

P211 Class Survey

1. What is your class status?

- ☐ Freshman
- ☐ Sophomore
- ☐ Junior
- ☐ Senior
- ☐ Other

2. How many siblings do you have?

3. How many different places have you lived in for at least 3 months?

4. How many people are in your life who you would describe as close friends?

5. How many pets do you own?

6. What is your relationship status?

- ☐ Single
- ☐ Single Cohabitating
- ☐ Married
- ☐ Separated
- ☐ Divorced
- ☐ Widowed

7. How many hours do you plan to study per week this semester?

8. Approximately how much money (in dollars) have you spent on books bought for your classes this semester?

9. How important is it to you to get an A in this course?

- ☐ Very important
- ☐ Somewhat important
- ☐ Neutral
- ☐ Not important
- ☐ Very unimportant

10. How important do you research methods is to your life?

- ☐ Very important
- ☐ Somewhat important
- ☐ Neutral
- ☐ Not important
- ☐ Very unimportant

11. How stressed does school typically make you feel?

- ☐ Not stressed
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ 8
- ☐ 9
- ☐ Completely Stressed Out

P211 Class Survey

12. How many hours are you taking this semester?

13. How satisfied are you with your current GPA?

- ☐ Not at all satisfied
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ 8
- ☐ 9
- ☐ Very satisfied

14. In regard to homework and studying for exams, how much would you say you procrastinate?

- ☐ Rarely
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ 8
- ☐ 9
- ☐ Almost always

15. On a scale of 1-10, with 10 being the highest level of enjoyment, how much do you enjoy school?

- ☐ No enjoyment
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ 8
- ☐ 9
- ☐ Great enjoyment

16. How many hours a week do you spend reading for fun?

17. How many hours a week do you watch TV?

18. How many hours a day do you spend on the computer (internet, gaming, work)?

19. How many times per week do you work out for 30 minutes or more?

20. How many hours of sleep do you typically get in one night?

P211 Class Survey

21. Number of times you eat out (i.e. do not make your own meal) in a typical 7-day week?

22. How outgoing are you?

- ☐ Very Shy
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ 8
- ☐ 9
- ☐ Very Outgoing

23. How many hours do you work every week (for work, not school)

24. On a scale of 1-10, 1 'Extremely pessimistic', 10 being 'Extremely Optimistic', how do you rate yourself?

- ☐ Extremely Pessimistic
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ 8
- ☐ 9
- ☐ Extremely Optimistic

25. What is your current stress level?

- ☐ Not stressed
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ 8
- ☐ 9
- ☐ Extremely Stressed

P211 Class Survey

26. To what extent does the following statement describe you: On most days, I spend at least one hour using social media.

- ☐ Applies completely to me
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ Not at all like me

27. To what extent does the following statement describe you: Social Media is an integral part of my general socialization and communication.

- ☐ Applies completely to me
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ Not at all like me

28. To what extent does the following statement describe you: I am a healthy weight for my height.

- ☐ Applies completely to me
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ Not at all like me

29. Including currently enrolled classes, how many online courses have you taken?

30. How important is it to your parents that you complete college?

- ☐ Very important
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ Not important

31. What is your age?

32. How many children do you have?

33. Are you a first generation college student? This means that you are the first person in your immediate family (parents, siblings) to attend college.

- ☐ Yes
- ☐ No