

Date received: _____

Date sent for review: _____

Cover Sheet for EXEMPT IRB Application

Principal Investigator Name: _____

Project Title: **The Experience of First Generation Clarke Students**

Remember that exempt refers to the IRB process requiring fewer reviewers. It does not mean the research does not need a review. [See IRB webpage on Exempt and Expedited Reviews for full description of category].

1. The nature of the study involves Exempt research categories:

- ☒ Simple survey procedure
☐ Interview procedure (face to face or telephone)
☐ Educational strategies or tests
☐ Observation of public behavior
☐ Review of existing data
☐ Other, please describe:

2. The research involves less than minimal risk, i.e. there is no risk for civil or criminal liability, employability, damage to subject's financial standing, or reputation.

☒ Yes ☐ No

3. The research involves a protected population, i.e. minors, pregnant women, fetuses, prisoners, mentally handicapped persons. *If YES, this research is not for exempt review.*

☐ Yes ☒ No

4. The research involves deception or may intentionally provide misleading information to participants. *If YES, this research may not be appropriate for exempt review.*

☐ Yes ☒ No



INSTITUTIONAL REVIEW BOARD ON HUMAN PARTICIPANTS
Application for IRB Review and Approval Guidelines

General Instructions

Application must be typewritten, completed in its entirety, and saved as:

Lastname_Firstinitial_Keyword_IRB_version#.pdf (e.g., Mai_J_Balance_IRB_v1.pdf).

This Application and supporting documents should be sent as one PDF file to irb@clarke.edu.

Complete applications will include the documents listed below. These documents should be scanned into a single PDF **in the order listed**.

- ☒ Exempt, expedited, or full review cover sheet
- ☒ This form with faculty signature if PI is a student
- ☒ Proposal abstract
- ☒ Appropriate CITI Training Certificate
- ☒ Informed consent forms (if required)

Note: An IRB number will be assigned when final approval is given. This IRB number must be added to the consent form.

- ☒ Research tool(s) (e.g., questionnaire, survey, interview questions, test questions)
- ☒ Recruitment materials (including but not limited to copies of script for face to face recruitment, a copy of recruitment e-mail, social media post, recruitment flyers/posters)
- ☒ Permission statement from research location(s) if research is to be conducted outside of Clarke University

- All required materials must initially be submitted to irb@clarke.edu.
- Incomplete applications will be returned un-reviewed.
- Revised Applications must be submitted as a complete Application and sent directly to the reviewer who reviewed the first version. When saved and submitted, please do so with a new version number (e.g., Mai_J_Balance_IRB_v2.pdf).
- Exempt and expedited applications may take up to four weeks to review per submission. Full IRB reviews may take longer.

NOTE: When completing this form, the text boxes in which to insert content do not display spell check or grammar check notifications (i.e., no red squiggly lines). Applicants may want to compose some answers in a separate MSWord file before pasting into the Application.

TIP: Tab from text box to text box or from check box to check box instead of using a mouse. Boxes can be checked using the space bar.

IRB Application

I. Project Title: The Experience of First Generation Clarke Students

Principal Investigator (PI) Information		
(Name) [REDACTED]	(Department) Social Work	
(E-mail) [REDACTED]	(Phone) [REDACTED]	(CITI Certificate #) [REDACTED]

Faculty Research Advisor Information		
(Name) [REDACTED]	(Department) Social Work	
(E-mail) [REDACTED]	(Phone) [REDACTED]	(CITI Certificate #) [REDACTED]

Additional Investigator(s) Information		
(Name)	(Department)	
(E-mail)	(Phone)	(CITI Certificate #)
(Name)	(Department)	
(E-mail)	(Phone)	(CITI Certificate #)
(Name)	(Department)	
(E-mail)	(Phone)	(CITI Certificate #)

**If more "Additional Investigators" are required, please include them in the Appendix

II. Is this project funded by an outside agency?

- ☐ Yes; Sponsor's name is
- ☒ No

III. If research is being conducted to meet course or graduation requirements, please check all of the following that apply:

- ☐ A major goal of the project is to practice skills related to conducting research (e.g., administering a previously created tool to learn data collection and analysis procedures).
- ☒ A major goal of the project is to apply previously researched principles to a specific population (are hand washing procedures being followed by clinic staff and what are the related infection rates at clinic X OR does reading skill improve when applying this previously studied technique to my students at school Y).
- ☐ A major goal is to conduct original research, but there may be limitations in the study (e.g., participant pool is too small to make generalizations, the need to use my colleagues as participants means that I will not be able to ask personal questions).
- ☐ None of these apply. Continue to Question IV

- A. Explain any limitations to the research project that might relate to the statements above:

Limitations of the study extend to a fairly small sample size (less than 200 students), drawing from a convenience sample of currently enrolled first generation Clarke students using Microsoft Forms to collect data. Sometimes utilizing an online data collection system may procure a lower response rate.

- IV. What are the anticipated start and end dates?

**** Recruitment for research cannot start until IRB approval has been obtained. Please allow four weeks for the IRB review process.**

Desired date to begin recruitment for the study	
Anticipated date for completion of data collection	
Anticipated date to submit Completion Form	
For Student Researchers only: Final Presentation (estimated date)	

**** Research is considered complete once data collection is completed. Once completed, researcher(s) must submit a Completion of an Approved Research Project Form to irb@clarke.edu.**

- V. IRB must consider the research design in order to assess the risks and benefits of this study. This includes recruitment of participants, data collection, data analysis, and dissemination of the results. Please respond to the questions and statements below so that IRB can complete this evaluation.

- A. **Rationale:** Using ordinary, non-specialized terms, provide background and rationale for the project.

This study will provide Clarke's faculty and practitioners with new information that may help shape how the institution will address the first generation students and their needs. The students' perception of the campus environment is important in explaining what the first generation students must adapt to once they arrive at Clarke University as well as how well they have adapted so far. The results will also highlight places where Clarke University can improve the students' integration to university life. The data on the students' mental health will spread a greater awareness of any concerning patterns the study may uncover and will engage Clarke University in a better conversation about how best to address their students' holistic wellness. The results are mutually beneficial to both the students and the university as both returning and incoming first generation students will have a better college experience. After improving the relationship between the university and the first generation college students, Clarke will be more likely to retain and attract first generation students.

- B. **Research Questions:** List all research questions that will be asked. Questions must be approved by a research advisor if the PI is a student.

How do first generation Clarke students feel regarding their sense of belonging on campus? Is there a relationship between Clarke's first generation students' sense of belonging and satisfaction and their mental well-being?

C. Participants:

1. Participants (Please estimate maximum numbers)

Adult volunteers (patients are not to be included in this number)	198
Students within a classroom setting	
Minors (under 18)	
Patients as experimental participants	
Patients as controls	
Persons whose first language is not English	
Pregnant women or fetuses	
Adults with cognitive disabilities	
Prisoners, incarcerated	
Other (please specify):	
Total anticipated participants (maximum)	198

2. Will participants be able to participate in a language in which they are fluent? (Check all that apply) It is not acceptable to include participants who are not able to fully understand the consent materials or the tool being used.

- ☒ Yes, all participants will participate in a language in which they are fluent.
- ☐ Yes, translations will be offered. Provide evidence that an appropriate translator is being used to create forms and/or to conduct interviews.
- ☐ No, participants are not used in study.

3. What inclusion and exclusion criteria will be used to determine eligibility to participate?

This study is to include only first generation undergraduate students. First generation students will be defined by the FASFA definition; i.e. neither of the student's parents/guardians have gone to college or received a four year degree. Those who do not meet the criteria will be excluded.

4. If using a specific sampling method, indicate which sampling method(s) will be used.

- | | |
|--|--|
| <input type="checkbox"/> Simple Random Sampling | <input checked="" type="checkbox"/> Volunteer Sampling |
| <input type="checkbox"/> Stratified Sampling | <input type="checkbox"/> Network Sampling |
| <input type="checkbox"/> Cluster Sampling | <input type="checkbox"/> Snowball Sampling |
| <input type="checkbox"/> Systematic Sampling | <input type="checkbox"/> Purposive Sampling |
| <input type="checkbox"/> Multistage Sampling | <input type="checkbox"/> Quota Sampling |
| <input checked="" type="checkbox"/> Convenience Sampling | <input type="checkbox"/> Other: |

D. Recruitment

1. Recruitment Location (Check all that apply)

☒ Clarke University

☐ Public areas not located at Clarke. Please list specific areas:

☐ Social media (e.g., Facebook, Instagram, Twitter, etc.). Please list sites & groups:

** Applicant must secure and include documentation of approval to recruit from non-public virtual communities or interest groups (e.g., moderator of a closed Facebook group).

☐ Other location(s) (e.g., businesses, other institutions, agencies, etc.). Please list:

** Applicant must secure and include documentation of approval to recruit at these location(s). Please include copies of permissions in the Appendix.

2. Will these other locations require this project to be approved by their own IRB?

☐ Yes, the following other locations will require this project to be approved by their own IRB:

** Note: If Applicant is able, please include the project's IRB approval notification(s) from these other location(s) in this application.

☒ No, these other locations will rely on the Clarke University IRB approval process.

3. How will potential participants be contacted in order to recruit them? Please include a copy of the e-mail, script, flyer, or advertisement to be used to recruit potential participants. Refer to IRB website for policy on incentives.

Participants will be contacted via email with an introductory letter along with an explanation of the nature of the research, the voluntary nature of the study, the right to opt out at any time, anonymity in responses, along with a direct link to Microsoft Forms. One week after the initial email, a second email will be sent as a reminder for survey participation and a final reminder will be sent the week after the second. The survey will be closed one week after data analysis will begin.

4. Is informed consent required? (Research using previously recorded data may not require informed consent.)

☒ Yes

☐ No

5. How will consent be obtained? Check all that apply. (Include with the application)

☐ Informed Consent Form with Cover Letter

☐ Parent/Guardian Informed Consent Form with Cover Letter

☐ Parental Notification Letter (for Action Research only)

☐ Assent Form

☐ Verbal Consent (with Script)

☒ Participation Consent (for Web and Phone Surveys)

6. If it is not possible to obtain written consent, describe how an understandable explanation will be given to the participants and consent will be acknowledged.

A link to the questionnaire will be:

https://forms.office.com/Pages/ResponsePage.aspx?id=LXnr4M9g10SmluejaqFAC3q2Q5NWu_VCh_QBz5zKwrpUNjQzQzkzTFRMQjBRTzk2MFVaTVY5UIFXTi4u

E. Data Collection and Analysis

1. Data Collection and Analysis Location (Check all that apply)

☒ Clarke University

☐ Public areas not located at Clarke. Please list specific areas:

☐ Social media (e.g., Facebook, Instagram, Twitter, etc.). Please list:

**** Applicant must secure and include documentation of approval to collect data from non-public virtual communities or interest groups (e.g., moderator of a closed Facebook group).**

☐ Other location(s) (e.g., businesses, other institutions, agencies, etc.) Please list:

**** Applicant must secure and include documentation of approval to collect data at these location(s). Please include copies of permissions in the Appendix.**

2. If applicable, will these other locations require their IRB to approve of the project?

☐ Yes, the other location's IRB approval is attached.

☐ Yes, but the other location has yet to provide notification of IRB approval.

☒ No, the other location will be using the Clarke University IRB approval.

3. Indicate which of the collection tools will be used during research and attach all relevant documents. (Check all that apply)

☐ Survey, questionnaire(s) created by researcher: Attach tool(s)

☐ Survey, questionnaire(s) routinely collected by the site: Attach tool(s)

☒ Survey, questionnaire(s) created by other researcher: Attach tool(s) and permission or documentation that the survey is in the public domain

☐ Interview: phone/in-person: Attach interview tool(s) or questions being used

☐ Focus group: Attach questions being used

☐ Analysis of student test scores or routine assignments: Attach sample test(s) and assignment(s)

☐ Analysis of existing public records or documents

☐ Analysis of medical or other private records

☐ Direct observation of people in school, workplace, or other non-public location: Attach tool(s) if relevant

- ☐ Direct observation of people in public places: Attach tool(s) if relevant
- ☐ Collection of physical specimens (e.g., blood, saliva, etc.)
- ☐ Collection of data or physical specimen through non-invasive means (e.g., weight)
- ☐ Other(s) (please specify):

4. How will participants complete the study (e.g., email, phone, mail, face to face)? Include the web address, email, script, survey, or other relevant information.

Through the Forms Survey Link - Please see the script emails later in the application.

5. How often will participants be expected to meet with researcher(s) and for how long (e.g., two one-hour meetings, two weeks apart; 10-minute survey)?

The initial email will be sent out late March. At one and two weeks after the initial email, reminder emails will be sent out to remind participants to complete the survey. After 3 weeks of data collection, the survey will be closed and analysis will begin. The survey consists of demographic information, likert rated items. The survey should not take longer than 10 minutes to complete.

6. Explain in detail the total experience of participants during the research. Be sure to include scripts, forms, surveys, and other documents related to the study.

Participants will be sent an email in regard to the purpose/nature of the study. The email will include a link to Microsoft Forms and a statement indicating that proceeding to the site will imply consent. Participants will complete the survey and will be thanked at the end for their participation.

7. How will the accuracy of the data collection be ensured (e.g., pilot testing, interrater reliability, single or double blind)? IRB may request raw data in order to assess accuracy.

Pilot study within social work class to see if people understand the question.

8. Will data be anonymous or confidential? *Anonymous data are data collected with no identifiers available to the researcher. Confidential data include one or more identifiers which is available to the researcher.*

- ☒ Anonymous
- ☐ Confidential

9. How will data be *collected* in order to protect the confidentiality and privacy of participants?

All emails will be sent through blind copy to maintain anonymity. Three reminder emails will be sent, one week apart from each other. Data will be collected through Microsoft Forms, there will be no identifying information asked from the participant other than traditional demographic information. (Please see attached tool.)

10. How will data be *stored* in order to protect confidentiality and privacy of participants (e.g., locked file in a particular room, password protected file on a specific computer)? Be specific.

Data will be collected and stored in a file within the researcher's password protected computer. The file will be encrypted and hidden in a file within the researcher's computer.

11. How and when will data be destroyed? The federal government requires data to be retained for at least three years.

Data will be retained for three years. It will remain in the file on the researcher's computer. After three years, files will be permanently deleted.

12. Describe the specific quantitative or qualitative analysis that will be used to answer the research questions.

Quantitative analysis will include the use of descriptive statistics to analyze the data gathered from the Microsoft Forms site.

- VI. The researcher is responsible for considering any potential risk that a research participant might experience. Risk to participants may be tolerable in research as long as it is necessary to gather the information and as long as the researcher has provided appropriate ways to minimize the risk. Carefully estimate risk level for participants of this study. Explain plans to minimize the risk to participant(s) and how participant complaints will be handled.

A. Psychological stress greater than daily life (e.g., potential to perceive topic or materials as threatening, offensive, or degrading)	Level of risk <input type="checkbox"/> Not Applicable <input checked="" type="checkbox"/> Minimal risk <input type="checkbox"/> Substantial risk
Describe circumstances that could lead to risk if applicable. Explain plans to minimize the risk to participant(s) and how participant complaints will be handled.	Answering questions related to an individual's educational experience may lead to increased anxiety. Participants will be informed of the right to opt out of the survey at any time and of the voluntary nature of the study.
B. Social or economic stress greater than daily life (e.g., perception of experience as potentially damaging to financial standing, employability, job retention, or reputation)	Level of risk <input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Minimal risk <input type="checkbox"/> Substantial risk
Describe circumstances that could lead to risk if applicable. Explain plans to minimize the risk to participant(s) and how participant complaints will be handled.	
C. Physical or medical risk greater than daily life (e.g., potential for physical injury or negative impact on health)	Level of risk <input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Minimal risk <input type="checkbox"/> Substantial risk
Describe circumstances that could lead to risk if applicable. Explain plans to minimize the risk to participant(s) and how participant complaints will be handled.	

D. Unintended disclosure of confidential information (e.g., school or medical records)	Level of risk <input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Minimal risk <input type="checkbox"/> Substantial risk
Describe circumstances that could lead to risk if applicable. Explain plans to minimize the risk to participant(s) and how participant complaints will be handled.	Data will be collected through Microsoft Forms and all information will remain anonymous.
E. Perceived coercion to participate because of existing or potential relationship between researcher and participant (e.g., friend-friend, teacher-student, employer-employee)	Level of risk <input type="checkbox"/> Not Applicable <input checked="" type="checkbox"/> Minimal risk <input type="checkbox"/> Substantial risk
Describe circumstances that could lead to risk if applicable. Explain plans to minimize the risk to participant(s) and how participant complaints will be handled.	There is minimal risk for perceived coercion to participate due to the nature of the relationship I have with some of the possible participants. Some of the possible participants are people that I interact with at Clarke University. I will minimize this risk by ensuring the informed consent form states that participation is voluntary and not required, as well as that responses will be kept confidential.
F. Confusion resulting from experimental deception (e.g., use of placebo)	Level of risk <input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Minimal risk <input type="checkbox"/> Substantial risk
Describe circumstances that could lead to risk if applicable. Explain plans to minimize the risk to participant(s) and how participant complaints will be handled.	
G. List any other risk that may apply:	Level of risk <input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Minimal risk <input type="checkbox"/> Substantial risk
Describe circumstances that could lead to risk if applicable. Explain plans to minimize the risk to participant(s) and how participant complaints will be handled.	

VII. Conflicts of Interest (COI)

A. Financial COI: Do any of the researcher(s) (or their spouse(s), domestic partner(s), significant other(s), and/or dependent children) have financial interests related to this study?

☐ Yes

☒ No

1. If Yes, please disclose this financial COI:

2. If Yes, please explain how relevant researcher(s) will manage the influence of this financial COI to avoid any actual or seeming compromised judgement related to the collection, analysis or reporting of this research project. Note: Any COI should be disclosed in publications or presentations.

B. Other COI: Do any of the researcher(s) (or their spouse(s), domestic partner(s), significant other(s), and/or dependent children) have any other personal considerations that may compromise—or have the appearance of compromising—an investigator's professional judgment in conducting or reporting research for this project?

☐ Yes

☒ No

1. If Yes, please disclose this other COI:
2. If Yes, please explain how relevant researcher(s) will manage the influence of this personal COI to avoid any actual or seeming compromised judgement related to the collection, analysis or reporting of this research project. Note: Any COI should be disclosed in publications or presentations.

VIII. Describe the potential benefits of this research to individual participants or to society.

This research could be beneficial to Clarke University to better understand the experiences of their first generation students. The data can be then used to push for any institutional changes if any concerning trends are observed among the students' experiences. This is also beneficial to the first generation students by improving their experiences at Clarke University. Both returning and incoming first generation students will have a better college experience with any changes made to ensure that the students are havnig a good experience at the university.

IX. Assurance Statements

I understand and agree to follow all of Clarke University's IRB policies and requirements.



Date

Principal Investigator's Signature

If the PI is a student, then the Faculty Advisor must agree to the following:

I reviewed this application and approve of the protocols. I worked with this student to ensure that all ethical and procedural concerns have been addressed. I support this research project and attest to the ability of the researcher to conduct this study.



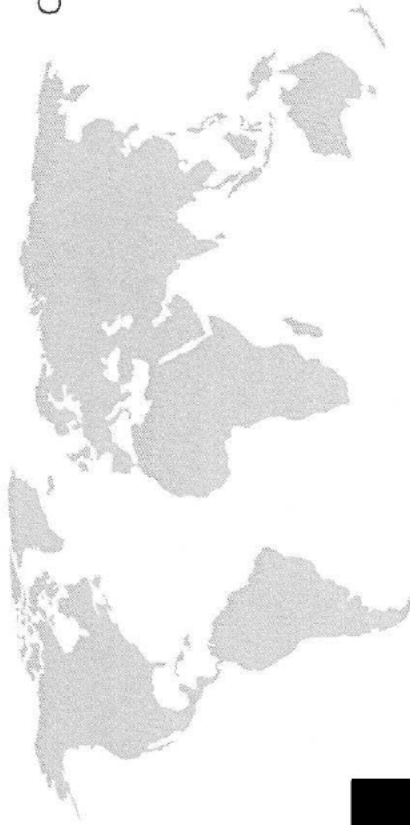
Date

Faculty Advisor's Signature (if applicable)

If the Student PI is unable to obtain a Faculty signature (e.g., Faculty Advisor is out of town), then student must CC the faculty member when submitting the Application and any revisions. The Faculty Advisor must then "Reply All" confirming approval before the Application or Revision will be considered for review or approval. This alternative signature process is only for exceptional circumstances. Please indicate why this alternative process was necessary.

ABSTRACT

Of the 711 undergraduate students enrolled in Clarke University, less than 200 of them are first generation students. While there have been surveys sent out to the student body in the past, there has not been a study of a first generation student's experience at the university. Therefore, the purpose of this study is to assess the student's perceptions of the university as well as highlight the challenges first generation students may be facing that would normally go unseen. The sample will consist of the 198 enrolled students that are considered first generation according to FASFA; i.e. neither of their parents/guardians have gone to college or received a four year degree. A 17 – item tool assessing students' experience was developed by combining surveys that assessed campus and academic climate, sense of belonging, financial difficulties, and mental and physical wellbeing. The tool consists of demographic information, and Likert style items. Three emails (one week apart for a total of three weeks) will be sent to all first generation students currently enrolled at Clarke University. The emails will inform them of the nature and purpose of the study, the right to refuse and/or opt out at any time, and steps taken to maintain anonymity. Additionally, a link to Microsoft Forms will be embedded within the email that will direct participants directly to the questionnaire. Clicking on the link will imply consent. Quantitative items will be analyzed using descriptive statistics. The data will be analyzed and used to point out any concerns that may be going undressed within the first generation student population and highlight their perceptions of the institution (good or bad) in order to provide possible incentives for institutional change.



Completion Date
Expiration Date
Record ID



This is to certify that:



Has completed the following CITI Program course:

Social & Behavioral Research - Basic/Refresher (Curriculum Group)
Social & Behavioral Research (Course Learner Group)
1 - Basic Course (Stage)



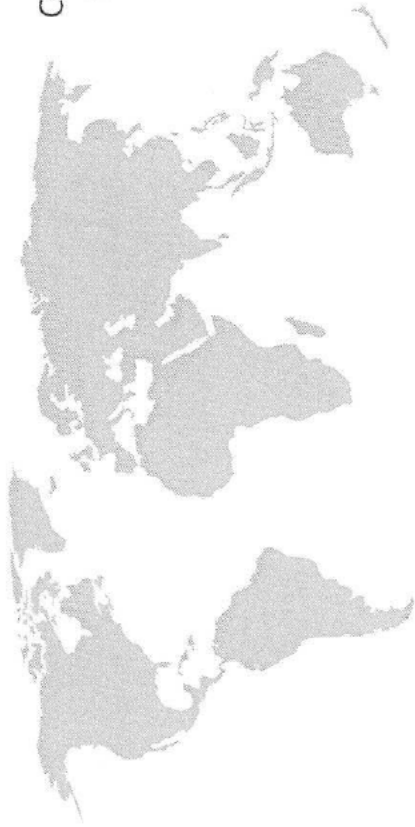
Collaborative Institutional Training Initiative

Under requirements set by:

Clarke University

Verify at www.citiprogram.org/verify/





Completion Date
Expiration Date
Record ID

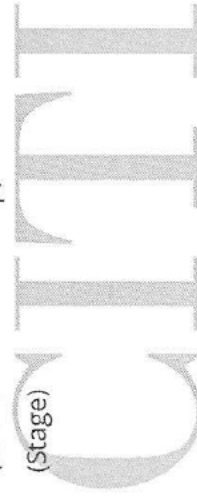


This is to certify that:



Has completed the following CITI Program course:

Social & Behavioral Research - Basic/Refresher (Curriculum Group)
Social & Behavioral Research (Course Learner Group)
1 - Basic Course (Stage)



Collaborative Institutional Training Initiative

Under requirements set by:

Clarke University

Verify at www.citiprogram.org/verify/



First Generation Clarke Student Experience Survey

Electronic Informed Consent

KEY INFORMATION

You are being asked to consent to participate in an online research study. The purpose of this study is to investigate the experiences of first generational undergraduate students studying at Clarke University in regards to their perception of the campus environment and utilization of mental health services on campus. Participation is voluntary. There is no penalty if you decide not to participate or withdraw from the study, and your relationship with [REDACTED] the Social Work department, and Clarke University will not be affected by this decision. The estimated time of participation is 10 minutes. You will be expected to complete an online survey. The survey consists of demographic information and likert rated items. The survey should not take longer than 10 minutes to complete. This research could be beneficial to Clarke University to better understand the experiences of their first generation students. This is also beneficial to the first generation students by improving their experiences at Clarke University. Both returning and incoming first generation students will have a better college experience with any changes made to ensure that the students are having a good experience at the university. Potential risks of participating include: answering questions related to an individual's educational experience may lead to increased anxiety. Participants will be informed of the right to opt out of the survey at any time and of the voluntary nature of the study.

QUALIFICATIONS TO PARTICIPATE

You are being asked to participate because you are an undergraduate first generational student studying at Clarke University. Unfortunately, there are some reasons why you may not be able to participate. These include not being a first generation college student or a graduate student.

PROCEDURES

If you agree to participate in this study, you will be asked to complete an online survey. The survey consists of demographic information and likert rated items. The survey should not take longer than 10 minutes to complete.

PARTICIPANT CONFIDENTIALITY

Your responses to this survey will be automatically anonymous, and so your name will not be connected to any publication or presentation that uses the research findings from this study.

DISCLAIMER

The risk of participating is minimal. If you experience any distress during participation, the researchers and Clarke University are not responsible for any medical or mental health expenses.

REFUSAL TO PROVIDE CONSENT

You are not required to participate in this study. Refusal to participate in this study will not affect your rights to services you currently are receiving or may receive the Social Work Department or Clarke University.

CANCELLING THIS CONSENT

At any time during the study, you have the right to withdraw your consent to participate. To withdraw from the study, you simply need to stop taking the survey and close your browser. Any information

that you have already submitted will remain part of the study because of the anonymizing collection method.

PARTICIPANT CERTIFICATION:

I have read this Informed Consent form. I have been given the opportunity to ask questions regarding the study, and I have received answers to any questions I had regarding the study. I understand that if I have any additional questions about the study or my rights as a research participant, I may contact

[REDACTED]

By clicking the link to the survey, I agree to be a participant in this study. I acknowledge that I am aware of what this study involves, that I am at least 18 years old, and that I can obtain a copy of this Informed Consent.

General Campus and Academic Climate Subscales for Undergraduate Students

PsycTESTS Citation:

Reid, L. D., & Radhakrishnan, P. (2003). General Campus and Academic Climate Subscales for Undergraduate Students [Database record]. Retrieved from PsycTESTS. doi: <https://dx.doi.org/10.1037/t08190-000>

Instrument Type:

Rating Scale

Test Format:

Items are rated on a 7-point scale ranging from 1 = strong agreement and 7 = strong disagreement.

Source:

Reid, Landon D., & Radhakrishnan, Phanikiran. (2003). Race matters: The relation between race and general campus climate. *Cultural Diversity and Ethnic Minority Psychology*, Vol 9(3), 263-275. doi: <https://dx.doi.org/10.1037/1099-9809.9.3.263>

Permissions:

Test content may be reproduced and used for non-commercial research and educational purposes without seeking written permission. Distribution must be controlled, meaning only to the participants engaged in the research or enrolled in the educational activity. Any other type of reproduction or distribution of test content is not authorized without written permission from the author and publisher. Always include a credit line that contains the source citation and copyright owner when writing about or using any test.

General Campus and Academic Climate Subscales for Undergraduate Students

Items

General Campus Climate

- In general, I fit in with other students here.
- If I had to do it all over again, I would still attend the university.
- I have found the atmosphere at this university to be very friendly.
- I feel left out of things here at the university.

Instructor

- I feel my instructors show little interest in my opinions.
- In general, my instructors help me feel confident of my abilities.
- The advisors here are sensitive to student needs.
- My work is evaluated fairly.
- I feel comfortable approaching my instructors for advice and assistance.
- I feel free to participate in class by asking questions or making comments.

Perceptions of Seriousness

- My instructors view me as a serious student.
- Other students view me as a serious student.
- I am progressing as well as the other students in my major.
- I feel somewhat out of place in the classroom.
- I am called on in class as often as other students.
- I feel less confident as a student now than I did in high school.

Perceptions of Respect

- Other students make fun of me sometimes.
- I have had instructors encourage me to major in their field.
- When I try to speak up in class, I am sometimes interrupted or ignored.
- I have been treated unfairly on this campus.

Re: SERU Survey Request For Use

Fri [REDACTED] 1:55 PM

To: [REDACTED] <[REDACTED]>

Dear [REDACTED]

Many thanks for these clarifications. SERU grants you the right for the one-time non-commercial use of these questions for your research project. Please send me the results/report when they are available so that we have it for our records.

Also, please note that WC_3 questions are derived from the GAD-2 and PHQ-2 questionnaires, so I would recommend that you obtain permission from those authors for use.

Please let me know if you have any questions!

All best,

On Thu [REDACTED] at 12:07 PM [REDACTED] <[REDACTED]> wrote:

Hello [REDACTED]

Thank you for responding. I was hoping to use the survey questions regarding concerns about paying for undergraduate education, if they've ever received the Pell grant, and behaviors they've engaged in to cut down on expenses. I would also like to add the matrix style questions regarding health and wellbeing. I am currently looking at the 2020 PDF University of Minnesota has available.

According to that PDF, those questions are labeled:

For financial aid related questions (pg 68-74):

RUCPAYNXYR

RUCPAYACCU

RUCPELL

Q72

Q73

RUCCOSTMAN

For wellbeing related questions (pg 136-137):

WC_1

WC_2

WC_3

If I feel that my survey is too long, I may not use all of them, but these are the survey questions I have my eye on specifically.

Thank you again for your timely response and I hope to hear from you soon,

From: [REDACTED] <[REDACTED]>

Sent: Thursday, [REDACTED] 10:00 AM

To: [REDACTED]

Cc: [REDACTED]

Subject: Re: SERU Survey Request For Use

Thank you, [REDACTED] for the introduction! Dear [REDACTED] could you please specify which SERU questions you would like to include in your survey? Thank you!

All best,

[REDACTED]

On Wed, [REDACTED] at 7:21 AM [REDACTED] <[REDACTED]> wrote:

[REDACTED] hoping you can help [REDACTED] with the process for accessing SERU data. [REDACTED] Igor is the SERU Director.

Thanks. [REDACTED]

----- Forwarded message -----

From: [REDACTED]

Date: Tue, [REDACTED] at 3:20 PM

Subject: SERU Survey Request For Use

To: [REDACTED]

To [REDACTED]

My name is [REDACTED] and I am a masters student at Clarke University in Dubuque, IA. I am conducting a research study and my research thus far has brought me to the SERU survey. My research topic regards first generational students and their experience at the university and the SERU has questions I would like to include in my survey. This is not for commercial use, this is specifically for educational purposes and I will not use the SERU beyond this class. For me to be able to use these questions, I am required by the IRB to show permission to use the survey.

I am writing to make a request for use. An email confirmation will be appropriate.

I look forward to your timely response,

[REDACTED]

--

[REDACTED] Office of Institutional Research | oir.umn.edu

University of Minnesota | umn.edu

[REDACTED]

SERU 2020 Survey - UMN

Start of Block: Introduction

META Browser Meta Info

Browser (1)

Version (2)

Operating System (3)

Screen Resolution (4)

Flash Version (5)

Java Support (6)

User Agent (7)

Q235



REMOVE1 *Spring 2020 Student Experience in the Research University (SERU) Survey Administration*

CONSENT INFORMATION

You are invited to participate in a study devoted to ongoing data collection and relevant analysis to help broaden our understanding of the undergraduate student experience, and to

promote a culture of institutional self-improvement at the University of Minnesota (U of M). Researchers and administrators from the University of Minnesota, as well as from across the Student Experience in the Research University (SERU) consortium, helped design the survey.

You were selected as a possible participant because of your undergraduate degree-seeking student status as of spring 2020 at the U of M. We ask that you read this form and ask any questions you may have before agreeing to be in the study. If you agree to be in this study, we are asking you to read and answer this survey questionnaire in electronic, digital form. It should take approximately 30 minutes to complete. The main purpose of this survey is to gain a fuller understanding of student's learning, development, and campus climate satisfaction at the University of Minnesota, so that campus administrators can provide the best undergraduate experience possible. To learn more about the survey, and how the results are used across campus, please visit our SERU website.

Compensation:

You will receive no direct payment for your participation in the study. In appreciation for your participation, all students who complete the survey will receive a 25% off coupon to the University of Minnesota Bookstore, as well as an offer from Dell for special SERU pricing on Dell computers, laptops, electronics, or accessories. Also, all students who complete the survey will be entered into drawings with a chance to win: 1 pair of tickets to any remaining Northrop event 1 of 5 pairs of tickets to Spring Jam (4/18/20) 1 of 2 signed basketballs from Coach Pitino 1 of 100 \$20 gift card to the University Bookstore 1 of 2 \$500 SERU Scholarships for fall 2020 enrollment A student may win only one prize.

Contacts and Questions:

The researcher conducting this study is [REDACTED] and he can be reached at [REDACTED]
[REDACTED] If you have any questions or concerns regarding this study and would like to talk to someone other than the researcher, you are encouraged to contact the Human Research Protection Program (<https://research.umn.edu/units/hrpp/research-participants/questions-concerns>) at [REDACTED] or by mail: [REDACTED]
[REDACTED]

For disability services, access requests, or access related survey support, please contact the Assistant Director of SERU Survey Research and Operations, [REDACTED]
[REDACTED]

If you have questions or concerns, you may contact the Managing Director of the SERU Consortium, North American Division, [REDACTED]
[REDACTED]

If you agree to complete this survey, we would ask you to do the following things: Read the Full Consent Text Click the "Agree" button below Fill out the SERU survey, which will take approximately 30-45 minutes Click the submit button at the end.



RUCPAYNOW How concerned have you been about paying for your undergraduate education up to now?

- ☐ Not concerned (1)
- ☐ Somewhat concerned (2)
- ☐ Concerned (3)
- ☐ Very concerned (4)

Display This Question:

If Will you complete a bachelor's degree this spring or summer? = Probably no



RUCPAYNXYR How concerned are you about paying for your undergraduate education next year?

- ☐ Not concerned (1)
- ☐ Somewhat concerned (2)
- ☐ Concerned (3)
- ☐ Very concerned (4)



RUCPAYACCU How concerned are you about your accumulated educational debt?

- ☐ Not concerned (1)
- ☐ Somewhat concerned (2)
- ☐ Concerned (3)
- ☐ Very concerned (4)



RUCPELL Have you ever received a Pell grant?

☐ Yes (1)

☐ No (0)



Q72 How frequently have you engaged in the following behaviors in the past year?

	Never (1)	Rarely (2)	Occasionally (3)	Somewhat often (4)	Often (5)	Very often (6)
Skipped or cut the size of meals because there wasn't enough money for food (RUCSKIPMEAL)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cut down on personal/recreational spending to help pay for college expenses (RUCCUTSPENDING)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Worried about my debt and financial circumstances (RUCWRRYFAMDEBT)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Page Break

Q73 Which of the following have you done this current academic year to meet college expenses?

	Yes, doing now or have done (1)	No (0)
Applied for financial aid, scholarships, and/or grants (RUCEXPFINAID)	<input type="radio"/>	<input type="radio"/>
Asked the financial aid office to reevaluate my application (RUCEXPREEVAL)	<input type="radio"/>	<input type="radio"/>
Bought fewer books, bought cheaper/used books, read books on reserve (RUCEXPBOOKS)	<input type="radio"/>	<input type="radio"/>
Took a leave of absence or a quarter/semester off (RUCEXPLOA)	<input type="radio"/>	<input type="radio"/>
Took more courses per term (RUCEXPCOURSE)	<input type="radio"/>	<input type="radio"/>
Took action to graduate more quickly (RUCEXPGRAD)	<input type="radio"/>	<input type="radio"/>
Did not retake a class to improve my grade (RUCEXPRETAK)	<input type="radio"/>	<input type="radio"/>
Took a community college course because it was cheaper (RUCEXPCOMM)	<input type="radio"/>	<input type="radio"/>
Took a job for the first time at college (RUCEXPJOB)	<input type="radio"/>	<input type="radio"/>
Worked before but increased the number of hours worked (RUCEXPHOURS)	<input type="radio"/>	<input type="radio"/>
Increased the debt I carry on my credit card (RUCEXPDEBT)	<input type="radio"/>	<input type="radio"/>
Increased my annual student loan amount (RUCEXPLOAN)	<input type="radio"/>	<input type="radio"/>
Other, please elaborate: (RUCEXPOTH)	<input type="radio"/>	<input type="radio"/>

RUCCOSTMAN To what extent do you agree or disagree with this statement: Given the grants and scholarships, if any, that you receive, the total cost of attending the University of Minnesota is manageable.

- ☐ Strongly disagree (1)
- ☐ Disagree (2)
- ☐ Somewhat disagree (3)
- ☐ Somewhat agree (4)
- ☐ Agree (5)
- ☐ Strongly agree (6)

RUCCOSTTXT Is there anything else that you would like to tell us about the impact of the cost to attend on your educational experience at the University of Minnesota?

Page Break

WC_1 How would you describe each of the following aspects of your health and well-being?

	Very poor (1)	Poor (2)	Fair (3)	Good (4)	Very good (5)
Your current physical health (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your current mental health (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your current emotional well-being (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your current ability to manage stress (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your current ability to get the nightly sleep you need (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your current ability to eat a balanced and nutritious diet (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your current ability to get at least 150 minutes of exercise per week (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Page Break

WC_2 How would you describe your current awareness of the following health and mental health resources?

	Very poor (1)	Poor (2)	Fair (3)	Good (4)	Very good (5)
Your current awareness of where to get help on campus if you have a physical health need (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your current awareness of where to get help on campus if you have a counseling, psychological, or other mental health need (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

WC_3 Over the last 2 weeks, how often have you been bothered by any of the following problems?

	Not at all (1)	Several days (2)	More than half the days (3)	Nearly every day (4)
Little interest or pleasure in doing things (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling down, depressed, or hopeless (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling nervous, anxious, or on edge (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not being able to stop worrying (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Recruitment Email:

My name is [REDACTED] and I am Master's student at Clarke University. I am collecting data for my research project on "The Experience of First Generation Clarke Students". This email is an invitation to you as a first generation student to participate by completing an online survey regarding your feeling or thoughts associated with Clarke University. The purpose of the study is to gather data on perceptions about your college experience thus far as well as assess any concerns you may be experiencing regarding your mental and financial wellbeing. Your participation in the survey should take approximately 10 minutes. Your response is anonymous and your answers will be combined with responses from other first generation students enrolled at Clarke University. No identifying information will be collected. Further, your participation is completely voluntary. You are free to withdraw from this study at any time. If you are willing and available, please use the link provided on this email to access the survey. Electronic consent form is embedded in the online survey as the first part of the survey. After you review and consent to the survey, the survey questionnaire will become available your completion. Results of the survey will be shared with the office of institutional advancement for any possible improvement of student experience at Clarke University.

[https://forms.office.com/Pages/ResponsePage.aspx?id=\[REDACTED\]](https://forms.office.com/Pages/ResponsePage.aspx?id=[REDACTED])

Thanks for help!

Sincerely,

[REDACTED]

First Generation Experience Survey

This is a survey to collect data on the experiences of Clarke's first generation students. This survey may take up to 10 minutes of your time.

KEY INFORMATION

You are being asked to consent to participate in an online research study. The purpose of this study is to investigate the experiences of first generational undergraduate students studying at Clarke University in regards to their perception of the campus environment and utilization of mental health services on campus. Participation is voluntary. There is no penalty if you decide not to participate or withdraw from the study, and your relationship with [REDACTED], the Social Work department, and Clarke University will not be affected by this decision. The estimated time of participation is 10 minutes. You will be expected to complete an online survey. The survey consists of demographic information and likert rated items. The survey should not take longer than 10 minutes to complete. This research could be beneficial to Clarke University to better understand the experiences of their first generation students. This is also beneficial to the first generation students by improving their experiences at Clarke University. Both returning and incoming first generation students will have a better college experience with any changes made to ensure that the students are having a good experience at the university. Potential risks of participating include: answering questions related to an individual's educational experience may lead to increased anxiety. Participants will be informed of the right to opt out of the survey at any time and of the voluntary nature of the study.

QUALIFICATIONS TO PARTICIPATE

You are being asked to participate because you are an undergraduate first generational student studying at Clarke University. Unfortunately, there are some reasons why you may not be able to participate. These include not being a first generation college student or a graduate student.

PROCEDURES

If you agree to participate in this study, you will be asked to complete an online survey. The survey consists of demographic information and likert rated items. The survey should not take longer than 10 minutes to complete.

PARTICIPANT CONFIDENTIALITY

Your responses to this survey will be automatically anonymous, and so your name will not be connected to any publication or presentation that uses the research findings from this study.

DISCLAIMER

The risk of participating is minimal. If you experience any distress during participation, the researchers and Clarke University are not responsible for any medical or mental health expenses.

REFUSAL TO PROVIDE CONSENT

You are not required to participate in this study. Refusal to participate in this study will not affect your rights to services you currently are receiving or may receive the Social Work Department or Clarke University.

CANCELLING THIS CONSENT

At any time during the study, you have the right to withdraw your consent to participate. To withdraw from the study, you simply need to stop taking the survey and close your browser. Any information

that you have already submitted will remain part of the study because of the anonymizing collection method.

PARTICIPANT CERTIFICATION:

I have read this Informed Consent form. I have been given the opportunity to ask questions regarding the study, and I have received answers to any questions I had regarding the study. I understand that if I have any additional questions about the study or my rights as a research participant, I may contact [REDACTED] at [REDACTED]

By clicking "Yes, I agree to be a participant in this study." I acknowledge that I am aware of what this study involves, that I am at least 18 years old, and that I can obtain a copy of this Informed Consent.

- ☐ Yes, I agree to be a participant in this study.
- ☐ No, I do not agree to be a participant in this survey.

Which of the following best describes the educational experience of your parents/guardians?

- ☐ Neither parent/guardian attended any college
- ☐ One or both parents/guardians have attended some college, but neither has a four-year degree
- ☐ One or both parents/guardians have a four-year degree
- ☐ One or both parents/guardians have a graduate or professional degree

3. Gender

- ☐ Female
- ☐ Male
- ☐ Non-Binary/Other
- ☐ Prefer not to say

4. Current Year at Clarke University

- ☐ 1st Year
- ☐ 2nd Year
- ☐ 3rd Year
- ☐ 4th Year
- ☐ Non-Traditional Student

Are you/Have you participated in a sports team, student club/organization, or spiritual/religious activity at Clarke University?

- ☐ Yes
- ☐ No

If you answered yes, please which sports team(s), student club(s)/organization(s), or spiritual/religious activities:

Enter your answer

7. Have you ever received a Pell Grant?

- ☐ Yes
- ☐ No
- ☐ I'm not sure.

8. How concerned have you been about:

	Very concerned	Somewhat concerned	Neither concerned nor unconcerned	Somewhat unconcerned	Very unconcerned
Paying for undergraduate education up to now?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Paying for undergraduate education next year?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Accumulated debt?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

9. Which of the following have you done this current academic year to meet college expenses?

- Yes, doing now or have done in the past.
- No

	Yes, doing now or have done in the past.	No
Applied for Financial Aid	<input type="radio"/>	<input type="radio"/>
Bought fewer, cheaper, or used books	<input type="radio"/>	<input type="radio"/>
Took action to graduate more quickly/Took more courses per term	<input type="radio"/>	<input type="radio"/>
Got a job for the first time	<input type="radio"/>	<input type="radio"/>
Worked before, but increased the number of hours worked	<input type="radio"/>	<input type="radio"/>
Increased my credit card debt	<input type="radio"/>	<input type="radio"/>
Increased my annual student loan debt	<input type="radio"/>	<input type="radio"/>
Cut down on personal/recreational spending to help pay for college expenses	<input type="radio"/>	<input type="radio"/>
Other	<input type="radio"/>	<input type="radio"/>

10. To what extent do you agree or disagree with this statement:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly agree
Given the grants and scholarships, if any, that you receive, the total cost of attending Clarke University is manageable.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11. General Campus Climate

	Strongly Agree	Agree	Neutral	Disagree	Strongly disagree
In general, I fit in with other students here.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I had to do it all over again, I would still attend Clarke University.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have found the atmosphere at Clarke University to be very friendly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel left out of things here at Clarke university.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

12. Instructors

	Strongly Agree	Agree	Neutral	Disagree	Strongly disagree
I feel my instructors show little interest in my opinions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In general, my instructors help me feel confident of my abilities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The advisors here are sensitive to student needs.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel comfortable approaching my instructors for advice and assistance.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Strongly Agree	Agree	Neutral	Disagree	Strongly disagree
I feel free to participate class by asking or making comments.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My work is evaluated fairly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

13. Perceptions of Seriousness and Confidence

If you are "Undecided", you may choose N/A for statements including majors.

	Strongly Agree	Agree	Neutral	Disagree	Strongly disagree	N/A
My instructors view me as a serious student.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other students view me as a serious student in my major.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am progressing as well as other students in my major.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel somewhat out of place in the classroom.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am called on in class as often as other students.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel less confident as a student now than I did in high school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

14. Perceptions of Respect

Strongly Agree	Agree	Neutral	Disagree	Strongly disagree
----------------	-------	---------	----------	-------------------

	Strongly Agree	Agree	Neutral	Disagree	Strongly disagree
Other students make fun of me sometimes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have had instructors encourage me to major in their field.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I try to speak up in class, I am sometimes interrupted or ignored.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have been treat unfairly on this campus.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

15. How would you describe each of the following aspects of your health and well-being?

	Very Poor	Poor	Fair	Good	Very good
Your current physical health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your current mental health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your current emotional well-being	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your current ability to manage stress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your current ability to get the nightly sleep you need	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your current ability to get the nightly sleep you need	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your current ability to eat a balanced and nutritious diet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Very Poor Poor Fair Good Very good

Your current ability to
get at least 150 minutes
of exercise a week

☐☐☐☐☐

16. How would you describe your current awareness of the following:

Very Poor Poor Fair Good Very good

Your current awareness
of where to get help on
campus if you have a
physical health need

☐☐☐☐☐

Your current awareness
of where to get help on
campus if you have a
counseling,
psychological, or other
mental health need

☐☐☐☐☐

17. Have you ever used Counseling Services at Clarke University?

☐

Yes

☐

No

☐

Prefer not to say.

18. If you answered no, what are some reasons as to why? (Check all that apply.)

☐

I don't need to use Clarke's Counseling Center.

☐

I am uncomfortable with the idea of counseling.

☐

I don't know where to go or who to contact.

☐

My schedule doesn't allow time for counseling.

☐ I already have a counselor outside of Clarke University.

☐

Other