

READINESS TO CHANGE SURVEY

People have different attitudes about promoting health and wellness programs on campus. How much do you agree or disagree with each of these statements?

My school's administration values promoting health and wellness.

- Strongly agree (1)
- Agree (2)
- Neither agree nor disagree (3)
- Disagree (4)
- Strongly disagree (5)
- Choose not to answer (6)

Wellness programs are a good investment because they improve student health.

- Strongly agree (1)
- Agree (2)
- Neither agree nor disagree (3)
- Disagree (4)
- Strongly disagree (5)
- Choose not to answer (6)

The students on campus are strongly interested in improving their health and wellness.

- Strongly agree (1)
- Agree (2)
- Neither agree nor disagree (3)
- Disagree (4)
- Strongly disagree (5)
- Choose not to answer (6)

I am interested in working with other individuals and groups to help make the "healthy choice the easy choice" on campus.

- Strongly agree (1)
- Agree (2)
- Neither agree nor disagree (3)
- Disagree (4)
- Strongly disagree (5)
- Choose not to answer (6)

It seems like my school's administration is interested in making changes to make things better when changes are needed.

- Strongly agree (1) Agree (2)
- Neither agree nor disagree (3)
- Disagree (4)
- Strongly disagree (5)
- Choose not to answer (6)

I have the ability to work with other individuals and groups to help improve the health promotion resources on campus.

- Strongly agree (1)
- Agree (2)
- Neither agree nor disagree (3)
- Disagree (4)
- Strongly disagree (5)
- Choose not to answer (6)

Wellness programs are a good investment because they improve student academic success.

- Strongly agree (1)
- Agree (2)
- Neither agree nor disagree (3)
- Disagree (4)
- Strongly disagree (5)
- Choose not to answer (6)

I am willing to dedicate a percentage of my time to working with other individuals and groups to help make the "healthy choice the easy choice" on campus.

- Strongly agree (1)
- Agree (2)
- Neither agree nor disagree (3)
- Disagree (4)
- Strongly disagree (5)
- Choose not to answer (6)

If my campus develops more health and wellness programming and resources, students will use it.

- Strongly agree (1)
- Agree (2)
- Neither agree nor disagree (3)
- Disagree (4)
- Strongly disagree (5)
- Choose not to answer (6)

I have the power to influence how resources on campus are allocated to help promote health and wellness.

- Strongly agree (1)
- Agree (2)
- Neither agree nor disagree (3)
- Disagree (4)
- Strongly disagree (5)
- Choose not to answer (6)