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LSSAWR

Life Satisfaction Scale
for Apostolic
Women Religious

Congregational Character

Individual Wellbeing

Membership Viability

Holistic Growth &
Commitment

Interrelationships

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The Life Satisfaction Scale for Apostolic Women Religious (LSSAWR)

History & Purpose:

Maria Clara Kreis, CDP, Ph.D., L.P. and Duquesne University have been awarded a generous grant from the Conrad N. Hilton Foundation to create a manual for the "Life Satisfaction Scale for Apostolic Women Religious (LSSAWR; Kreis, 2012)." The grant will also be used to support the translation of the LSSAWR and its manual into Spanish, and to extend its use to the youngest generations in religious congregations.

Benefits:

The LSSAWR assesses satisfaction levels of Roman Catholic Apostolic women religious individually and communally as they discern their on-going commitment to religious life. It can also evaluate satisfaction levels across generations of women religious.

Areas of Assessment:

The LSSAWR assesses the satisfaction levels of women religious regarding the following five areas and also provides a **Total Score** that reflects one's overall level of satisfaction:

Congregational Character:

Viability of the Congregation moving forward.

Individual Well-Being:

Personal sense of wellbeing with this life choice.

Membership Viability:

Personal and communal efforts to sustain and increase membership.

Holistic Growth & Commitment:

Personal and professional growth and commitment to this life choice.

Inter-Relationships:

Relationships within the Congregation and external to it.

An individual Sister could make use of the LSSAWR while on retreat or during times of transition (e.g., ministry/community living situation). Women in various stages of formation can use it to assess their personal satisfaction with religious life and to facilitate conversations with their mentors/leadership. After a sufficient number of Sisters have completed the LSSAWR, Congregational leaders could use the results to assess the state of their Congregation and its viability across generations of their membership.