



# Survey to BSc, MSc and PhD students regarding their well-being and studies during the Autumn term

**Svenska handelshögskolan Hanken**

**April, 2026**



# The survey

## Recipients:

A total of 2625 students across BSc, MSc and PhD degrees. 95,4% of messages delivered, others don't have valid phone numbers.

## Questions:

4 statements answered on a Likert scale  
(1 = I totally disagree - 5 = I totally agree)

1 question about wanting to talk to the study coach  
(Yes/No)

Option to give an open comment.

Survey sent in Swedish or English, depending on degree language.

**22,5% of recipients answered, a total of 562 answers.**

Dear student!

We hope that you will answer this short survey about your studies and your well-being.  
Thank you for your reply!

You can find more information about this survey at  
<https://www.hanken.fi/en/news/well-being-survey-sms-hanken-degree-students>

Hanken

First statement (of 5):  
I have been able to progress with my studies as planned.

Please answer with a number between 1 and 5.

1 = I totally disagree

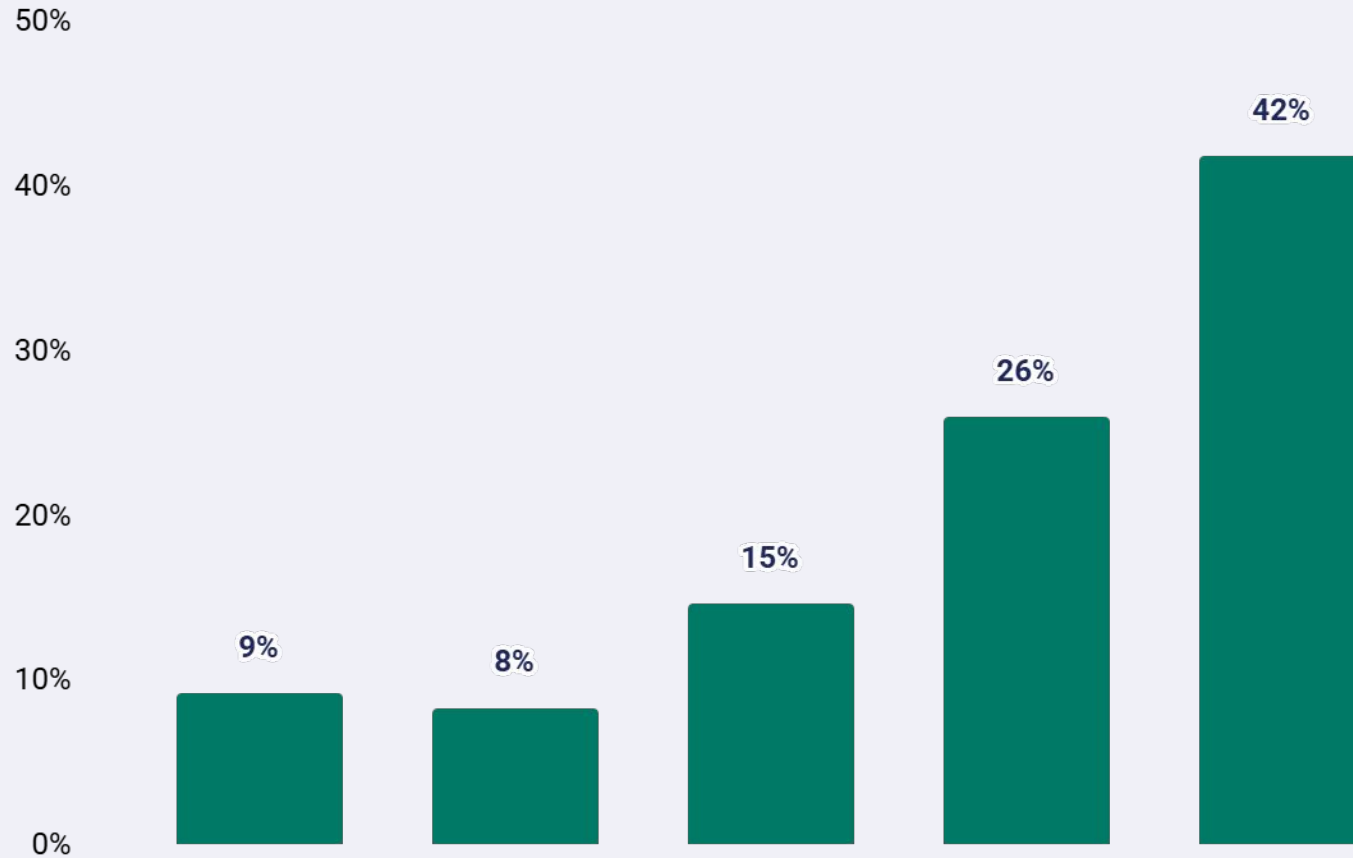
5 = I totally agree

0 = skip question

*The first message received by students.*



# 1. I have been able to complete my studies as planned.



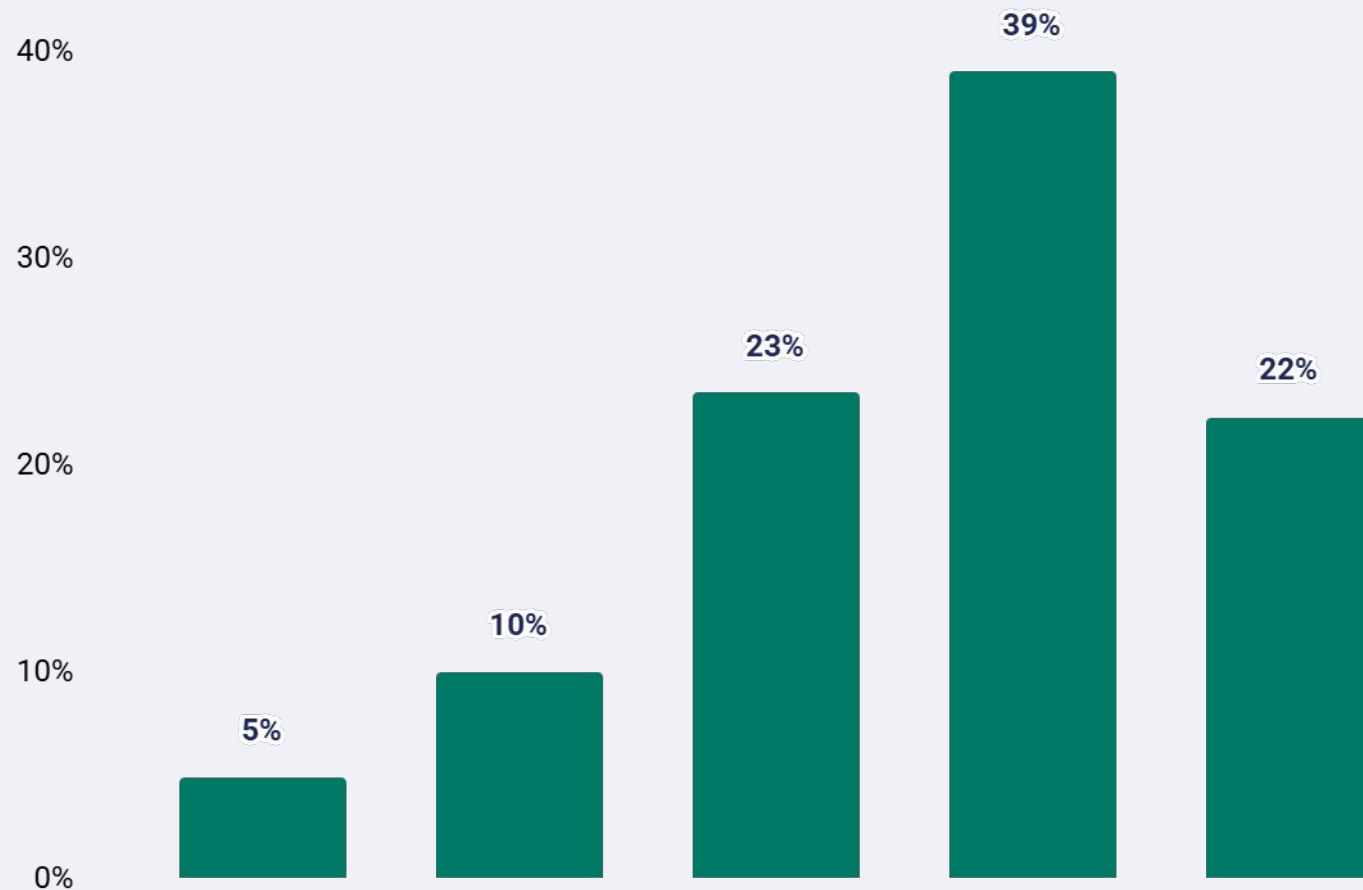
**Average 3.83**

-0.16 from Dec 2024  
-0.09 from Dec 2023

1 = I strongly disagree - 5 = I strongly agree



## 2. I can handle the demands of the studies without feeling too stressed.



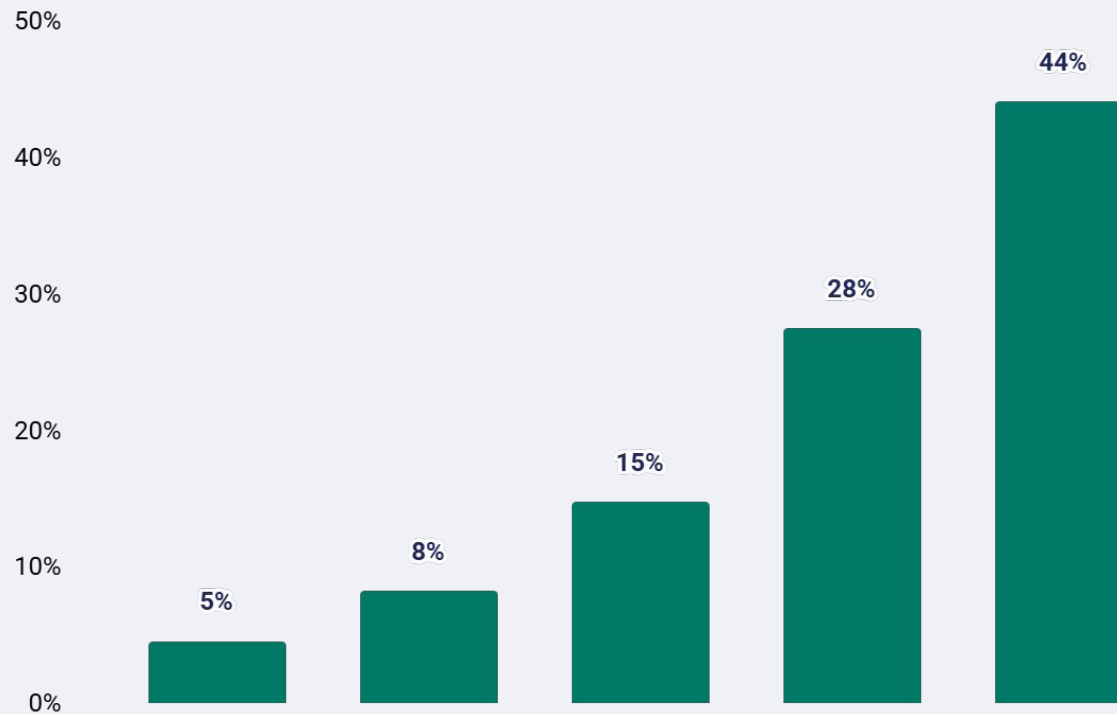
**Average 3.64**

-0.18 from Dec 2024  
+0.13 from Dec 2023

1 = I strongly disagree - 5 = I strongly agree



### 3. I have enough social interaction and do not feel lonely.



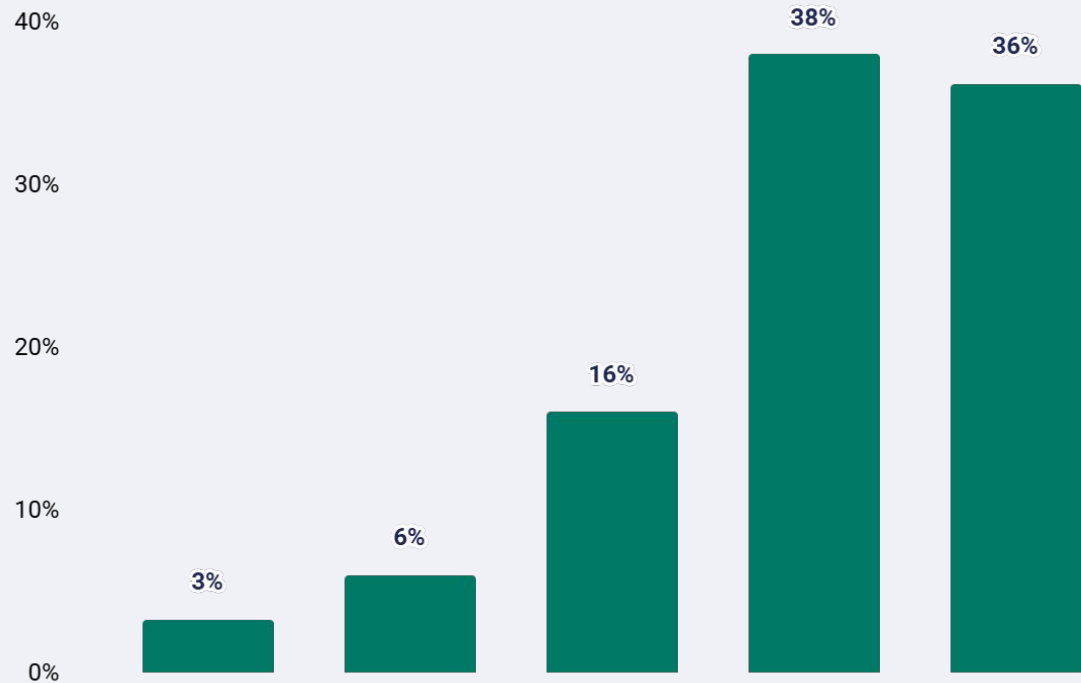
**Average 3.84**

+0.29 from Dec 2024  
-0.09 from Dec 2023

1 = I strongly disagree - 5 = I strongly agree



## 4. I am happy with my life and I am feeling good.



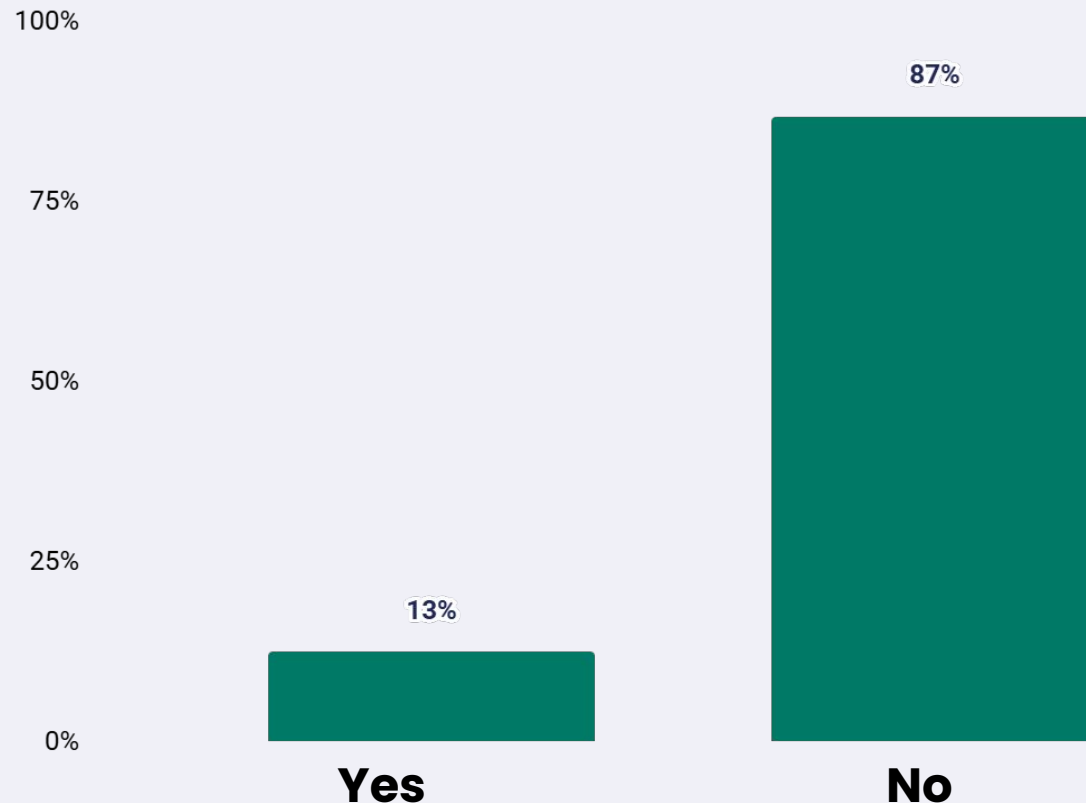
**Average 3.98**

+0.11 from Dec 2024  
+0.09 from Dec 2023

1 = I strongly disagree - 5 = I strongly agree



## 5. I would like to discuss time-management, stress-management or other study-related challenges with Hanken's study coach.

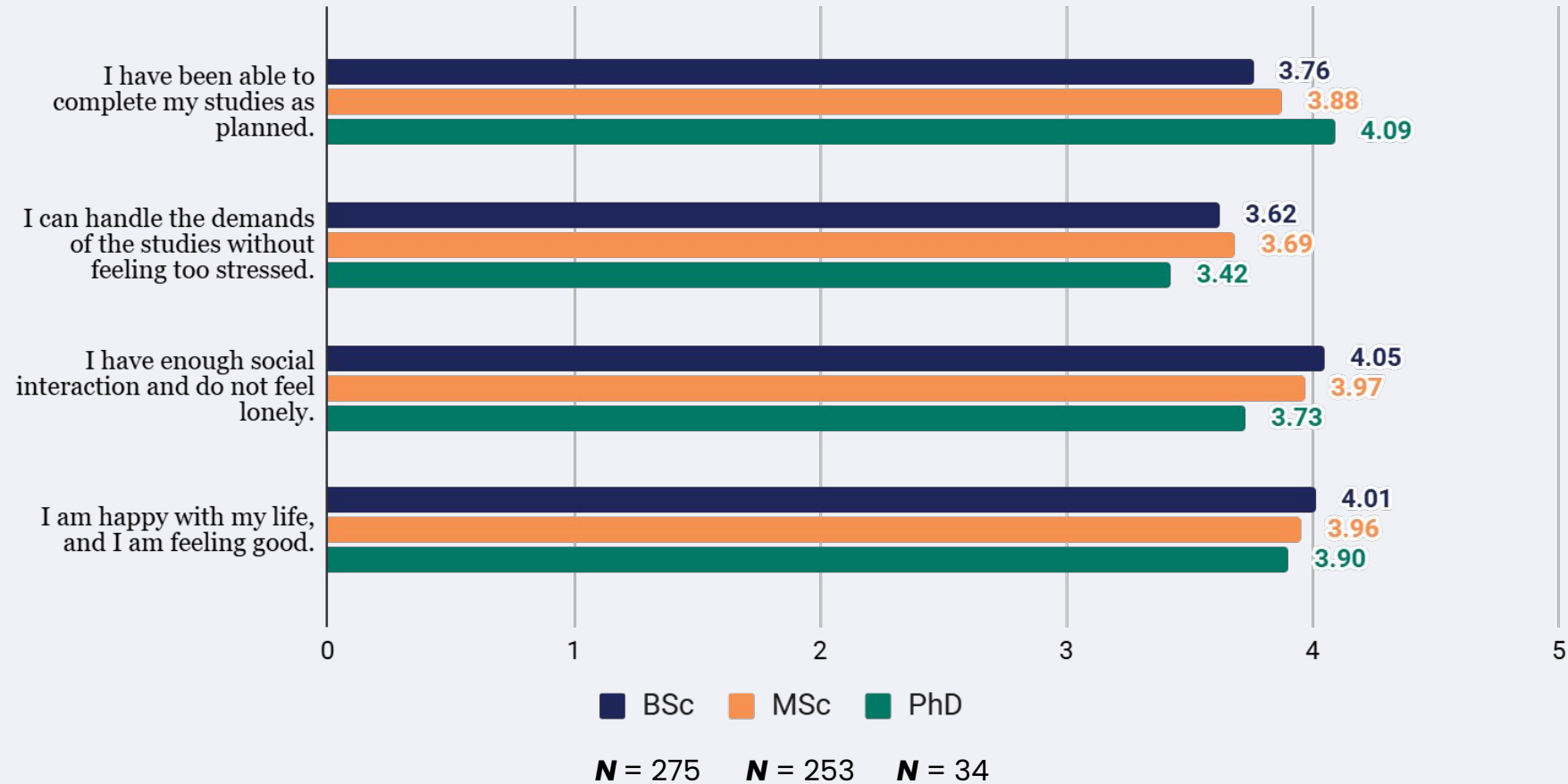


**A total of 59 students wanted to speak to the study coach.**

+2% from Dec 2024  
+0% from Dec 2023



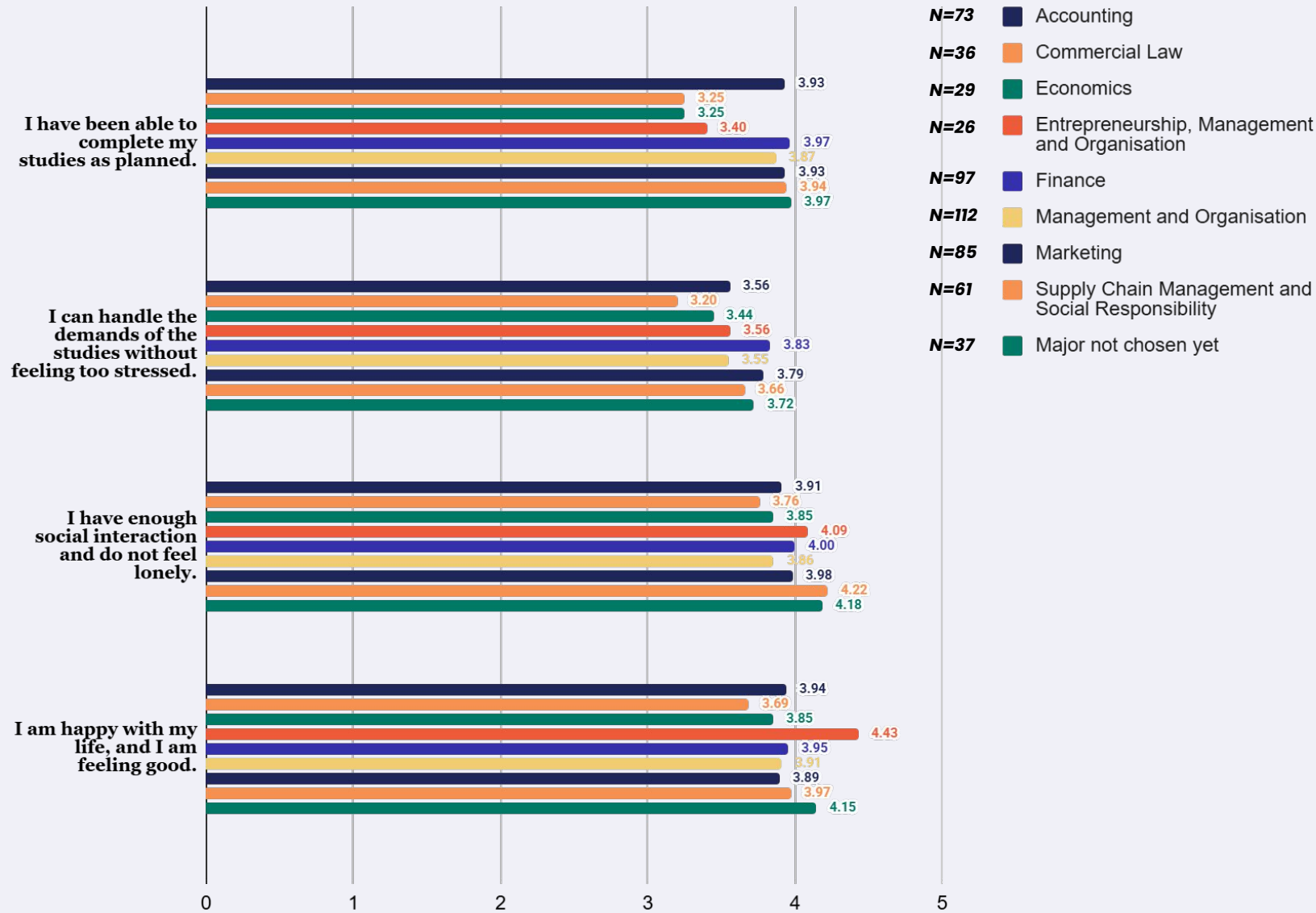
# Averages by degree level





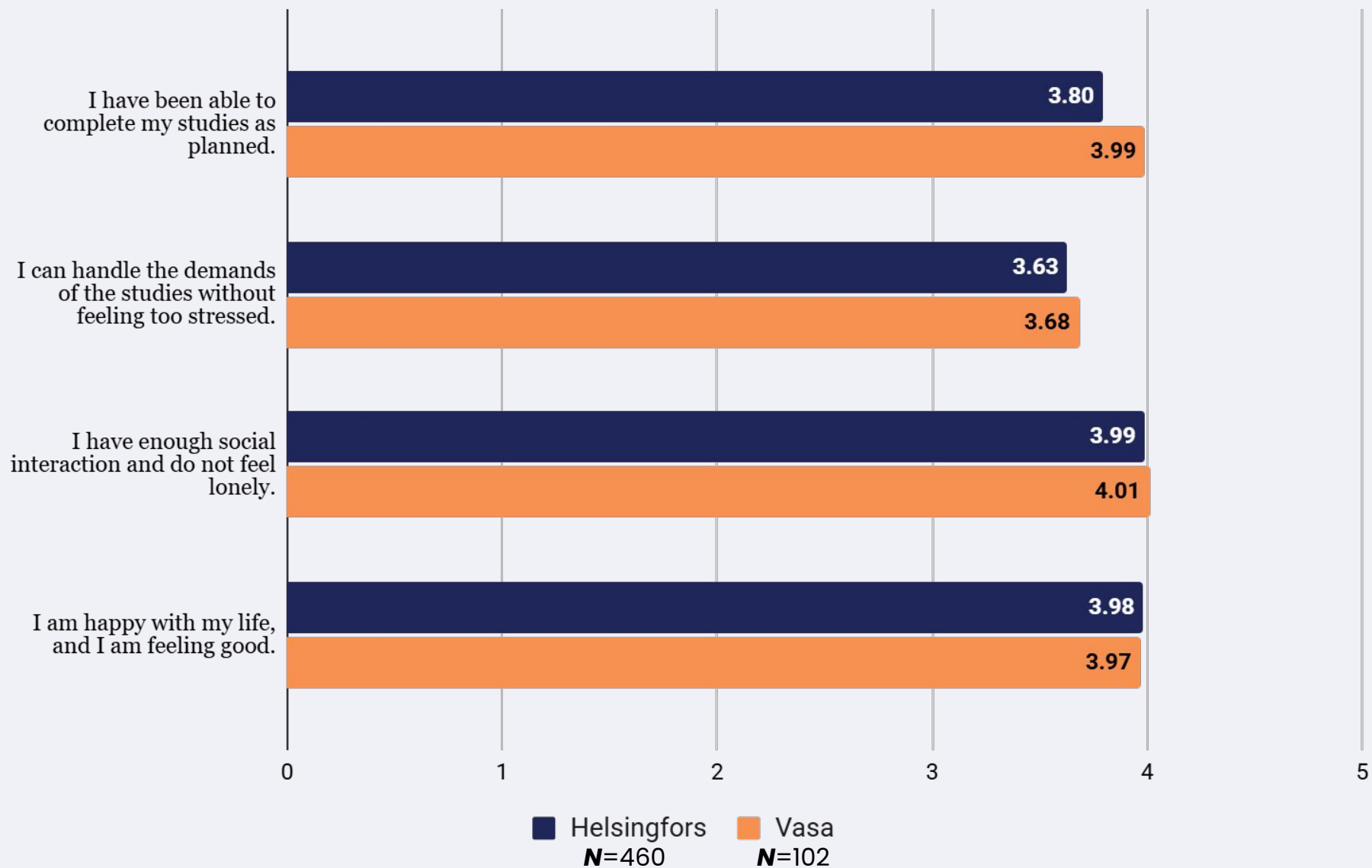


# Averages by major



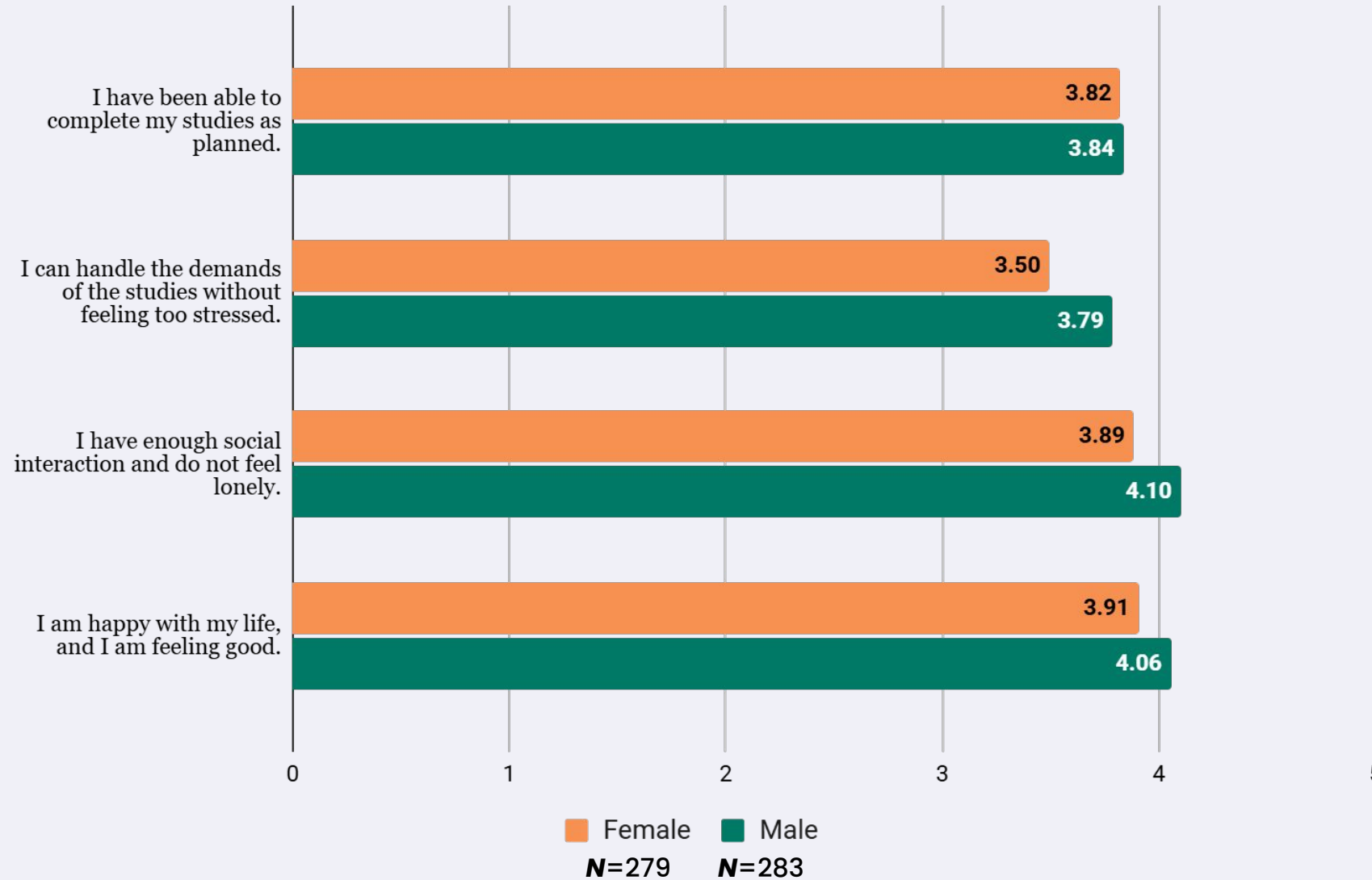


# Averages by location

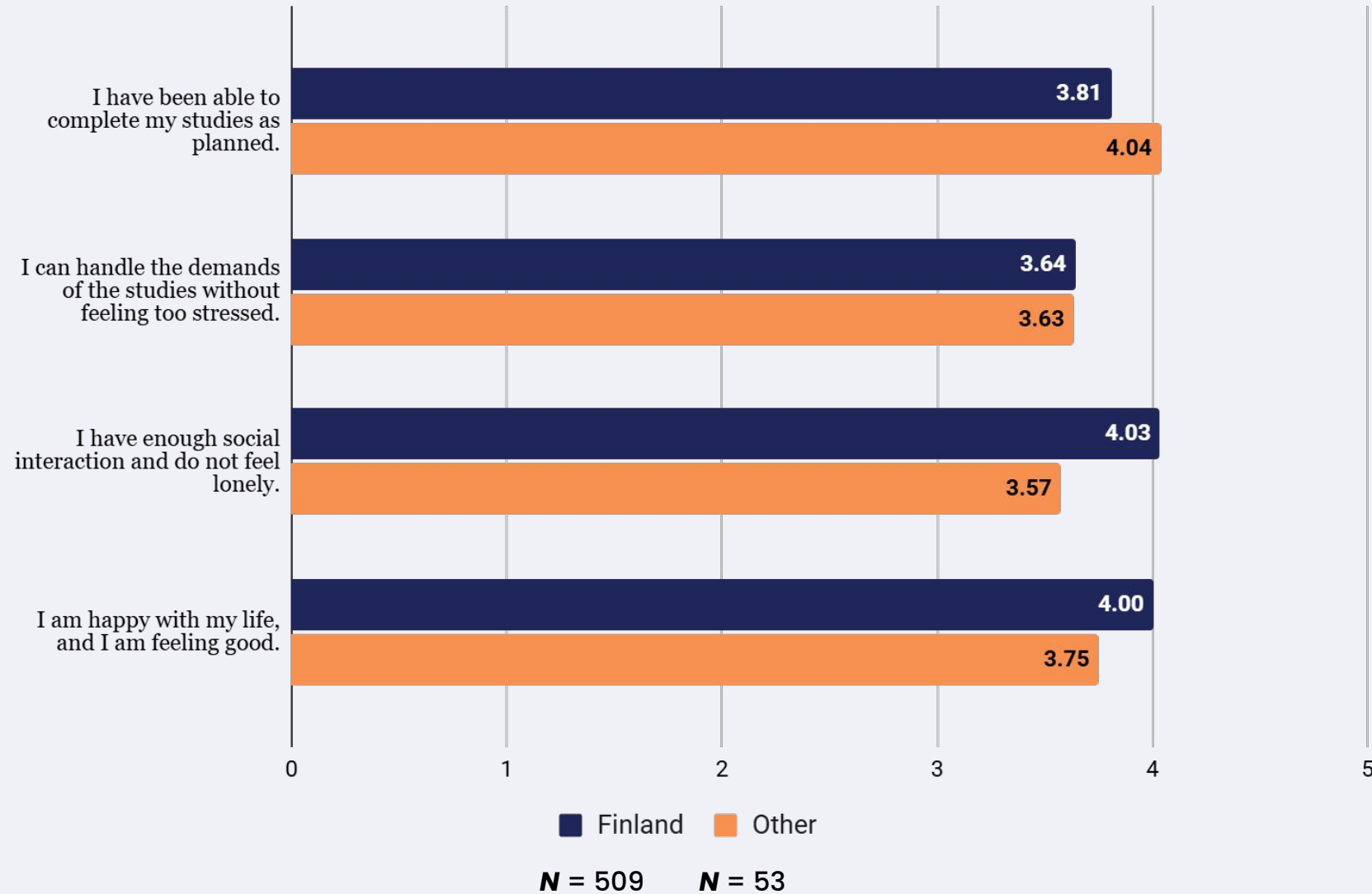




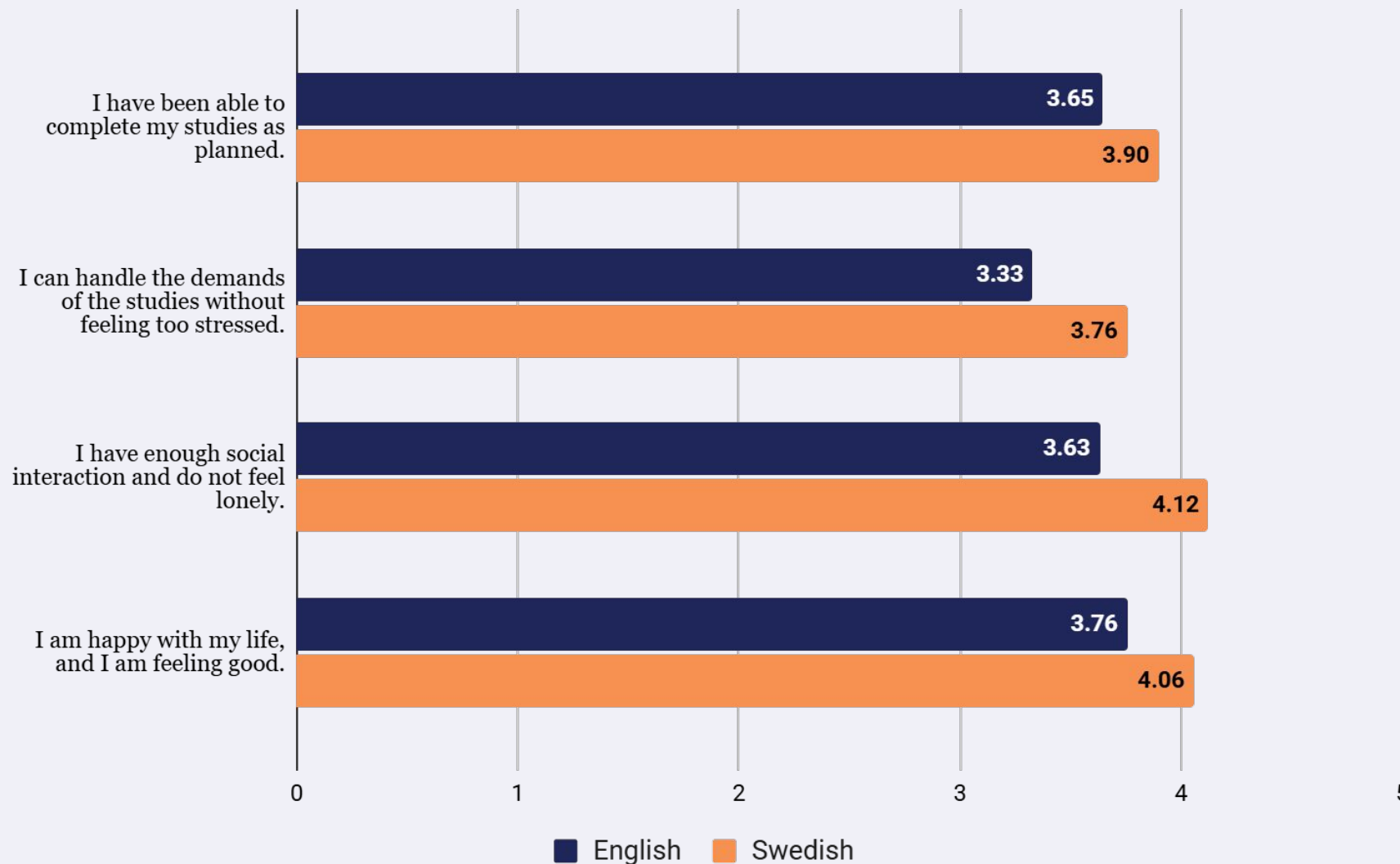
# Averages by sex



# Averages by citizenship



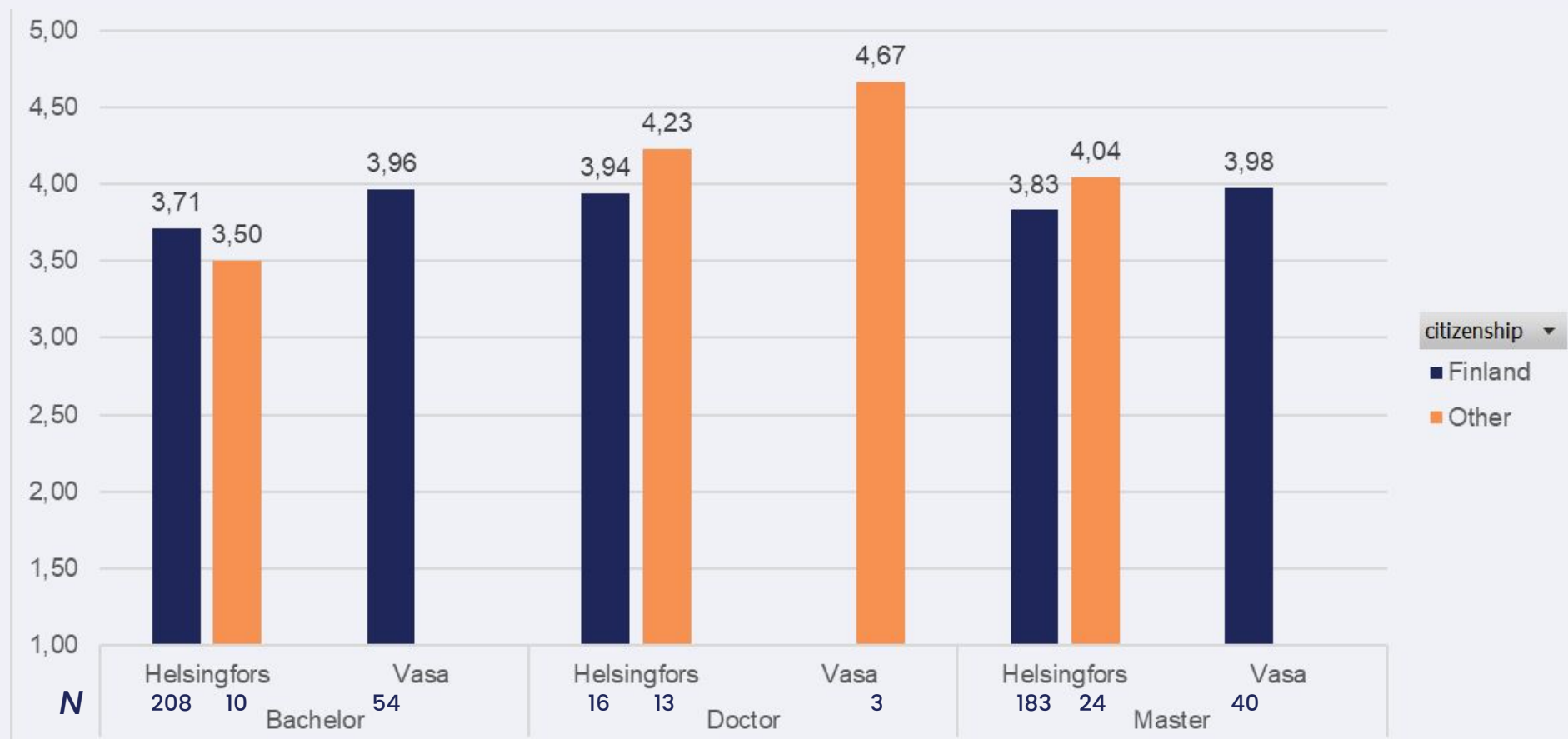
# Averages by degree language



**N = 152**    **N = 410**

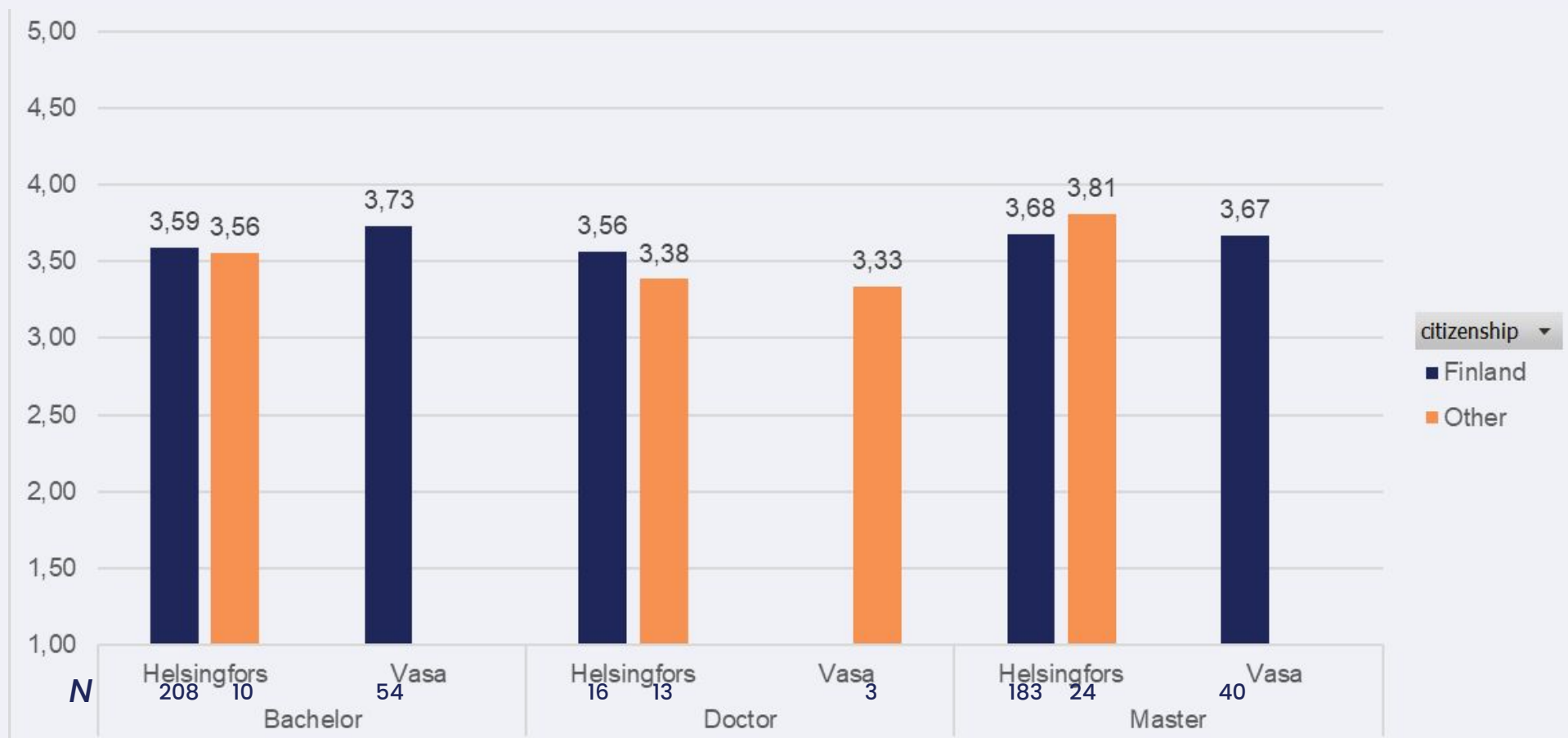


# Averages by degree level, location and citizenship: I have been able to complete my studies as planned



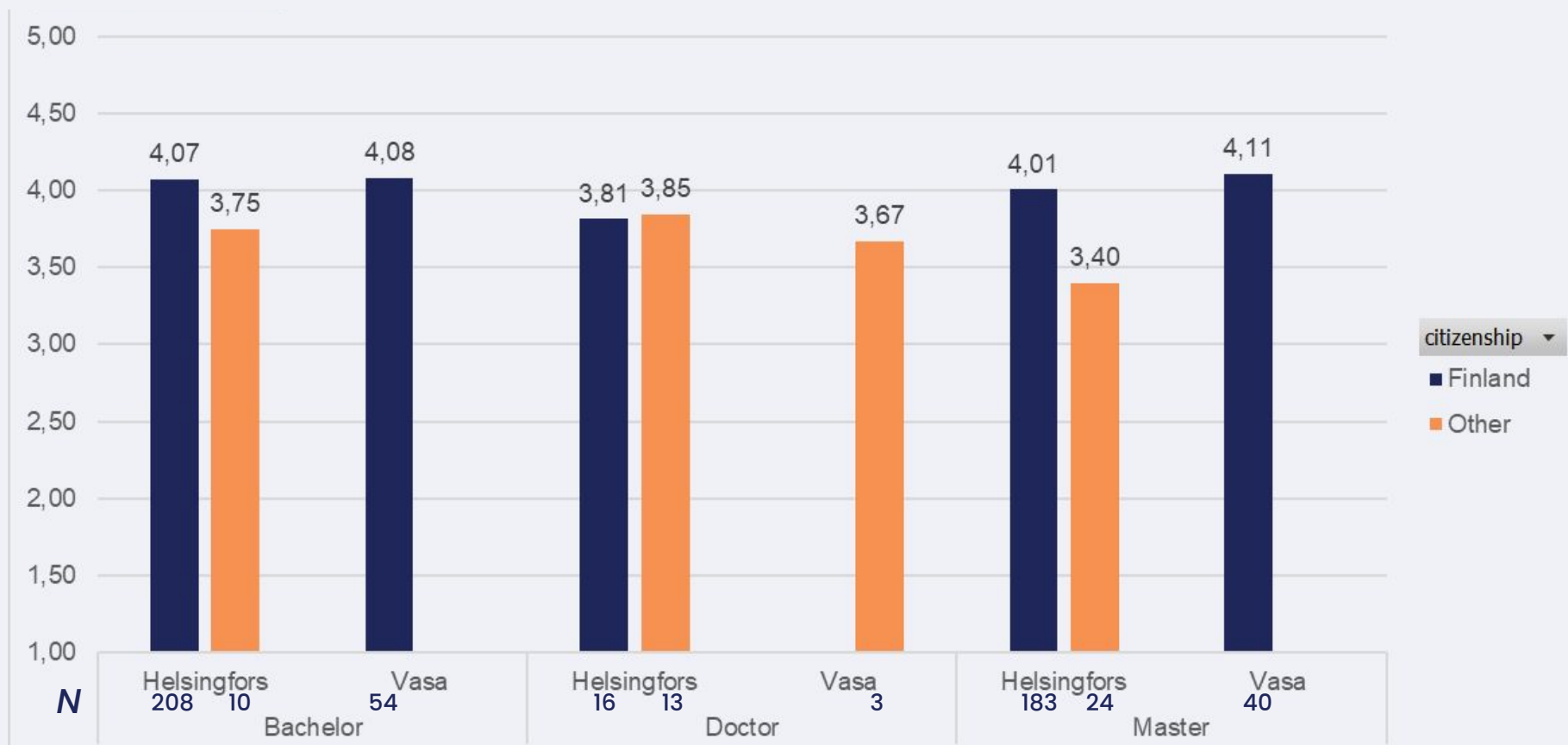


# Averages by degree level, location and citizenship: I can handle the demands of the studies without feeling too stressed.





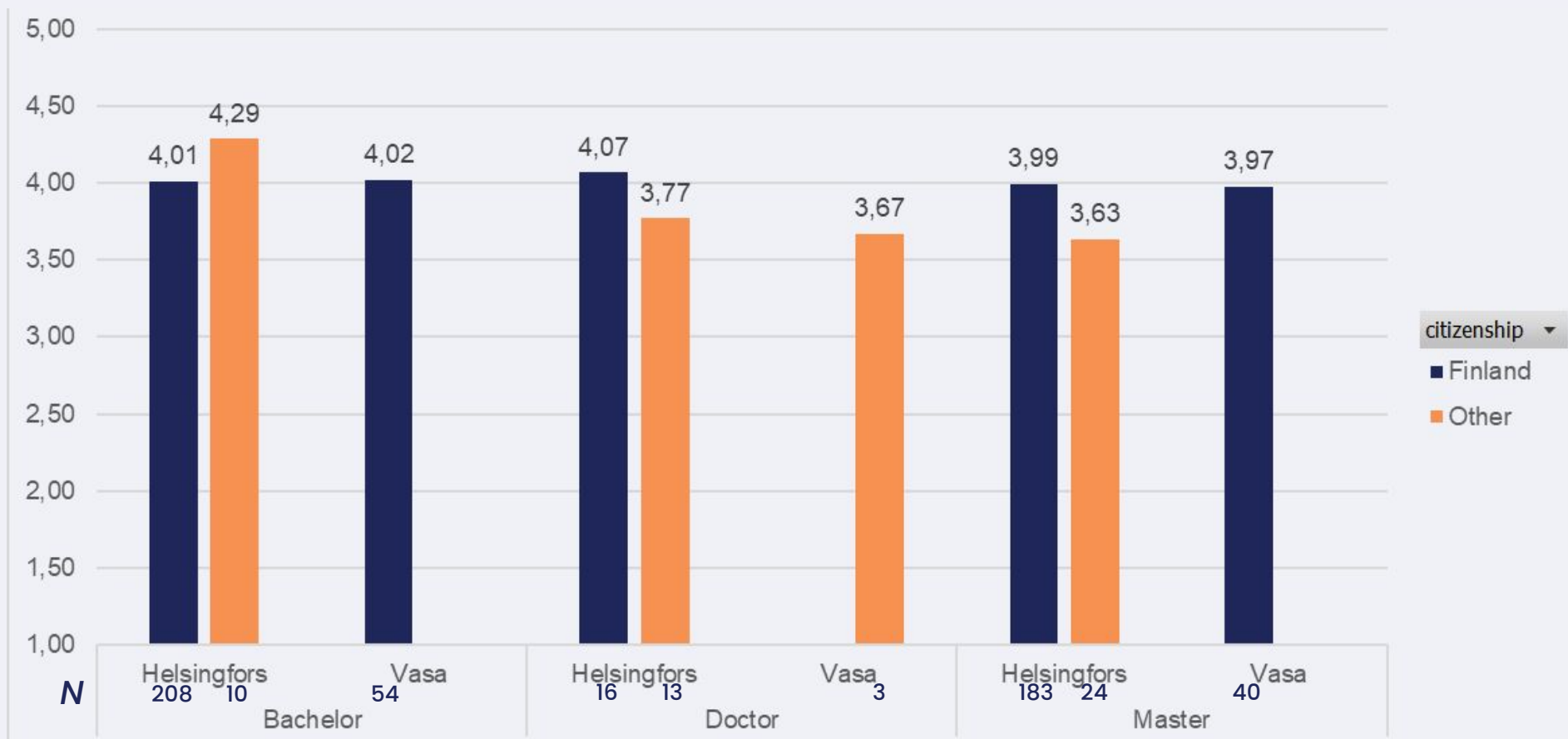
# Averages by degree level, location and citizenship: I have enough social interaction and do not feel lonely.







# Averages by degree level, location and citizenship: I am happy with my life and I am feeling good.



**Thank you!**  
**Let us know if you have any  
questions.**



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