

ACADEMIC CHALLENGES

Please indicate how difficult each of the following academic experiences has been for you this past academic year. (N = 394, asked of randomization group 1) DIFF2.x

| | Not at all | A little | Some-what | Very | Extre- mely | | |
|--|------------|----------|-----------|------|----------------|--|--|
| Managing your time effectively | 10% | 24% | 37% | 22% | 6% | | |
| Getting to class consistently | 44% | 24% | 13% | 12% | 7% | | |
| Completing reading and coursework on time | 21% | 30% | 30% | 14% | 5% | | |
| Balancing your coursework with social life | 15% | 26% | 33% | 19% | 8% | | |
| Balancing your coursework with family or community obligations | 33% | 26% | 23% | 13% | 5% | | |
| Balancing your coursework with a job | 33% | 20% | 22% | 16% | 9% | | |
| Getting access to courses you need to prepare for your major | 17% | 20% | 31% | 20% | 10% | | |

Thinking back over the past academic year, how difficult did you find each of the following? (N = 633, asked of randomizing groups 2, 3 and 4) DIFF2.x

| | 1 Not Difficult At All | 2 | 3 | 4 | 5 | 6 | 7 Extremely Difficult |
|--|------------------------------|-----|-----|-----|-----|-----|--------------------------|
| Performing well in large classes. | 22% | 23% | 18% | 17% | 12% | 7% | 2% |
| Maintaining a high GPA. | 5% | 11% | 16% | 18% | 26% | 14% | 10% |
| Writing long, in-depth papers. | 5% | 12% | 20% | 26% | 21% | 11% | 4% |
| Performing well on multiple-choice exams. | 12% | 20% | 23% | 17% | 17% | 9% | 3% |
| Being able to attend all your classes regularly. | 32% | 26% | 15% | 12% | 8% | 5% | 3% |

NON-ACADEMIC CHALLENGES

Thinking back over the past academic year, how difficult did you find each of the following? (N = 633, asked of randomizing groups 2, 3 and 4) DIFF2.x

| | 1 Not Difficult At All | 2 | 3 | 4 | 5 | 6 | 7 Extremely Difficult |
|--|------------------------------|-----|-----|-----|-----|-----|--------------------------|
| Meeting family expectations for, or interference with, your academic work. | 27% | 22% | 14% | 15% | 11% | 8% | 3% |
| Fitting in with others and making friends at Western. | 30% | 25% | 16% | 12% | 8% | 7% | 2% |
| Managing stress and other sources of emotional upset. | 10% | 20% | 19% | 17% | 16% | 10% | 7% |
| Maintaining your spiritual and/or moral focus and direction. | 28% | 24% | 13% | 15% | 10% | 6% | 4% |
| Having enough money and dealing with financial matters and concerns. | 15% | 17% | 13% | 17% | 15% | 14% | 9% |
| Maintaining, forming or ending romantic relationships. | 17% | 16% | 14% | 16% | 14% | 13% | 10% |

How difficult has each of the following personal experiences been for you this year? (N = 395, asked of randomizing group 1) DIFF.x

| | Not at all | A little | Some- what | Very | Extre- mely |
|---|---------------|----------|---------------|------|----------------|
| Managing your finances | 18% | 27% | 32% | 15% | 8% |
| Managing your physical and emotional health | 16% | 28% | 32% | 18% | 6% |
| Getting the emotional support you need to do well in school | 38% | 26% | 24% | 10% | 3% |
| Dealing with homesickness | 59% | 28% | 7% | 3% | 3% |
| Managing stress | 12% | 30% | 31% | 19% | 8% |
| Getting enough sleep | 12% | 20% | 32% | 27% | 10% |
| Handling the use of alcohol and drugs | 64% | 17% | 9% | 5% | 5% |
| Fitting in with others at WWU | 55% | 26% | 10% | 6% | 3% |
| Meeting your family's expectations | 52% | 22% | 16% | 6% | 4% |
| Getting the financial support you need | 47% | 24% | 15% | 9% | 5% |

| | | | | | |
|---|-----|-----|-----|----|----|
| Finding people you get along with, making friends | 51% | 27% | 11% | 7% | 4% |
| Being able to maintain your spiritual or religious values | 68% | 15% | 10% | 4% | 3% |

| | | | | | | | | |
|--|---------------------------|------------------|-----|-----|-----|-----|----|----------------------|
| | | | | | | | | |
| Thinking back over the past academic year, on a scale of 1 to 7, how much difficulty did you have balancing the time and other demands of family, friends, school, and/or your workplace? (N = 633, asked of randomizing groups 2, 3 and 4) DIFF.x | | | | | | | | |
| | | 0 None At All | 1 | 2 | 3 | 4 | 5 | 6 A Great Deal |
| | Mean = 3.02 | 4% | 11% | 22% | 22% | 29% | 7% | 5% |
| | Standard deviation = 1.41 | | | | | | | |
| | | | | | | | | |

Thinking back over the past academic year, how often would you felt... (N = 633, asked of randomizing groups 2, 3 and 4) FEEL.x

| | 0 Never | 1 | 2 | 3 | 4 | 5 | 6 Almost always |
|--|---------|-----|-----|-----|-----|-----|-----------------------|
| ... overwhelmed with academic work and other responsibilities? | 1% | 9% | 21% | 22% | 29% | 12% | 6% |
| ... depressed or stressed out about something? | 4% | 18% | 22% | 20% | 23% | 8% | 6% |
| ... that you didn't fit in with your peers? | 28% | 30% | 13% | 10% | 12% | 4% | 3% |
| ... that you didn't have someone that you were close to? | 42% | 24% | 9% | 8% | 8% | 7% | 2% |
| ... that you were part of a group of friends? | 15% | 11% | 9% | 10% | 11% | 14% | 29% |
| ... that there was no one you could turn to? | 51% | 22% | 9% | 7% | 6% | 3% | 2% |