

# Student well-being sheet

**High well-being**  
Flourishing, positivity,  
success, progress,  
satisfaction, happiness

Name:  
Programme:  
Year of study:  
Supervisors:

**Low well-being**  
Struggling, negativity,  
failure, avoidance,  
anxiety, depression


Month 1    Month 2    Month 3    Month 4    Month 5    Month 6    Month 7    Month 8    Month 9    Month 10    Month 11    Month 12

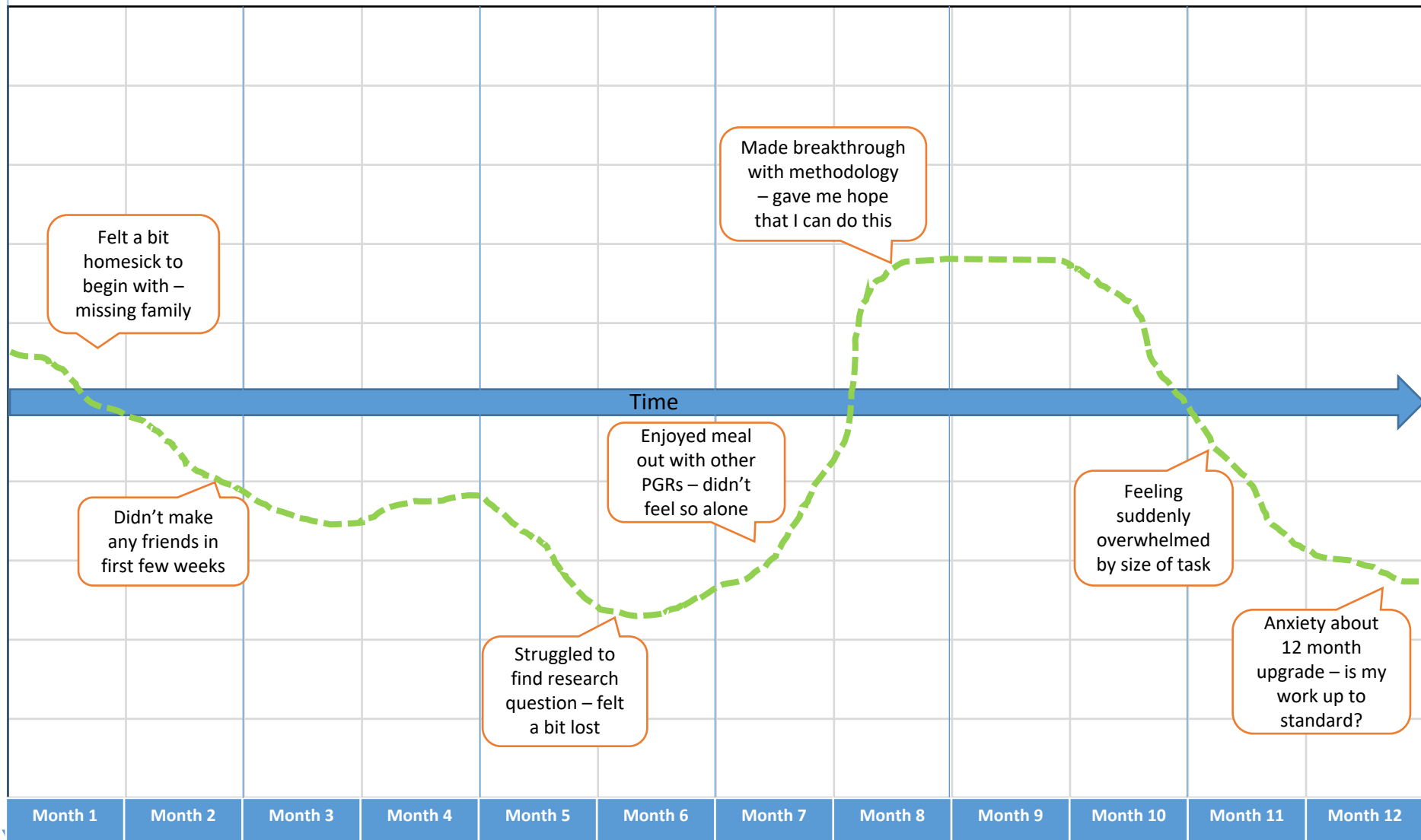
Notes

Exemplar student well-being sheet

High well-being  
Flourishing, positivity,  
success, progress,  
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Name:  
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Low well-being  
Struggling, negativity,  
failure, avoidance,  
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Notes

# Student well-being sheet - guidance

- This student well-being tool was developed during the 'Are you OK?' project as a way of illustrating the changes in well-being that doctoral students experience during their PhDs.
- Capturing information about challenges, problems and successes in doctoral study - and how these impact on well-being - is important, for both student and supervisor. As well as providing perspective on the ups and downs of doctoral study, which is important for opening up discussions about well-being, it may also alert students and supervisors to when problems are arising which might need some intervention.
- We suggest that you use this with your doctoral students at regular intervals - every 2 or 3 months might be a good interval but you can experiment with what works best for you. It might be a useful tool to use as part of an annual review.
- The sheet can either be completed collaboratively during a meeting, or the student can bring a version of the tool to a meeting for discussion.
- We suggest that when students complete the sheet, it is informative to say specifically both what was a high or low, and why something was a high or low.
- If the layout of the sheet doesn't suit student or supervisor, we suggest you have the discussion anyway and cover the same topic of wellbeing and what the high and low points have been.