

## Graduate Student Well-Being Survey (Winter/Spring 2016)

This survey is part of a research initiative on graduate student well-being and happiness, led by the Graduate Divisions and the Graduate Student Associations of the University of California.

Thank you for your time and your participation in this research.

Your answers will be treated with the strictest privacy and confidentiality. Information gathered in this survey will be reported in the aggregate only, and you will never be identified individually in any results – ever. Though some questions are of a sensitive nature, please answer them as honestly as you can and to the best of your ability. If you have questions at any time, please contact xxxx. The survey should take about [X] minutes to complete.

Please click the button below to continue. If you are interrupted while taking the survey, you may return and finish it any time by clicking the link sent to you in your email.

\*To enter the drawings without completing the survey, you must send a self-addressed, stamped letter containing your name and email address to: Attn: Institutional Research & Academic Planning (Y. Yang), University of California, Office of the President, 1111 Franklin Street, Oakland, CA 94607. This letter must be received by March 28, 2016 to be entered in the final drawing. If you would like to be entered in the interim prize drawings, your eligibility starts one day after our receipt of the letter.

[Notes and comments are included in brackets. Questions are numbered here but should not be in the survey administered to students. Section headers should also not be included. Page breaks are denoted by a horizontal rule.]

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### **[Part 1 - Satisfaction With Life]**

Below are five statements with which you may agree or disagree. Indicate your agreement or disagreement with each item by selecting the appropriate response. Please be open and honest in your responding.

1. In most ways my life is close to my ideal.
2. The conditions of my life are excellent.
3. I am satisfied with life.
4. So far I have gotten the important things I want in life.
5. If I could live my life over, I would change almost nothing.

*Strongly Disagree, Disagree, Slightly Disagree, Neither Agree nor Disagree, Slightly Agree, Agree, Strongly Agree*

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### **[Part 2 - Depression (CESD-R)]**

Below is a list of some of the ways you may have felt or behaved. For each statement, please indicate how often you have felt this way recently by selecting the option you most agree with.

6. My appetite was poor.
7. I could not shake off the blues.
8. I had trouble keeping my mind on what I was doing.

9. I felt depressed.
  10. My sleep was restless.
  11. I felt sad.
  12. I could not get going.
  13. Nothing made me happy.
  14. I felt like a bad person.
  15. I lost interest in my usual activities.
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[Repeat instructions]

16. I slept much more than usual.
17. I felt like I was moving too slowly.
18. I felt fidgety.
19. I wished I were dead.
20. I wanted to hurt myself.
21. I was tired all the time.
22. I did not like myself.
23. I lost a lot of weight without trying to.
24. I had a lot of trouble getting to sleep.
25. I could not focus on the important things.

*Not at all or less than 1 day last week, One or two days last week, Three to four days last week, Five to seven days last week, Nearly every day for two weeks*

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### **[Part 3 - Satisfying Basic Human Needs]**

Below are statements with which you may agree or disagree. Indicate your agreement or disagreement with each item by selecting the appropriate response.

26. Where I live, I feel safe.
27. Where I live, I'm satisfied with my living conditions.
28. My housing situation has weighed on me lately. (REVERSED)
29. On campus, I feel safe.

*Strongly Disagree, Disagree, Slightly Disagree, Neither Agree nor Disagree, Slightly Agree, Agree, Strongly Agree*

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30. Over the past two weeks, I've been able to get enough sleep at night to feel fully alert and well rested during the day.

*Strongly Disagree, Disagree, Slightly Disagree, Neither Agree nor Disagree, Slightly Agree, Agree, Strongly Agree*

31. About how many hours of sleep were you able to get each night over the past two weeks, on average? (Enter an estimate in decimal form)

*Text field* [Place the word 'hours' next to the text field]

32. Over the past two weeks, would you say that you've gone to bed and woken up at consistent times every day, or that it has varied? (REVERSED)

*Consistent times, It has varied a little, It has varied some, It has varied a lot*

33. How has your overall health been this term?

*Very Poor, Poor, Fair, Good, Very Good*

34. Have you been sick or ill this term? (REVERSED)

*Yes, No*

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Below are statements with which you may agree or disagree. Indicate your agreement or disagreement with each item by selecting the appropriate response.

35. I'm confident about my financial situation.

36. I can get by financially without having to cut back on too many of the things that are important to me.

37. I've been concerned about money lately. (REVERSED)

*Strongly Disagree, Disagree, Slightly Disagree, Neither Agree nor Disagree, Slightly Agree, Agree, Strongly Agree*

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#### **[Part 4 - Succeeding Academically]**

I'm...

38. On track to complete my degree program on time.

39. Well prepared for the work required to complete my program.

40. Upbeat about my post-graduation career prospects.

41. Not very engaged by my day-to-day work. (REVERSED)

42. I have the space and the resources I need in the university to succeed academically.

*Strongly Disagree, Disagree, Slightly Disagree, Neither Agree nor Disagree, Slightly Agree, Agree, Strongly Agree*

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My academic work...

43. is meaningful and inspires me.

44. stretches and challenges me intellectually.

45. I feel well-prepared by the methods training I've received in my program.

*Strongly Disagree, Disagree, Slightly Disagree, Neither Agree nor Disagree, Slightly Agree, Agree, Strongly Agree, Not Applicable*

46. This term, my academic work involves a high degree of collaboration.

*Strongly Disagree, Disagree, Slightly Disagree, Neither Agree nor Disagree, Slightly Agree, Agree, Strongly Agree*

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I'm...

47. Satisfied with the mentorship and advising I receive in my program.

48. Satisfied with the career support I receive in my program.

*Strongly Disagree, Disagree, Slightly Disagree, Neither Agree nor Disagree, Slightly Agree, Agree, Strongly Agree, Not Applicable*

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49. Do you have an advisor?

Yes, No

(If yes) My academic advisor...

50. is a real mentor to me.

51. doesn't really advocate for me. (REVERSED)

52. allows me to set my own priorities.

53. provides advice and resources in support of my goals and ambitions.

54. helps me find other mentors and sponsors.

55. seems genuinely interested in my personal well-being.

56. is aware of and supportive of my financial well-being.

57. is actively involved in my academic training.

58. is open to outside opportunities such as internships, mentoring and training.

59. is an asset to my career and professional development.

60. impedes my career development. (REVERSED)

*Strongly Disagree, Disagree, Slightly Disagree, Neither Agree nor Disagree, Slightly Agree, Agree, Strongly Agree*

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(If yes) My academic advisor...

61. shares knowledgeable information about career opportunities within academia.

62. shares knowledgeable information about career opportunities outside of academia.

*Strongly Disagree, Disagree, Slightly Disagree, Neither Agree nor Disagree, Slightly Agree, Agree, Strongly Agree*

63. (if have an advisor) Thinking back to last term, how often did you and your academic advisor devote time specifically to discussing your academic or professional situation (For example, your academic or professional goals, your classes, exams, degree progress or career)?

*0 times, 1 time, 2 times, 3-4 times, 5-6 times, More than 6 times*

64. When I graduate, I plan to seek employment...

*Within academia, Outside of academia, Both*

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**[Part 5 - Climate & Belonging]**

Below are statements with which you may agree or disagree. Indicate your agreement or disagreement with each item by selecting the appropriate response.

In my graduate program, I feel valued and included by...

- 65. my peers
- 66. the faculty
- 67. the administration and staff

In my graduate program, my culture is valued and respected by...

- 68. my peers
- 69. the faculty
- 70. the administration and staff

71. My graduate program keeps hassles and administrative paperwork to a minimum, freeing me to focus on my academic work.

There is...

- 72. a strong sense of community in my graduate program.
- 73. a strong sense of community among graduate students in the university.

*Strongly Disagree, Disagree, Slightly Disagree, Neither Agree nor Disagree, Slightly Agree, Agree, Strongly Agree*

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74. My graduate program is hostile toward students and the concerns they raise. (REVERSED)

75. The university is hostile toward students and the concerns they raise. (REVERSED)

*Strongly Disagree, Disagree, Slightly Disagree, Neither Agree nor Disagree, Slightly Agree, Agree, Strongly Agree*

76. Over the past twelve months, have you been on the receiving end of a significant instance of bias, discrimination or harassment by someone in your graduate program? (REVERSED)

*Yes, by another student; Yes, by a faculty member; Yes, by a member of the administration or staff; Yes, by more than one of these; No; Unsure*

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**[Part 6 - Well-Being Maintenance]**

I know where to get help on campus if I have a...

- 77. Health or medical need.
- 78. Counseling, psychological or other mental health need.

*Strongly Disagree, Disagree, Slightly Disagree, Neither Agree nor Disagree, Slightly Agree, Agree, Strongly Agree, Not Applicable (Services are not available on campus)*

79. Have you received mental health care, such as seeing a counselor or psychiatrist, over the past twelve months?

*Yes, on campus; Yes, off campus; No*

80. If yes, how satisfied are you with the care you received?

*Very Dissatisfied, Dissatisfied, Slightly Dissatisfied, Neither Dissatisfied nor Satisfied, Slightly Satisfied, Satisfied, Very Satisfied, Not Applicable*

81. What percentage of graduate students do you think have received mental health care, such as seeing a counselor or psychiatrist, over the past twelve months?

*Text field [Place the symbol '%' next to the text field]*

82. Is there anything, large or small, that the university could do to make it easier for you to access health or mental health care? If so, explain briefly.

*Paragraph text field*

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About how many days in the past week did you...

- 83. Do a workout or over 20 minutes of exercise
- 84. Hang out with friends or participate in a social grouping or activity
- 85. Work on a hobby, skill or talent for personal enrichment
- 86. Eat plenty of fresh fruits and vegetables
- 87. Skip one or more meals (REVERSED)
- 88. Drink alcohol
- 89. Use cannabis
- 90. Use tobacco

*0 days, 1 day, ..., 7 days*

91. The food environment on campus encourages the consumption of healthy rather than unhealthy foods.

92. During the past year, I've been able to purchase the food I need to meet my nutritional needs.

*Strongly Disagree, Disagree, Slightly Disagree, Neither Agree nor Disagree, Slightly Agree, Agree, Strongly Agree*

93. During the past year, how frequently have you skipped or cut the size of meals because there wasn't enough money for food?

*Never, Rarely, Occasionally, Somewhat often, Often, Very often*

For the following statements, please say whether the statement was often true, sometimes true, or never true for you in the past year.

- 94. I was worried whether my food would run out before I got money to buy more.
- 95. The food that I bought just didn't last, and I didn't have money to get more.

*Never true, Sometimes true, Often true*

96. Would you say that you are religious or spiritual?

*Not religious/spiritual, A little bit religious/spiritual, Religious/spiritual, Very religious/spiritual*

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97. What are some of the things you do on a regular basis to maintain your well-being? Is there anything you'd particularly recommend to other graduate students? A brief answer is fine.

*Paragraph text field*

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If you're a parent or caregiver...

- 98. I'm able to balance my work and family commitments.
- 99. My family feels supported in this community.

If you're a doctoral student...

- 100. I'm confident I'll have adequate funds to complete my dissertation research.

*Strongly Disagree, Disagree, Slightly Disagree, Neither Agree nor Disagree, Slightly Agree, Agree, Strongly Agree, Not Applicable*

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### **[Part 7 - Social Support (ISEL-12)]**

Below is a list of statements each of which may or may not be true about you. Please indicate the extent to which each statement is true about you or not.

- 101. If I wanted to go on a trip for a day (for example, to the country or mountains), I would have a hard time finding someone to go with me. (REVERSED)
  - 102. I feel that there is no one I can share my most private worries and fears with. (REVERSED)
  - 103. If I were sick, I could easily find someone to help me with my daily chores.
  - 104. There is someone I can turn to for advice about handling problems with my family.
  - 105. If I decide one afternoon that I would like to go to a movie that evening, I could easily find someone to go with me.
  - 106. When I need suggestions on how to deal with a personal problem, I know someone I can turn to.
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[Repeat instructions]

- 107. I don't often get invited to do things with others. (REVERSED)
- 108. If I had to go out of town for a few weeks, it would be difficult to find someone who would look after my house or apartment (the plants, pets, garden, etc.). (REVERSED)
- 109. If I wanted to have lunch with someone, I could easily find someone to join me.
- 110. If I was stranded 10 miles from home, there is someone I could call who could come and get me.
- 111. If a family crisis arose, it would be difficult to find someone who could give me good advice about how to handle it. (REVERSED)
- 112. If I needed some help in moving to a new house or apartment, I would have a hard time finding someone to help me. (REVERSED)

*Definitely false, Probably false, Probably true, Definitely true*

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### **[Part 8 - Growth Mindset (Dweck)]**

Below are some questions designed to investigate your ideas about intelligence. There are no right or wrong answers. Please indicate the extent to which you agree or disagree with each of the following statements.

- 113. You have a certain amount of intelligence, and you can't really do much to change it. (REVERSED)
- 114. Your intelligence is something about you that you can't change very much. (REVERSED)
- 115. You can learn new things, but you can't really change your basic intelligence. (REVERSED)

*Strongly Agree, Agree, Mostly Agree, Mostly Disagree, Disagree, Strongly Disagree*

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### **[Part 9 - Satisfying Basic Human Needs - Additional Items]**

Thank you for your time and effort up to this point. We'd like to ask you some additional questions about your housing and financial situation before we end with demographic questions. In cases where an exact figure isn't readily available, an estimate is fine.

- 116. Other than spouses/partners or dependents, how many roommates do you live with? (Select "0" if you live alone or with only spouses/partners/dependents.)

*0 roommates, 1 roommate, ..., 5 roommates, More than 5 roommates*

- 117. About how many days a week do you commute to campus this term?

*0 days, 1 day, 2 days, ..., 7 days*

- 118. How long is your commute, on average? (Enter time in minutes)

*Text field* [Place the word 'minutes' next to the text field]

- 119. What is your primary method of commuting to campus?



*Walking; Bicycle; Campus bus; City bus; Subway or other train; Carpool or vanpool; Drive alone; Motorcycle, scooter or moped; Rollerblade, skateboard, skate or scooter; Mobility scooter, powered wheelchair or wheelchair; Other (Please specify)*

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About how much debt (in dollars) do you currently have in loans from...

120. Your current graduate degree program

121. Previous degree programs, including your undergraduate degree

*Text field* [Place the symbol '\$' in front of the text field]

122. About how much credit card debt do you currently have? (Enter an amount in dollars)

*Text field* [Place the symbol '\$' in front of the text field]

123. What is your average monthly personal income this term, after taxes? Include student employment, fellowships and other stipends. (Enter an amount in dollars)

*Text field* [Place the symbol '\$' in front of the text field]

124. What is your monthly rent or mortgage payment? (Enter an amount in dollars)

*Text field* [Place the symbol '\$' in front of the text field]

125. Do you receive financial support from your parents or other relatives (non-partners)?

*Very little or no financial support, A little financial support, Some financial support, A great deal of financial support, Complete financial support*

126. Are you employed in a paid position this term? (Check all that apply.)

*Graduate student instructor or teaching assistant, Graduate student researcher or research assistant, Other classroom assistant, Other campus employment, Off-campus employment, Not employed*

127. About how many hours per week do you work in paid employment on or off campus this term?

*Text field* [Place the word 'hours' next to the text field]

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128. Since attending this university, have you ever been homeless for any of the following lengths of time (check all that apply)? (Homeless means not having stable or reliable housing, e.g., living on the street, in vehicles, motels, camp grounds, single-occupancy facilities, or couch surfing in other people's homes for temporary sleeping arrangements).

*No; Yes, during the Fall-Spring academic year; Yes, during Summer when taking classes; Yes, during Summer when not taking classes; Yes, during Winter break*

129. Are you currently receiving any government assistance such as food stamps?

Yes, No

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**[Part 10 - Demographic & Open Response Questions]**

130. How do you describe yourself?

*Male, Female, Trans male/Trans man, Trans female/Trans woman, Genderqueer/Gender non-conforming, Different identity (Please specify)*

131. What sex were you assigned at birth, such as on an original birth certificate?

*Male, Female*

132. A person's appearance style, dress, or mannerisms (such as the way they walk or talk) may affect the way people think of them. On average, how do you think other people at school would describe your appearance, style, dress, or mannerisms?

*Mostly feminine, Somewhat feminine, Equally feminine and masculine, Somewhat masculine, Mostly masculine*

133. Do you consider yourself to be...

*Heterosexual or straight, Gay or lesbian, Bisexual, Not listed above (Please specify)*

134. If you identify as lesbian, gay, bisexual or transgender, do you feel comfortable being identified as LGBT or "out" in your graduate program?

*Yes, No, Not Applicable*

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135. Are you married or in a domestic partnership?

136. Are you a parent?

137. Are you a caregiver?

138. Are you a U.S. citizen or permanent resident?

139. Have you ever served in the military?

140. Are you the first person in your immediate family to attend graduate school?

Yes, No

141. What is your ultimate degree objective in your current program?

*Academic doctorate, Professional doctorate, Academic master's, Professional master's*

142. Are you pursuing a dual degree?

Yes, No

143. If you are a doctoral student, have you advanced to candidacy?

Yes, No, Not Applicable

144. In what city do you currently live?

*Text field*

145. Do you live in university-provided housing?

Yes, No

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We'd like to know whether you have a physical, mental or emotional condition that causes serious difficulty with your daily activities. Please answer yes or no to the following questions.

- 146. Are you deaf or do you have serious difficulty hearing?
- 147. Are you blind or do you have serious difficulty seeing even when wearing glasses?
- 148. Because of a physical, mental, or emotional condition, do you have serious difficulty concentrating, remembering, or making decisions?
- 149. Do you have serious difficulty walking or climbing stairs?
- 150. Do you have difficulty dressing or bathing?
- 151. Because of a physical, mental, or emotional condition, do you have difficulty doing errands alone such as visiting a doctor's office or shopping?

Yes, No

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152. Of the topics discussed in this survey, which would you most like the university to prioritize with regard to attention and resources? Please indicate your top three priorities, starting with what's most important to you.

First priority: [Dropdown menu]	Comments: _____
Second priority: [Dropdown menu]	Comments: _____
Third priority: [Dropdown menu]	Comments: _____

- Mental Health*
- Health and Fitness*
- Campus Safety*
- Off-campus Safety*
- Food quality or security*
- Housing*
- Faculty Advising*
- Career Development*
- Academic Progress, Quality or Engagement*
- Financial Resources/Management (Please explain)*
- Graduate Program Climate and Belonging*
- Campus Climate and Inclusion*
- Social Support*

153. We'd like to hear from you. If any thoughts or feelings occurred to you while taking this survey that you'd like to share, please take a moment now to do so. We also encourage you to note specific ideas you may have for improving graduate student well-being, particularly with regard to your the priorities you selected on the last page. Write as much or as little as you'd like.

*Paragraph text field*

154. If you have any feedback or suggestions regarding the survey itself, please let us know here. The feedback you provide will be used to improve future versions of the survey.

*Paragraph text field*

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Click submit below to complete. Thank you very much for your time and participation.

Taking this survey may bring to mind memories or feelings that are uncomfortable or disturbing. If you find yourself in need of support, please know that support services are available to you. For a list of resources, please visit XXX.