What Are Students Saying About Health & Wellness?

A selection of findings from recent institutional surveys

University of North Dakota
Office of Institutional Research
May 2011
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)
- Beginning College Survey of Student Engagement (BCSSE)
- 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. (est. 1966)
- 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.
College Student Inventory (CSI)

- 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.
Beginning College Survey of Student Engagement (pronounced “bessie”)

The Beginning College Survey for Student Engagement (BCSSE) has a goal to measure and predict student engagement based on high school experiences and attitudes toward college. The University of North Dakota participated in BCSSE for the first time during the summer of 2010.
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 2011. However, results will not be available until Fall 2011, so fall 2009 results are presented.
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 2010.
- 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. Last administered Spring 2010.

- 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.
BCSSE asks, “during your last year of high school, about how many hours *did you spend* in a typical 7-day week doing each of the following…”

Source: 2010 BCSSE Survey
BCSSE asks “During the coming year, about how many hours do you think you will spend on the following in a typical 7-day week?”

- Participating in co-curricular activities (arts, clubs, athletics, etc.)
- Relaxing and socializing (watching TV, partying, etc.)

Source: 2010 BCSSE Survey
“During high school, how involved were you in athletic teams (varsity, junior varsity, club sport, etc.)”

(1=not involved) (6=highly involved)

Source: 2010 BCSSE Survey
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>Activity</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: 2010 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

Source: 2010 Student Satisfaction Inventory
Freshmen rated self “above average” or “highest 10%” as compared with peers

Source: 2009 CIRP Freshman Survey
Seniors rated self “above average” or “highest 10%” as compared with peers

Source: 2009 CIRP Senior Survey
Freshmen reported on drinking activity done during past year

percentage of students reporting “occasionally” or “frequently”

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

Source: CIRP Senior Survey
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: 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: 2010 Alumni Outcomes Survey
Emotional Wellness
Freshmen: College is how many miles from home?

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

Source: 2009 CIRP Freshman Survey
Freshmen residential plans

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

Source: 2009 CIRP Freshman Survey
Seniors feeling lonely or homesick

Percentage of students reporting “occasionally” or “frequently”

Source: 2009 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><strong>Feel Overwhelmed by all I have to do</strong></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><strong>Felt Depressed</strong></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: 2009 CIRP Freshman Survey
Freshmen rated self “above average” or “highest 10%” as compared with peers

Source: 2009 CIRP Freshman Survey
Freshmen rated self “above average” or “highest 10%” as compared with peers.

Source: 2009 CIRP Freshman Survey
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)

Source: 2009 NSSE Survey

<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
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)

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

* Significantly lower as compared to peers

Source: 2009 NSSE Survey
Spiritual Wellness
Involvement in religious groups

“During high school, how involved were you in religious youth groups?”
(1=not involved)  (6=highly involved)

Source: 2010 BCSSE Survey
Freshman response when asked if they attended a religious service

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

Source: 2009 CIRP Freshman Survey
Senior response when asked if they attended a religious service

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

Source: 2009 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)

<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
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: 2009 CIRP Freshman Survey
BCSSE asks “During the last year of high school about how often did you miss a day of school?”

Source: 2010 BCSSE Survey
Self-rating of traits (self compared to peers)

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

Source: 2009 CIRP Freshman Survey
Involvement in performing arts

BCSSE asks “During high school, how involved were you in performing or visual arts programs (band, chorus, theater, art, etc.)?”

(1=not involved)  (6=highly involved)

Source: 2010 BCSSE 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>Learning community participation</th>
<th>2007</th>
<th>2009</th>
</tr>
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<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>
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</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)

Source: 2009 NSSE Survey

<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>
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</table>

* Significantly lower as compared to peers
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: 2010 Alumni Outcomes Survey
Occupational Wellness
Top two reasons students report as Very Important in their decision to attend UND

Source: 2009 CIRP Freshman Survey

Missing data is result of question not being asked
Contrasting college educational values of freshmen objectives considered to be essential or very important

Being Very Well off Financially

Developing a Meaningful Philosophy of Life

Source: 2009 CIRP Freshman Survey
What are freshmen requesting?

*From the CSI Report*

- Get help with exam skills (mean=6.49)
- Get help with an academic program (mean=6.39)
- **Discuss the qualifications for occupations** (mean=6.34)
- Get help with study habits (mean=6.11)
- **Discuss job market for college graduates** (mean=6.06)
- Get information about clubs & social organizations (fraternities/sororities) (mean=5.99)
- **Discuss advantages and disadvantages of occupations** (mean=5.94)
- Get help in meeting new friends (mean=5.91)

Source: 2010 College Student Inventory
Freshmen report chances are “very good” that he/she will participate in volunteer/community service.

Source: 2009 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
BCSSE asks “During the coming school year, how difficult do you expect it will be to make new friends?” (1=not at all difficult) (6=very difficult)

Source: 2010 BCSSE Survey
BCSSE asks “How many of your close friends will attend this college during the coming year?”

Source: 2010 BCSSE Survey
“How important is it to you that your college or university provides opportunities to attend campus events and activities?”

(1=not important)  
(6=very important)
Importance of Social Support

“How important is it to you that your college or university provides support to help you thrive socially?”

(1=not important)  
(6=very important)

Source: 2010 BCSSE Survey
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)

Source: 2009 NSSE 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)
BCSSE asks students about racial/ethnic interaction

“During the last year of high school about how often did you have serious conversations with students of a different race or ethnicity than your own?”

Source: 2010 BCSSE Survey
NSSE asks students about racial/ethnic interaction

“During the current school year about how often did you have serious conversations with students of a different race or ethnicity than your own?”

Source: 2009 NSSE Survey
BCSSE asks “During the last year of high school about how often did you have serious conversations with students who are very different in terms of religious beliefs, political opinions, or personal values?”

Source: 2010 BCSSE Survey
NSSE asks “During the current school year, about how often did you have serious conversations with students who are very different in terms of religious beliefs, political opinions, or personal values?”

Source: 2009 NSSE Survey
BCSSE asks about diversity opportunities

“How important is it to you that your college or university provides opportunities to interact with students from different economic, social, and racial or ethnic categories?”

(1=not important)  (6=very important)

Source: 2010 BCSSE Survey
NSSE asks about diversity opportunities

“To what extent does your institution encourage contact among students from different economic, social, and racial or ethnic backgrounds?”

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: 2009 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: 2009 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: 2010 Alumni Outcomes Survey
What Are Students Saying About Health & Wellness?

Office of Institutional Research
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