





nt online
ealthLab
v/donate/

ieve you
the
s you.
nsions
to de-

	Never	Rarely	Some of the Time	Usually or Always
1. I do stretching, limbering up, and balance exercises such as yoga, Pilates, or tai chi to increase my body awareness and control and increase my overall physical health.	1	2	3	4
2. I feel good about the condition of my body and would be able to respond to most demands placed upon it.	1	2	3	4
3. I get at least 7–8 hours of sleep each night.	1	2	3	4
4. I try to add moderate activity to each day, such as taking the stairs instead of the elevator and walking whenever I can instead of riding.	1	2	3	4
5. My immune system is strong, and my body heals itself quickly when I get sick or injured.	1	2	3	4
6. I have lots of energy and can get through the day without being overly tired.	1	2	3	4
7. I listen to my body; when there is something wrong, I try to make adjustments to heal it or seek professional advice.	1	2	3	4
Score for this section: _____				

SOCIAL HEALTH

our
a be
or-
not a
ler.
a
nen-
help

1. When I meet people, I feel good about the impression I make on them.	1	2	3	4
2. I am open, honest, and get along well with other people.	1	2	3	4
3. I participate in a wide variety of social activities and enjoy being with people who are different from me.	1	2	3	4
4. I try to be a "better person" and decrease behaviors that have caused problems in my interactions with others.	1	2	3	4
5. I get along well with the members of my family.	1	2	3	4
6. I am a good listener.	1	2	3	4
7. I am open and accessible to a loving and responsible relationship.	1	2	3	4
8. I have someone I can talk to about my private feelings.	1	2	3	4
9. I consider the feelings of others and do not act in hurtful or selfish ways.	1	2	3	4
10. I try to see the good in my friends and do whatever I can to support them and help them feel good about themselves.	1	2	3	4
Score for this section: _____				

EMOTIONAL HEALTH

k the
r

1. I find it easy to laugh, cry, and show emotions like love, fear, and anger and try to express these in positive, constructive ways.	1	2	3	4
2. I avoid using alcohol or other drugs as a means of helping me forget my problems.	1	2	3	4
3. When viewing a particularly challenging situation, I tend to view the glass as "half full" rather than "half empty" and perceive problems as opportunities for growth.	1	2	3	4
4. When I am angry, I try to let others know in nonconfrontational and nonhurtful ways and try to resolve issues rather than stewing about them.	1	2	3	4
5. I try not to worry unnecessarily and try to talk about my feelings, fears, and concerns rather than letting them become chronic issues.	1	2	3	4

(continued)

ASSESS yourself

	Never	Rarely	Some of the Time	Usually or Always
6. I recognize when I am stressed and take steps to relax through exercise, quiet time, or other calming activities.	1	2	3	4
7. I feel good about myself and believe others like me for who I am.	1	2	3	4
8. I try not to be too critical and/or judgmental of others and to understand differences or quirks that I may note in others.	1	2	3	4
9. I am flexible and adapt or adjust to change in a positive way.	1	2	3	4
10. My friends regard me as a stable, emotionally well-adjusted person whom they trust and rely on for support.	1	2	3	4

Total score for this section: _____

ENVIRONMENTAL HEALTH

1. I am concerned about environmental pollution and actively try to preserve and protect natural resources.	1	2	3	4
2. I buy recycled paper and purchase biodegradable detergents and cleaning agents whenever possible.	1	2	3	4
3. I recycle my garbage, purchase refillable containers when possible, and try to minimize the amount of paper and plastics that I use.	1	2	3	4
4. I try to wear my clothes for longer periods between washing to reduce water consumption and the amount of detergents in our water sources.	1	2	3	4
5. I vote for pro-environment candidates in elections.	1	2	3	4
6. I write to my elected leaders about environmental concerns.	1	2	3	4
7. I turn down the heat and wear warmer clothes at home in winter and use the air conditioner only when necessary or at higher temperatures in summer.	1	2	3	4
8. I am aware of lead pipes in my living area, chemicals in my carpet, and other potential hazards and try to reduce my exposure to them whenever possible.	1	2	3	4
9. I use both sides of the paper when taking class notes or doing assignments.	1	2	3	4
10. I try not to leave the faucet running too long when I brush my teeth, shave, or shower.	1	2	3	4

Total score for this section: _____

SPIRITUAL HEALTH

1. I believe life is a precious gift that should be nurtured.	1	2	3	4
2. I take time to enjoy nature and the beauty around me.	1	2	3	4
3. I take time alone to think about what's important in life—who I am, what I value, where I fit in, and where I'm going.	1	2	3	4
4. I have faith in a greater power, be it a God-like force, nature, or the connectedness of all living things.	1	2	3	4
5. I engage in acts of caring and goodwill without expecting something in return.	1	2	3	4
6. I feel sorrow for those who are suffering and try to help them through difficult times.	1	2	3	4
7. I look forward to each day as an opportunity for further growth and challenge.	1	2	3	4

Usually or Always

	Never	Rarely	Some of the Time	Usually or Always
4 8. I work for peace in my interpersonal relationships, in my community, and in the world at large.	1	2	3	4
4 9. I have a great love and respect for all living things, and regard animals, etc., as important links in a vital living chain.	1	2	3	4
4 10. I go for the gusto and experience life to the fullest.	1	2	3	4
4 Total score for this section: _____				

INTELLECTUAL HEALTH

4 1. I carefully consider my options and possible consequences as I make choices in life.	1	2	3	4
4 2. I learn from my mistakes and try to act differently the next time.	1	2	3	4
4 3. I follow directions or recommended guidelines, avoid risks, and act in ways likely to keep myself and others safe.	1	2	3	4
4 4. I consider myself a wise health consumer and check reliable information sources before making decisions.	1	2	3	4
4 5. I am alert and ready to respond to life's challenges in ways that reflect thought and sound judgment.	1	2	3	4
4 6. I have at least one hobby, learning activity, or personal growth activity that I make time for each week; something that improves me as a person.	1	2	3	4
4 7. I actively learn all I can about products and services before making decisions.	1	2	3	4
4 8. I manage my time well rather than let time manage me.	1	2	3	4
4 9. My friends and family trust my judgment.	1	2	3	4
4 10. I think about my self-talk (the things I tell myself) and then examine the evidence to see if my perceptions and feelings are sound.	1	2	3	4
4 Total score for this section: _____				

Although each of these six dimensions of health is important, there are some factors that don't readily fit one dimension. As college students, you face some unique risks that others may not have. For this reason, we have added a

section to this self-assessment that focuses on personal health promotion and disease prevention. Answer these questions and add your results to the Personal Checklist in the following section.

PERSONAL HEALTH PROMOTION/DISEASE PREVENTION

	Never	Rarely	Some of the Time	Usually or Always
4 1. I know the warning signs of common sexually transmitted infections, such as genital warts (HPV), chlamydia, and herpes, and read new information about these diseases as a way of protecting myself.	1	2	3	4
4 2. If I were to be sexually active, I would use protection such as latex condoms, dental dams, and other means of reducing my risk of sexually transmitted infections.	1	2	3	4
4 3. I find ways other than binge drinking when at parties or during happy hours to loosen up and have a good time.	1	2	3	4

(continued)

ASSESS yourself

	Never	Rarely	Some of the Time	Usually or Always
4. When I have more than 1 or 2 drinks, I ask someone who is not drinking to drive me and my friends home.	1	2	3	4
5. I have eaten too much in the last month and have forced myself to vomit to avoid gaining weight.	4	3	2	1
6. I have several piercings and have found that I enjoy the rush that comes with each piercing event.	4	3	2	1
7. If I were to have a tattoo or piercing, I would go to a reputable person who follows strict standards of sterilization and precautions against bloodborne disease transmission.	1	2	3	4
8. I engage in extreme sports and find that I enjoy the highs that come with risking bodily harm through physical performance.	4	3	2	1
9. I am careful not to mix alcohol or other drugs with prescription and over-the-counter drugs.	1	2	3	4
10. I practice monthly breast/testicle self-examinations.	1	2	3	4

Total score for this section: _____

PERSONAL CHECKLIST

Now, total your scores in each of the health dimensions and compare them to what would be considered optimal scores. Which areas do you need to work on? How does your score compare with how you rated yourself in the first part of the questionnaire?

	Ideal Score	Your Score
Physical health	40	_____
Social health	40	_____
Emotional health	40	_____
Environmental health	40	_____
Spiritual health	40	_____
Intellectual health	40	_____
Personal health promotion/ disease prevention	40	_____

What Your Scores in Each Category Mean

Scores of 35–40: Outstanding! Your answers show that you are aware of the importance of these behaviors in your overall health. More important, you are putting your knowledge to work for you by practicing good health habits that should reduce your overall risks. Although you received a very high score on this part of the test, you may want to consider areas where your scores could be improved.

Scores of 30–34: Your health practices in these areas are very good, but there is room for improvement. Look again at the items you answered that scored one or two points. What changes could you make to improve your score? Even a small change in behavior can help you achieve better health.

Scores of 20–29: Your health risks are showing! Find information about the risks you are facing and why it is important to change these behaviors. Perhaps you need help in deciding how to make the changes you desire. Assistance is available from this book, your professor, and student health services at your school.

Scores below 20: You may be taking unnecessary risks with your health. Perhaps you are not aware of the risks and what to do about them. Identify each risk area and make a mental note as you read the associated chapter in the book. Whenever possible, seek additional resources, either on your campus or through your local community health resources, and make a serious commitment to behavior change. If any area is causing you to be less than functional in your class work or personal life, seek professional help. In this book you will find the information you need to help you improve your scores and your health. Remember that these scores are only indicators, not diagnostic tools.

