy balance in all eight dimensions.

The following is a Personal Wellness Assessment designed by the SDSU Miller Wellness Center. The student mentee and the mentor are encouraged to complete the assessment. Following the assessment, the mentor and mentee should review the discussion topics together, which can be found toward the end of this document.

Personal Assessment: 8 Dimensions of Wellness

Directions: Circle the number that applies to you for each statement. Then, total up the number for each of the 4 columns. Write the sum of all your totals up next to the current dimension. This number is your score for that dimension (out of 20).

	Rarely, if ever	Sometimes	Most of the time	Always
Emotional				
TOTAL:				
I find healthy ways to cope with stress (e.g., exercise, meditation, social support, self-care, etc.)	1	2	3	4
I can ask for assistance when I need it, either from friends or professionals.	1	2	3	4
I feel good about myself and believe others like me for who I am.	1	2	3	4
I am flexible and able to adapt to life's changes positively.	1	2	3	4
I can express all ranges of feelings (hurt, sad, fear, anger, joy) and manage them in a healthy way.	1	2	3	4



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MINDFUL	TOTAL:				
I take time to think about what is important in life – who I am, what I value, where I fit in, and where I am going.	1	2	3	4	
My values guide my decisions and actions.	1	2	3	4	
I accept the views of others.	1	2	3	4	
I can set, communicate, and enforce boundaries.	1	2	3	4	
I work to create balance and peace within my interpersonal relationships, community, and the world.	1	2	3	4	
PHYSICAL	TOTAL:				
I exercise regularly.	1	2	3	4	
I get 7-9 hours of sleep each night and feel rested in the morning.	1	2	3	4	
I seek advice from healthcare professionals if I have a health concern.	1	2	3	4	
I drink alcohol responsibly (designate a sober driver, avoid binge-drinking, etc.).	1	2	3	4	
I stay hydrated and drink water throughout the day.	1	2	3	4	
SOCIAL	TOTAL:				
I am satisfied with my social life.	1	2	3	4	
I maintain a network of supportive friends and family.	1	2	3	4	
I have at least one meaningful relationship in my life.	1	2	3	4	
I can prioritize my own needs by saying “no” to others’ requests for my time.	1	2	3	4	
I participate in social activities.	1	2	3	4	
FINANCIAL	TOTAL:				
I can set and stick to a budget each month, so I don’t run out of money.	1	2	3	4	
I pay my credit cards, tuition/fees, and other bills on time.	1	2	3	4	
I have a savings account and save money regularly.	1	2	3	4	
I feel good about my current and future financial situation.	1	2	3	4	
I understand how to build credit and use credit cards wisely.	1	2	3	4	
	Rarely, if ever	Sometimes	Most of the time	Always	



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OCCUPATIONAL	TOTAL:				
I feel fulfilled in my occupation.	1	2	3	4	
I enjoy learning new skills and am open to new ideas.	1	2	3	4	
I can successfully manage my workload.	1	2	3	4	
I am eager to learn.	1	2	3	4	
I like to apply both creative and critical thinking skills in my work.	1	2	3	4	
ENVIRONMENTAL	TOTAL:				
I spend time outdoors enjoying nature.	1	2	3	4	
I try to reuse products rather than throw them away.	1	2	3	4	
I am concerned about impacts on my local, national, and world climate.	1	2	3	4	
I have a space to call my own and feel comfortable within it.	1	2	3	4	
I participate in events that help my community (food drives, fundraisers, etc.)	1	2	3	4	
DIGITAL	TOTAL:				
I spend a healthy balance of time online and offline.	1	2	3	4	
I treat people online how I would treat them in person.	1	2	3	4	
I use social media in a way that enhances my social connections.	1	2	3	4	
I take steps to ensure the safety and security of my information online.	1	2	3	4	
I think critically about information I find online and am aware that not all information on the internet is credible information.	1	2	3	4	



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Directions: Write down your scores from each of the dimensions and compare them to the maximum score. You can divide your score by the maximum score to get the percentage value if that is helpful. Ex: My score = 18, Max score = 20. Percentage = $18/20 = 90\%$

DIMENSIONS	MY SCORE	PERCENTAGE
Emotional	/20	
Mindful	/20	
Physical	/20	
Social	/20	
Financial	/20	
Occupational	/20	
Environmental	/20	
Digital	/20	

Personal Wellness Assessment

Review the following questions and share your answers with one another.

- After reviewing your answers to the assessment, is there anything surprising to you in your answers?
- In which dimension(s) are you the healthiest?
- Which dimension(s) would you like to improve?
- List one strategy you would like to focus on to improve this dimension.
- Write one smart goal for the strategy you've identified.

Wellness Resources

You may find the following resources useful as you prioritize your health and wellness. Please note that the resources available to students are not limited to those listed below.



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- [Miller Wellness Center](#): More information on the Student Health Clinic, Student Counseling Services, and Jackrabbit Pharmacy.
- [Healthy University and Beyond](#): A list of SDSU student resources including Rabbit Ride, Wellbeing Resources, Nutrition Services, and Tobacco-Free Jacks.
- [SD Helpline Center](#)
- [Creating Health Habits](#)
- [Improving Digital Wellness](#)
- [Environmental Wellness Toolkit](#)
- [Social Wellness Toolkit](#)