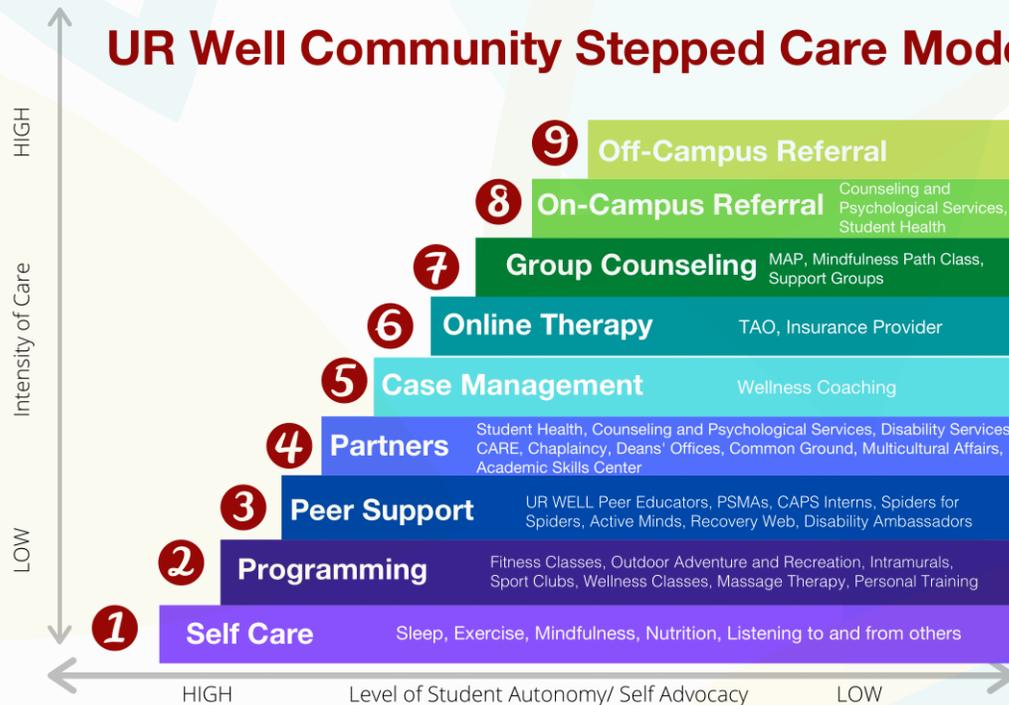


UR Well Community Stepped Care Model



The UR Well Community Stepped Care Scale is a brief 10-item summary measure of the respondent's self-perceived success in important areas such as relationships, self-esteem, purpose, and optimism. The scale provides a well-being score, which corresponds to the steps on the UR Well Community Stepped Care Model. Answer each statement on a scale of 1-10. (1 – least agreement with statement to 10 – highest agreement with statement)

1. ___ I feel that I can manage my academic, social, and co-curricular commitments without sacrificing my mental health.
2. ___ My relationships with my friends and professors support me and motivate me to do well.
3. ___ I am optimistic about the future and have goals that will help me reach this future.
4. ___ I feel that I have a positive impact on those around me.
5. ___ I am often in a good mood.
6. ___ I sleep well most nights.
7. ___ I take time for self-care, including a good diet, regular exercise, and time to relax and recharge.
8. ___ I am motivated to get up and start my day.
9. ___ I am able to focus well in my classes and on my schoolwork.
10. ___ I have a good support system and do not feel alone.

Add the numbers together for all 10 statements. The range of scores is 10-70.

Step 1: scores of 65-70 **Step 2:** scores of 58-64 **Step 3:** scores of 51-57
Step 4: scores of 44-50 **Step 5:** scores of 37-43 **Step 6:** scores of 30-36
Step 7: scores of 24-30 **Step 8:** scores of 17-23 **Step 9:** scores of 10-16

