What Are Students Saying About Health & Wellness?

A selection of findings from recent institutional surveys

University of North Dakota
Office of Institutional Research
August 2009
Wellness Perceptions of Students by the Seven Life Dimensions

- Physical
- Emotional
- Environmental
- Spiritual
- Social
- Intellectual
- Occupational
Health & Wellness Aspects From The Following Surveys

- Freshman Cooperative Institutional Research Program (CIRP) Survey
- College Student Inventory (CSI)
- UND Environmental Assessment (Housing)
- National Survey of Student Engagement
- College Student Survey (CIRP senior follow-up)
- Student Satisfaction Inventory (SSI)
- Alumni Satisfaction Survey
CIRP Freshman Survey

- CIRP is a national study administered by the Higher Education Research Institute at the University of California-Los Angeles. UND has participated 40 of the last (approximate) 44 years.
- Given to the new freshmen in the summer Getting Started program. Last conducted in the summer of 2009.
- Assesses the demographic characteristics, past experiences, current opinions, as well as the aspirations of new incoming freshmen. Students indicate their reasons for coming to UND, their education plans, and academic preparation.
CSI is a tool of the Noel-Levitz Management System that asks students to reflect on academic, personal, and social experiences and perspectives. Given to the new freshmen at Getting Started, UND has administered this instrument since 2002.

An individual report is produced for each student and helps students reflect on how to maximize their college experience.

A report is also produced for each student’s advisor. The advisor’s report produces a dropout proneness score which can be used as an early alert indicator.
Environmental Assessment

A UND survey, conducted every two years to assess various areas of performance for Housing and related services, including U Card, Dining, Facilities, Hall Programming and Hall Government.
National Survey of Student Engagement

(pronounced “nessie”)

- College student survey that assesses the extent to which students engage in educational practices associated with high levels of learning and development

- Administered to Freshmen and Seniors – last conducted in spring 2009
College Student Survey
(Senior follow-up of the CIRP-Freshman Survey)

- CIRP is a national study administered through the Higher Education Research Institute at the University of California-Los Angeles. UND participates every 3-4 years.
- Given to a random sample of seniors. Results presented with students’ responses as freshmen. Last conducted in the spring of 2009.
- Assesses the demographic characteristics, past experiences, senior self-rating, objectives considered to be essential or very important, activities engaged in during past year, as well as satisfaction with the University of North Dakota.
Student Satisfaction Inventory (SSI)

- The SSI constructed by Noel-Levitz to measure satisfaction of college students is a nationally standardized instrument which was administered to all on-campus UND students in spring 2008.
- The survey asks respondents to give an importance and satisfaction score (1 to 7) on a variety of items, including a few concerned with health and wellness.
Alumni Satisfaction Survey

- National survey (ACT) done every two years. Administered to alumni approximately two years after their graduation.

- This survey assesses alumni’s perceptions of UND’s impact. Identifies UND’s impact on their personal and professional growth and development, general background, employment history, educational outcomes (identifying level of importance and impact of school experiences) and educational experiences.
Physical Wellness
NSSE survey asks freshmen & seniors about physical activity

Students were asked to respond to the frequency of experiencing various reflective learning activities. These experiences show levels of college involvement outside the typical classroom. Of six reflective activities, highest on the list of participation is *Exercising or Participating in Fitness Activities*.

<table>
<thead>
<tr>
<th></th>
<th>2007</th>
<th>2009</th>
</tr>
</thead>
<tbody>
<tr>
<td>UND FR</td>
<td>66%*</td>
<td>66%*</td>
</tr>
<tr>
<td>UND SR</td>
<td>62%*</td>
<td>63%*</td>
</tr>
<tr>
<td>DOC-I FR</td>
<td>59%</td>
<td>61%</td>
</tr>
<tr>
<td>DOC-I SR</td>
<td>54%</td>
<td>56%</td>
</tr>
</tbody>
</table>

* Significantly higher as compared to peers

Source: 2009 NSSE Survey
SSI asks about satisfaction of variety of intramural offerings. This item has shown a slight increase since 2002.

scale: 1=not satisfied at all to 7=very satisfied

Source: 2008 Student Satisfaction Inventory
UND students also score *intramural offerings* higher than comparison groups (Natl & ND 4-yr institutions). 

*scale: 1=not satisfied at all to 7=very satisfied*

A variety of intramural activities are offered.

Source: 2008 Student Satisfaction Inventory
Freshmen rated self “above average” or “highest 10%” as compared with peers

Source: CIRP Freshman Survey
Seniors rated self “above average” or “highest 10%” as compared with peers

Source: CIRP Senior Survey
Freshmen reported on drinking activity done during past year

<table>
<thead>
<tr>
<th>Year</th>
<th>Drank beer</th>
<th>Drank wine or liquor</th>
</tr>
</thead>
<tbody>
<tr>
<td>2003</td>
<td>49.5%</td>
<td></td>
</tr>
<tr>
<td>2004</td>
<td>48.3%</td>
<td></td>
</tr>
<tr>
<td>2005</td>
<td>43.8%</td>
<td></td>
</tr>
<tr>
<td>2007</td>
<td>50.7%</td>
<td></td>
</tr>
<tr>
<td>2009</td>
<td>49.6%</td>
<td></td>
</tr>
</tbody>
</table>

*percentage of students reporting “occasionally” or “frequently”*

*Source: CIRP Freshman Survey*
Seniors reported on drinking activity done during past year

- Drank beer
  - 1995: 79.7%
  - 2000: 80.9%
  - 2004: 85.4%
  - 2009: 80.6%

- Drank wine or liquor
  - 1995: 85.4%
  - 2000: 87.5%
  - 2004: 88.5%
  - 2009: 89.8%

*Source: CIRP Senior Survey*

Percentage of students reporting “occasionally” or “frequently”
Percent of freshmen who reported “frequently” smoking cigarettes

Source: CIRP Freshman Survey
The SSI asks students to rate their importance and satisfaction on the variety of wellness programs available on campus. Satisfaction on this item has slightly increased each year. 

scale: 1=not satisfied at all and 7=very satisfied

Source: 2008 Student Satisfaction Inventory
Alumni Survey asks “indicate your level of satisfaction with aspect of health & wellness programs/services for students while you were attending (UND)?” (responses include “very satisfied” or “satisfied”)

Source: 2008 Alumni Outcomes Survey
Emotional Wellness
Freshmen: College is how many miles from home?

- Over 500: 10.6%
- 5 or fewer: 10.2%
- 6 to 10: 2.6%
- 11 to 50: 7.2%
- 51 to 100: 10.6%
- 101 to 500: 58.8%

Source: 2009 CIRP Freshman Survey
Freshmen residential plans

- Residence Hall: 85.8%
- Private Home / Apartment / Room: 4.6%
- Greek: 0.1%
- Home with Family: 7.3%
- Other: 0.1%
- Other Campus: 2.1%

Source: 2009 CIRP Freshman Survey
Seniors feeling lonely or homesick

Percentage of students reporting “occasionally” or “frequently”

Source: CIRP Senior Survey
Freshmen who responded “frequently” to the following activities (during the past year):

<table>
<thead>
<tr>
<th></th>
<th>2004</th>
<th>2005</th>
<th>2007</th>
<th>2009</th>
</tr>
</thead>
<tbody>
<tr>
<td>UND</td>
<td>Natl</td>
<td>UND</td>
<td>Natl</td>
<td>UND</td>
</tr>
<tr>
<td>Feel Overwhelmed by all I have to do</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>8.6%</td>
<td>14.9%</td>
<td>8.6%</td>
<td>15.0%</td>
</tr>
<tr>
<td>Female</td>
<td>24.5%</td>
<td>34.6%</td>
<td>25.9%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Felt Depressed</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>1.9%</td>
<td>4.9%</td>
<td>1.6%</td>
<td>4.9%</td>
</tr>
<tr>
<td>Female</td>
<td>4.3%</td>
<td>7.9%</td>
<td>5.1%</td>
<td>7.5%</td>
</tr>
</tbody>
</table>

Source: CIRP Freshman Survey
Freshmen rated self “above average” or “highest 10%” as compared with peers

Source: CIRP Freshman Survey
Freshmen rated self “above average” or “highest 10%” as compared with peers.
NSSE asks “To what extent does your institution emphasize.. Helping you cope with your non-academic responsibilities (work, family, etc)?”

(scale: 1=very little, 2=some, 3=quite a bit, 4=very much)

<table>
<thead>
<tr>
<th></th>
<th>2007</th>
<th>2009</th>
</tr>
</thead>
<tbody>
<tr>
<td>UND FR</td>
<td>2.11</td>
<td>2.11*</td>
</tr>
<tr>
<td>UND SR</td>
<td>1.82</td>
<td>1.87*</td>
</tr>
<tr>
<td>DOC-I FR</td>
<td>2.13</td>
<td>2.23</td>
</tr>
<tr>
<td>DOC-I SR</td>
<td>1.89</td>
<td>1.96</td>
</tr>
</tbody>
</table>

* Significantly lower as compared to peers

Source: 2009 NSSE Survey
EAS asks “How comfortable would you be talking with your Resident Assistant about a personal concern?”

percentages are those students reporting “very comfortable” or “comfortable”

Source: Environmental Assessment Survey (Housing)
NSSE asks “To what extent has your experience at this institution contributed to your knowledge, skills, and personal development in the area of Understanding Yourself?” (scale: 1=very little, 2=some, 3=quite a bit, 4=very much)

Source: 2009 NSSE Survey

<table>
<thead>
<tr>
<th></th>
<th>UND FR</th>
<th>UND SR</th>
<th>DOC-I FR</th>
<th>DOC-I SR</th>
</tr>
</thead>
<tbody>
<tr>
<td>2007</td>
<td>2.58</td>
<td>2.59</td>
<td>2.70</td>
<td>2.75</td>
</tr>
<tr>
<td>2009</td>
<td>2.66</td>
<td>2.60</td>
<td>2.80</td>
<td>2.77</td>
</tr>
</tbody>
</table>

* Significantly lower as compared to peers
Spiritual Wellness
Freshmen response when asked if they attended a religious service

percentages are those students reporting “frequently” or “occasionally”

Source: CIRP Freshman Survey
Senior response when asked if they attended a religious service

percentages are those students reporting "frequently" or "occasionally"

Source: CIRP Senior Survey
NSSE asks “During the current school year, about how often have you participated in activities to enhance your spirituality (worship, meditation, prayer, etc.)?” (scale: 1 = very little, 2 = some, 3 = quite a bit, 4 = very much)

### Participation in spirituality activities

<table>
<thead>
<tr>
<th></th>
<th>2007</th>
<th>2009</th>
</tr>
</thead>
<tbody>
<tr>
<td>UND FR</td>
<td>1.99*</td>
<td>1.97</td>
</tr>
<tr>
<td>UND SR</td>
<td>2.07*</td>
<td>2.09</td>
</tr>
<tr>
<td>DOC-I FR</td>
<td>2.21</td>
<td>2.06</td>
</tr>
<tr>
<td>DOC-I SR</td>
<td>2.26</td>
<td>2.15</td>
</tr>
</tbody>
</table>

* Significantly lower as compared to peers

Source: 2009 NSSE Survey
NSSE asks “To what extent has your experience at this institution contributed to your knowledge, skills, and personal development in the area of Developing a deepened sense of spirituality?” (scale: 1=very little, 2=some, 3=quite a bit, 4=very much)

Source: 2009 NSSE Survey

<table>
<thead>
<tr>
<th></th>
<th>2007</th>
<th>2009</th>
</tr>
</thead>
<tbody>
<tr>
<td>UND FR</td>
<td>1.92*</td>
<td>1.97*</td>
</tr>
<tr>
<td>UND SR</td>
<td>1.66*</td>
<td>1.77*</td>
</tr>
<tr>
<td>DOC-I FR</td>
<td>2.08</td>
<td>2.12</td>
</tr>
<tr>
<td>DOC-I SR</td>
<td>1.95</td>
<td>1.91</td>
</tr>
</tbody>
</table>

* Significantly lower as compared to peers
Intellectual Wellness
Academic engagement in high school

Earning an A in High School vs Study Hours

Earning an “A” Average

Study for 6 Hours or More Per Week

Source: CIRP Freshman Survey
Self-rating of traits (self compared to peers)

Student rated self “above average” or “highest 10%”.

Source: CIRP Freshman Survey
Student-Faculty Interaction

Are faculty members accessible and supportive?
44% (38%) of FY students say their faculty are available, helpful and sympathetic.

How many students work on research projects with faculty?
By their senior year, 18% (16%) of students have done research with a faculty member.

Do students receive prompt feedback on academic performance?
48% (47%) of FY students indicate that they frequently get prompt verbal or written feedback from faculty members.

Source: 2009 NSSE Survey (2007 figures are in parentheses)
NSSE asks “Have you participated in a learning community or some other formal program where groups of students take two or more classes together?” (percent responding “done”)

<table>
<thead>
<tr>
<th></th>
<th>2007</th>
<th>2009</th>
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</thead>
<tbody>
<tr>
<td>UND FR</td>
<td>8%*</td>
<td>9%*</td>
</tr>
<tr>
<td>UND SR</td>
<td>19%*</td>
<td>22%*</td>
</tr>
<tr>
<td>DOC-I FR</td>
<td>18%</td>
<td>20%</td>
</tr>
<tr>
<td>DOC-I SR</td>
<td>25%</td>
<td>26%</td>
</tr>
</tbody>
</table>

* Significantly lower as compared to peers

Source: 2009 NSSE Survey
NSSE asks “To what extent has your experience at this institution contributed to your knowledge, skills, and personal development in the area of Acquiring a broad general education?”

(scale: 1=very little, 2=some, 3=quite a bit, 4=very much)

<table>
<thead>
<tr>
<th>Institution</th>
<th>2007</th>
<th>2009</th>
</tr>
</thead>
<tbody>
<tr>
<td>UND FR</td>
<td>3.04*</td>
<td>3.16</td>
</tr>
<tr>
<td>UND SR</td>
<td>3.06*</td>
<td>3.15*</td>
</tr>
<tr>
<td>DOC-I FR</td>
<td>3.11</td>
<td>3.15</td>
</tr>
<tr>
<td>DOC-I SR</td>
<td>3.23</td>
<td>3.23</td>
</tr>
</tbody>
</table>

* Significantly lower as compared to peers

Source: 2009 NSSE Survey
Alumni Survey asks “indicate the extent to which you agree/disagree with the following statement about UND. Overall, the school had an intellectually stimulating atmosphere.” (responses include “strongly agree” and “agree”)

Source: 2008 Alumni Outcomes Survey

<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>2003</td>
<td>85.4%</td>
</tr>
<tr>
<td>2004</td>
<td>83.0%</td>
</tr>
<tr>
<td>2006</td>
<td>84.8%</td>
</tr>
<tr>
<td>2008</td>
<td>84.7%</td>
</tr>
</tbody>
</table>
Occupational Wellness
Top two reasons students report as *Very Important* in their decision to attend UND

% of Students Reporting

<table>
<thead>
<tr>
<th>Year</th>
<th>Academic Reputation</th>
<th>Grads Get Good Jobs</th>
</tr>
</thead>
<tbody>
<tr>
<td>1998</td>
<td>44.7</td>
<td>44.7</td>
</tr>
<tr>
<td>1999</td>
<td>51.2</td>
<td>51.2</td>
</tr>
<tr>
<td>2000</td>
<td>49.2</td>
<td>49.2</td>
</tr>
<tr>
<td>2001</td>
<td>42.7</td>
<td>42.7</td>
</tr>
<tr>
<td>2002</td>
<td>51.0</td>
<td>51.0</td>
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<tr>
<td>2003</td>
<td>52.5</td>
<td>52.5</td>
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<tr>
<td>2004</td>
<td>57.7</td>
<td>57.7</td>
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<tr>
<td>2005</td>
<td>62.0</td>
<td>62.0</td>
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<tr>
<td>2006</td>
<td>63.8</td>
<td>63.8</td>
</tr>
<tr>
<td>2007</td>
<td>64.8</td>
<td>64.8</td>
</tr>
<tr>
<td>2008</td>
<td>63.8</td>
<td>63.8</td>
</tr>
</tbody>
</table>

*Missing data is result of question not being asked*

Source: CIRP Freshman Survey
Contrasting college educational values of freshmen objectives considered to be essential or very important

- **Being Very Well off Financially**
  - 2009, 79.4%
  - 2009, 35.2%

- **Developing a Meaningful Philosophy of Life**

Source: CIRP Freshman Survey
What are freshmen requesting?

*From the CSI Report*

- Discuss job market for college graduates (mean=6.30)
- Get help with study habits (mean=6.26)
- Discuss qualifications for occupations (mean=6.22)
- Get help in meeting new friends (mean=6.15)
- Get information about clubs & social organizations (fraternities/sororities) (mean=6.10)
- Get help in selecting an occupation (mean=6.04)
- Get advice and tour from experienced student (mean=5.93)
- Get help with exam skills (mean=5.88)

Source: 2009 College Student Inventory
Freshmen report chances are “very good” that he/she will participate in volunteer/community services.

Source: CIRP Freshman Survey
NSSE asks “Have you participated in Community service or volunteer work?” (percent responding “done”)

Source: 2009 NSSE Survey

<table>
<thead>
<tr>
<th></th>
<th>2007</th>
<th>2009</th>
</tr>
</thead>
<tbody>
<tr>
<td>UND FR</td>
<td>28%*</td>
<td>33%*</td>
</tr>
<tr>
<td>UND SR</td>
<td>58%</td>
<td>64%**</td>
</tr>
<tr>
<td>DOC-I FR</td>
<td>39%</td>
<td>41%</td>
</tr>
<tr>
<td>DOC-I SR</td>
<td>60%</td>
<td>60%</td>
</tr>
</tbody>
</table>

*Significantly lower as compared to peers
**Significantly higher as compared to peers
Social Wellness
Self-rating of traits (self compared to peers)

Student rated self “above average” or “highest 10%”

Source: CIRP Freshman Survey
Hours per week freshmen spend networking online (e.g. Facebook)

Source: 2009 CIRP Freshman Survey
Supportive Campus Environment

How well do students get along with administrators and staff? 33% (22%) of FY students find the administrative personnel and offices helpful, considerate, and flexible.

Are students satisfied with their overall educational experience? 89% (85%) of FY students report a favorable image of this institution; 85% (84%) of seniors would choose this school again if they could start their college career over.

To what extent does the school help students deal with their academic and social needs? 75% (70%) of FY students feel that this institution has a substantial commitment to their academic success. 46% (46%) feel well-supported by the institution regarding their social needs.

Source: 2009 NSSE Survey (2007 figures are in parentheses)
NSSE asks “To what extent does your institution emphasize... Providing the support you need to thrive socially?”
(scale: 1=very little, 2=some, 3=quite a bit, 4=very much)

<table>
<thead>
<tr>
<th></th>
<th>2007</th>
<th>2009</th>
</tr>
</thead>
<tbody>
<tr>
<td>UND FR</td>
<td>2.39</td>
<td>2.43</td>
</tr>
<tr>
<td>UND SR</td>
<td>2.22</td>
<td>2.14</td>
</tr>
<tr>
<td>DOC-I FR</td>
<td>2.42</td>
<td>2.48</td>
</tr>
<tr>
<td>DOC-I SR</td>
<td>2.18</td>
<td>2.22</td>
</tr>
</tbody>
</table>

No significant difference as compared to peers

Source: 2009 NSSE Survey
Environmental Wellness
Involvement of programs to clean up the environment

% of Freshmen reporting their involvement as “essential” or “very important”

Source: CIRP Freshman Survey

Missing data is result of question not being asked
Involvement of programs to clean up the environment

% of Seniors reporting their involvement as “essential” or “very important”

Source: CIRP Senior Survey
From the Alumni Survey ... “indicate your level of involvement in Environmental aspects while you were attending (UND)” (responses include “average” to “high level” of involvement)

Source: 2008 Alumni Outcomes Survey
Questions or Comments?
What Are Students Saying About Health & Wellness?

A selection of findings from recent institutional surveys

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Office of Institutional Research
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