

**TÍTULO DA TESE EM INGLÊS: WELL-BEING AMONTH COLLEGE YOUNGS
PERCEPTIONS AND HEALTH PRATICES**

ABSTRACT

The changes, as in the case of the transition to higher education, place challenges and may require changes in the routines, in the interpersonal relations and in how the individual perceives himself and perceives the world.

In the process of transition to higher education students must mobilize resources, such as social support, in order to develop adaptive responses. When this does not happen, it is reflected negatively in terms of students' health and well-being. While trying to understand the levels of well-being among university students and which individual characteristics tend to decrease the state of malaise, thus contributing to students' well-being, an empirical study with 240 students from masters' degree programmes of ISCSP. Was undertaken

A questionnaire was used, which was divided into four parts: sociodemographic aspects; experiences in higher education; health and well-being, and, social support.

Results indicate the important role of social support from friends and family as the main primary resource that young people mobilize when they feel psychological malaise.

Key-words: perception; well-being; health; University students