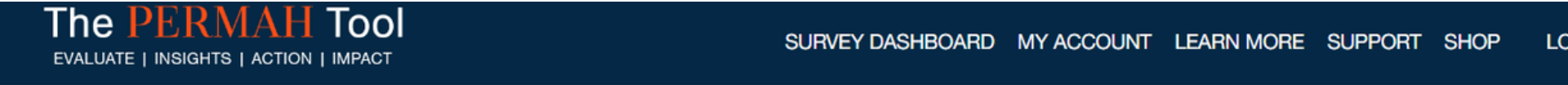
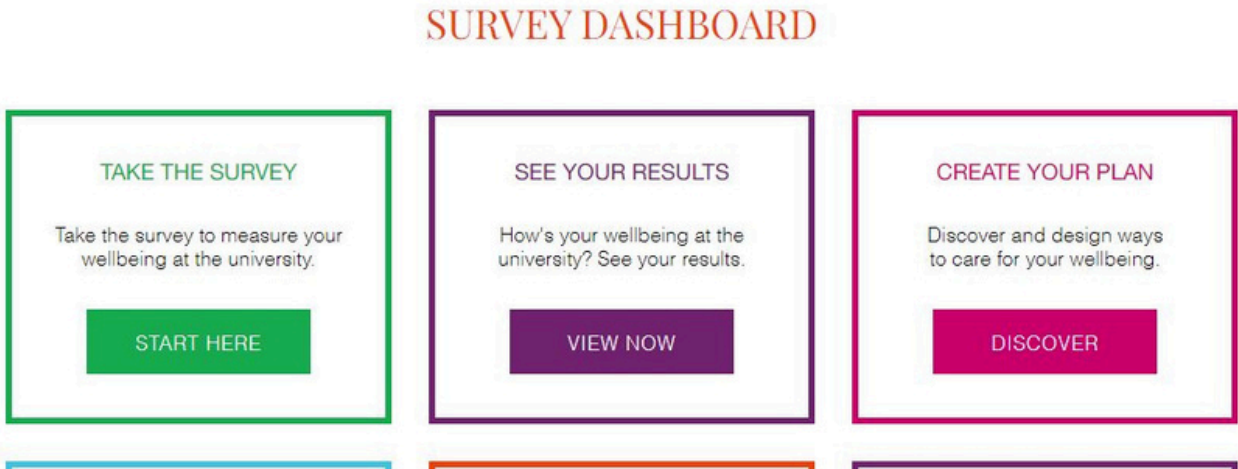


How to Register:

- Step 1:** Click [HERE](#) to begin.
- Step 2:** Click on **START NOW**, then click on **REGISTER NOW** and use your **K-State E-mail** to register. You will have on-going access to your account and can revisit the information anytime!
- Step 3:** Review the DIRECTIONS then take the PERMAH! Your responses are confidential and designed only to measure your relationship with your individual PERMAH factors. You can take the survey multiple times and compare your results.
- Step 4:** As you finish, return to the **Survey Dashboard** and click on SEE YOUR RESULTS. You can also explore the website for additional resources. Feel free to schedule a Well-being Advising appointment in NAVIGATE for further guidance in understanding your scores.



YOUR EXPERIENCES AT THE UNIVERSITY

Take a moment and consider how well you have felt and functioned at your university over the past two weeks. Indicate the extent to which you agree with each of the following statements, ranging from 0 (never, 0%) to 10 (always, 100%).

Please note: The term academic community refers to those you interact with on a regular basis in your coursework (i.e. professors, advisors, classmates). University refers to K-State in its entirety as a community.

I was deeply engaged and interested in what I was learning