

Student Well-Being Survey

September 2021 – April 2022

Methodology

The electronic survey was developed using Qualtrics®, a software program for creating web-based surveys, and consisted of 37 quantitative questions. The survey was administered once a month in September, October, November, February, March, and April. The survey link was emailed to a sample of students on or close to the 1st of each month and it was closed about the 15th of the month. Non-respondents received up to three reminder emails while the survey was open. The quantitative data are analyzed using SPSS®, a statistical software package.

September

The survey link was sent on September 4 to 11,125 students, all of whom lived on campus, and it closed on September 16. Of the 11,125 students receiving the survey, 2,484 completed some part of the survey, yielding a 22% response rate.

October

One question was removed from the October survey leaving 36 quantitative questions. The survey link was emailed to 10,662 students on October 1, and it closed on October 18. The random sample included only students on the College Station campus and students who did not receive the previous survey invitation. When the survey closed, 1,391 students had completed some part of the survey, for a 13% response rate.

November

Three questions were added, and one question was removed for the November survey, leaving 38 quantitative questions. The survey link was emailed to a random sample of 10,764 students on October 29; however, 17 students had invalid email addresses and did not receive the survey. The sample only included students on the College Station campus who did not receive the survey in previous months. At the time the survey closed, on November 16, 1,751 students had completed some part of it, providing a 16% response rate.

February

The survey consisted of the same 38 questions that were asked in November. The survey link was sent on February 1st to 9,538 students randomly selected; however, 11 were undeliverable and students did not receive the survey link. The sample only included students on the College Station campus who did not receive the survey in previous months. Of the 9,527 students receiving the survey, 1,461 responded to at least one question by the closing date of February 16, yielding a 15% response rate.

March

The same 38 questions asked since November comprised the March survey. The survey link was emailed to a random sample of 10,769 students on March 1st; however, 20 were invalid email addresses and students did not receive the survey link. The sample only included students on the College Station campus who did not receive the survey the previous months. Of the 10,749 students receiving the survey, 1,435 responded to at least one question before the survey was closed on March 22, providing a 13% response rate.

April

The April survey contained the same 38 questions asked since the November survey. A random sample of 10,784 students from the College Station campus who did not receive the survey previously was sent a survey link on April 1st. However, 11 email addresses were invalid and students did not receive the survey link. Of the 10,863 students who successfully received the survey, 1,235 responded to at least one question before the survey was closed on April 20, providing an 11% response rate.

Overall

Throughout the 2021-2022 academic year, the survey link was successfully sent to 63,673 students and 9,757 students responded to at least one question. This yielded an overall response rate of 15%.

Longitudinal Results

This report includes results from all six months the survey was administered to show comparisons month to month. The scale used for each question and the value for each scale item are included with each question. The demographics provide the percentage for each category by individual month. For all other sections, the comparisons are an average of the responses to individual questions for each month the survey has been administered. Results for individual months can be found in separate documents.

The report is divided into eight sections: Demographics, Wellbeing, General Health, Mental Health, Resiliency, Thriving and Belonging, Academic Process, and Campus Engagement and Connection.

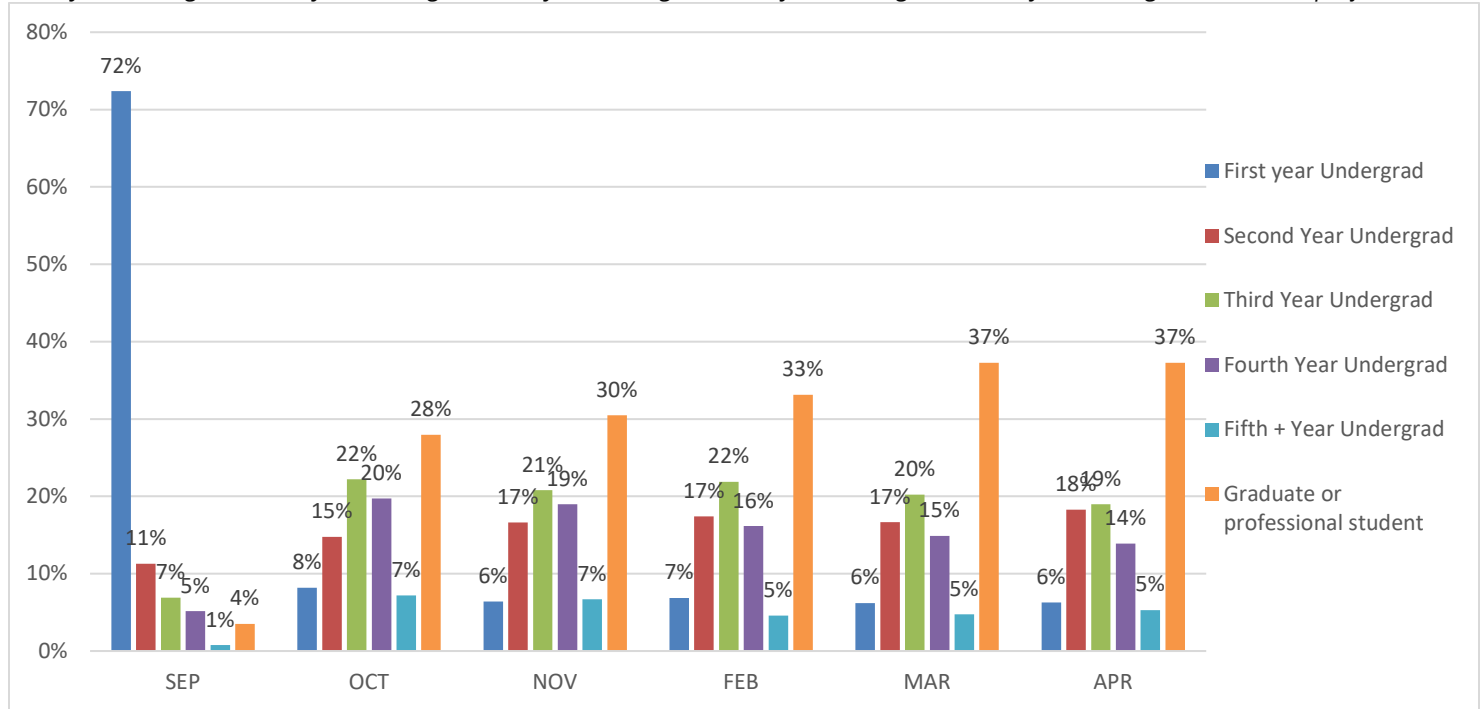
Notable Findings

- Many areas had a similar pattern between the three surveys in the fall and the three surveys in the spring; however, in the spring the changes often were less noticeable.
- Just over one-third of the respondents were graduate or professional students. Graduate or professional students continue to represent the largest classification, which is similar to all months except September. It may be good to look at those students separately from the undergraduate students.
- September had the most under-represented ethnicities respond to the survey; the remaining five months stayed fairly consistent.
- The first month of each semester was the highest score for all three Cantril wellbeing questions.
- More students reported being in psychological distress over the last 30 days as the semester went along, which was the same pattern for both the fall and spring semesters. Although, more students experiencing psychological distress shared that they received treatment within the past 12 months at a higher rate in the spring compared to the fall semester.
- Five of the six mental health statements decreased slightly in April compared to March. This is a similar pattern seen in the fall semester.
- In the spring, fewer students reported they were suffering or struggling compared to the fall. However, unlike the fall semester, the percentage of students who were suffering or struggling remained consistent over all three months in the spring. Furthermore, almost one-third of students were flourishing, which has remained mostly consistent throughout the academic year.
- Just over half of the students indicated they felt that they belong at Texas A&M University. This has remained consistent throughout the year.
- Students reported getting less sleep as the semester continued, which was the pattern for both semesters.
- Two-thirds of students shared that they had a friend they can count on. This had increased slightly throughout the year, until April when it fell slightly.
- Approximately, one-third of students reported being engaged in extracurricular activities or organizations, however, April was the lowest percentage all year.
- More students stated that they have at least one professor who cares for them as the semester continues. This was the same for the fall and the spring.

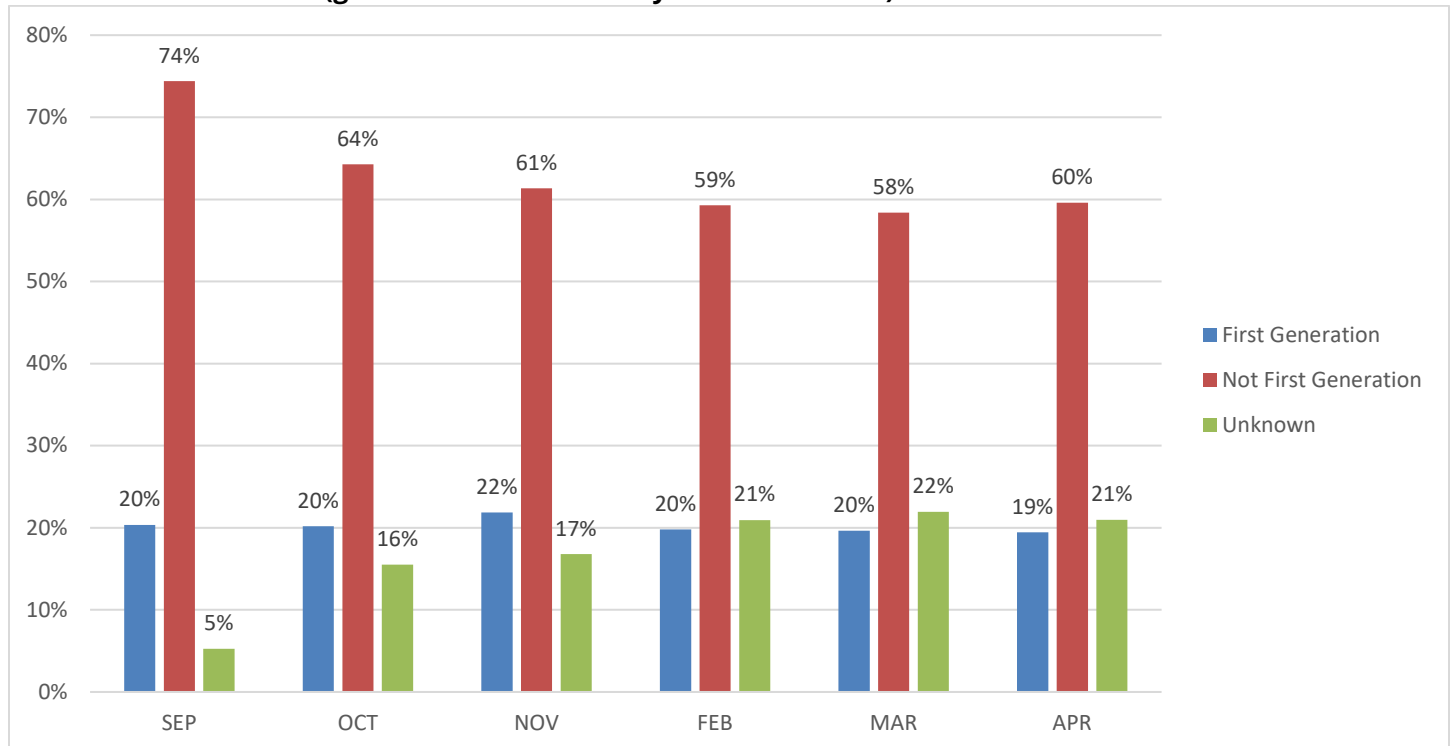
Demographics

Q32 - What is your year in school?

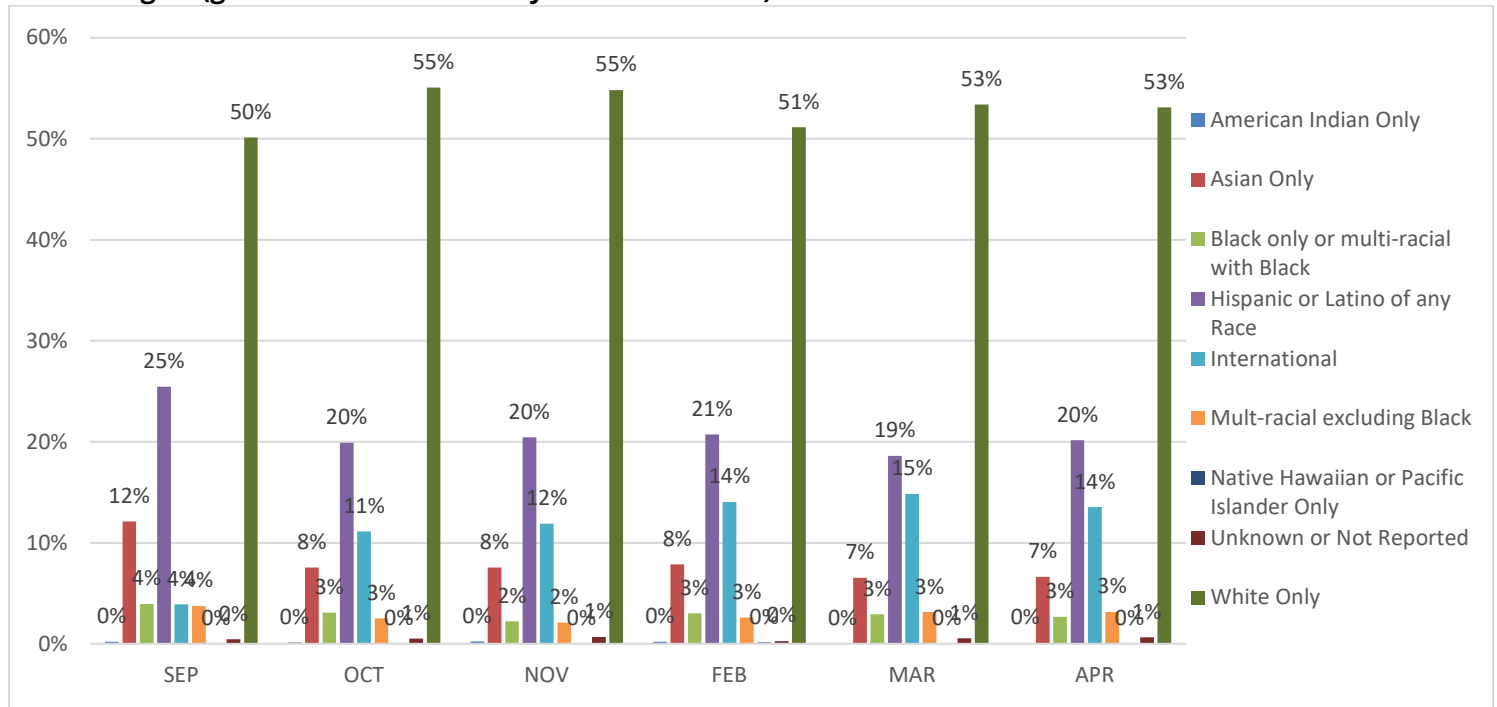
1st year undergrad 2nd year undergrad 3rd year undergrad 4th year undergrad 5th+ year undergrad Grad or professional



First Generation Status (gathered from university student records)



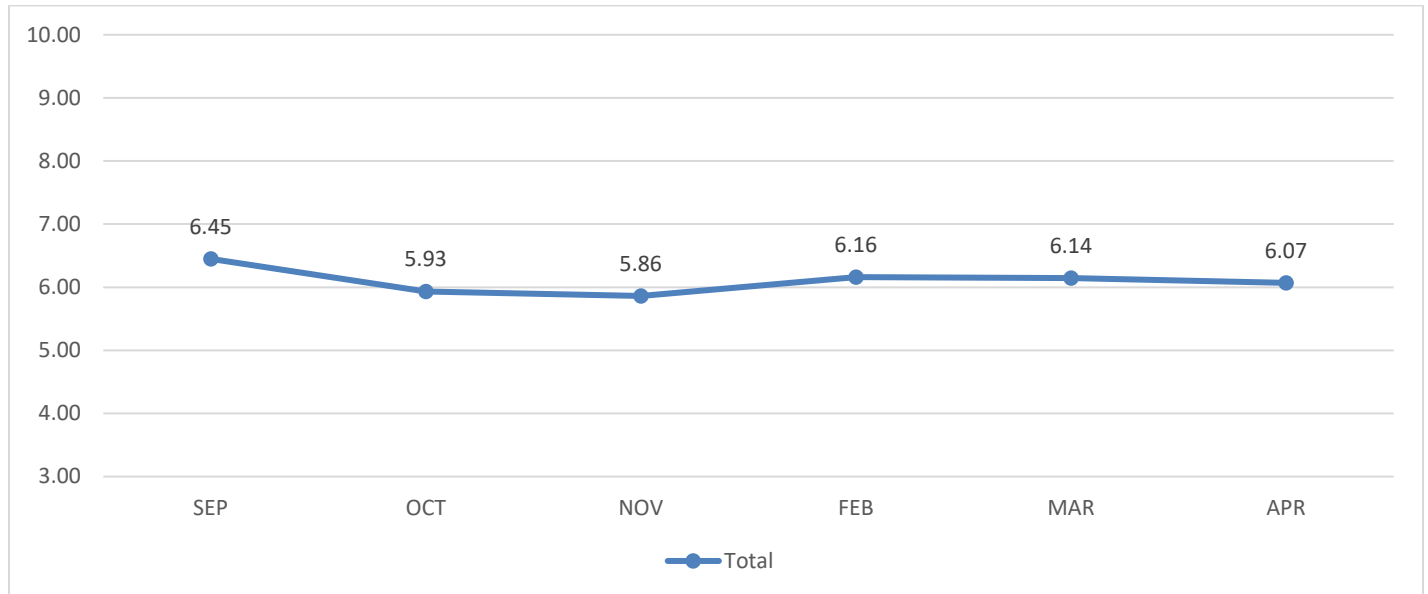
Ethnic Origins (gathered from university student records)



Wellbeing

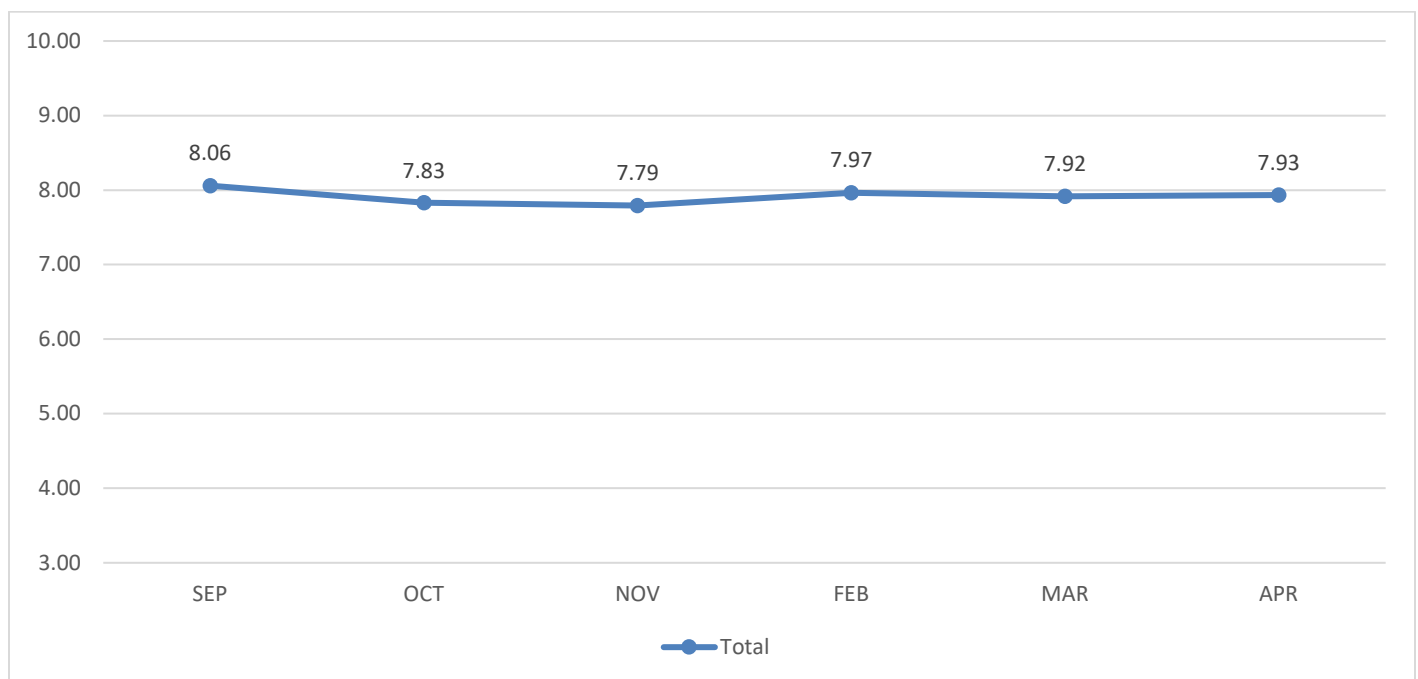
Q97 - Cantril: Overall Wellbeing

Current Overall Wellbeing – Please imagine a ladder with steps numbered from zero at the bottom to 10 at the top. The top of the ladder represents the best possible life for you, and the bottom of the ladder represents the worst possible life for you. On which step of the ladder would you say you personally feel you stand at this time?



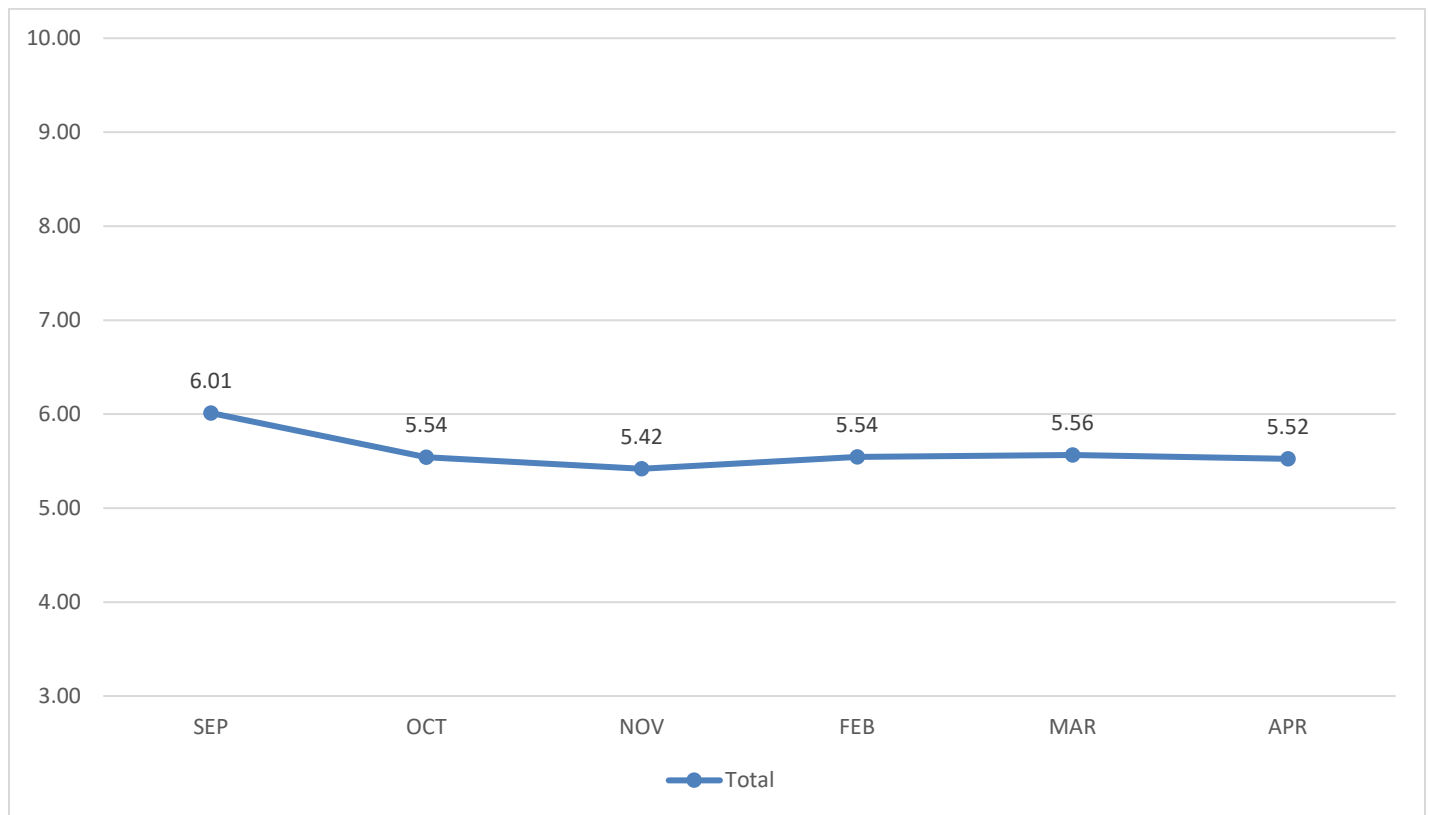
Q98 - Cantril: Future Wellbeing

Future Wellbeing – Assume that this ladder is a way of picturing your life. The top of the ladder represents the best possible life for you. The bottom of the ladder represents the worst possible life for you. On what step do you think you will stand about five years from now?



Q99 - Cantril: Financial Wellbeing

Financial Wellbeing – Now imagine the top of the ladder represents the best possible financial situation for you, and the bottom of the ladder represents the worst possible financial situation for you. Please indicate where on the ladder you stand right now.



General Health

Q3 - In general, would you say your physical health is:

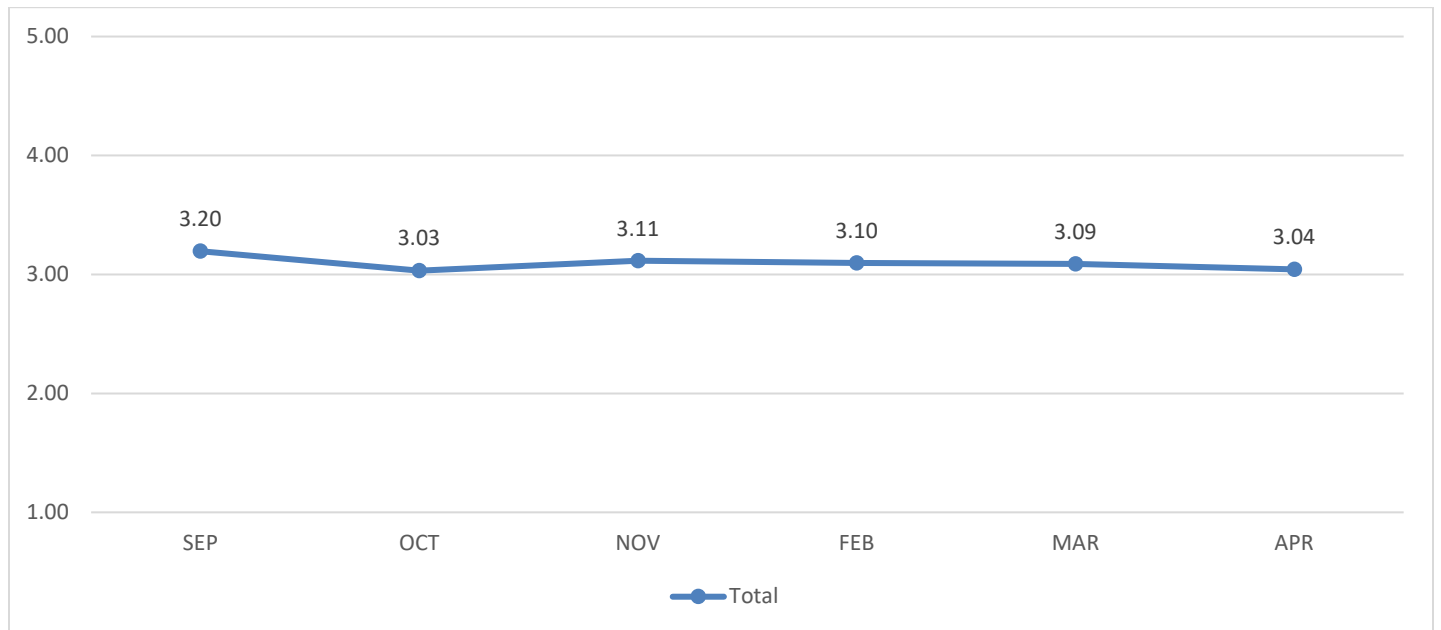
Excellent (5)

Very Good (4)

Good (3)

Fair (2)

Poor (1)



Q4 - In general, would you say your mental health is:

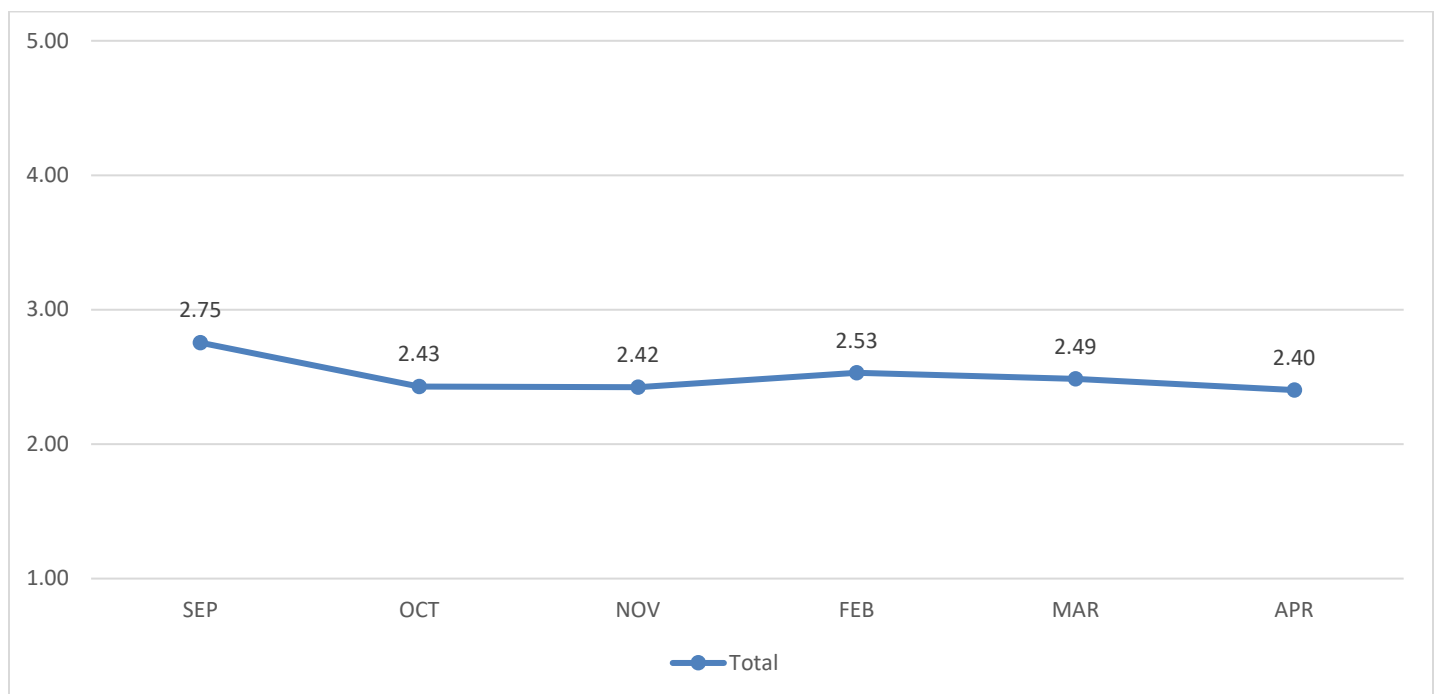
Excellent (5)

Very Good (4)

Good (3)

Fair (2)

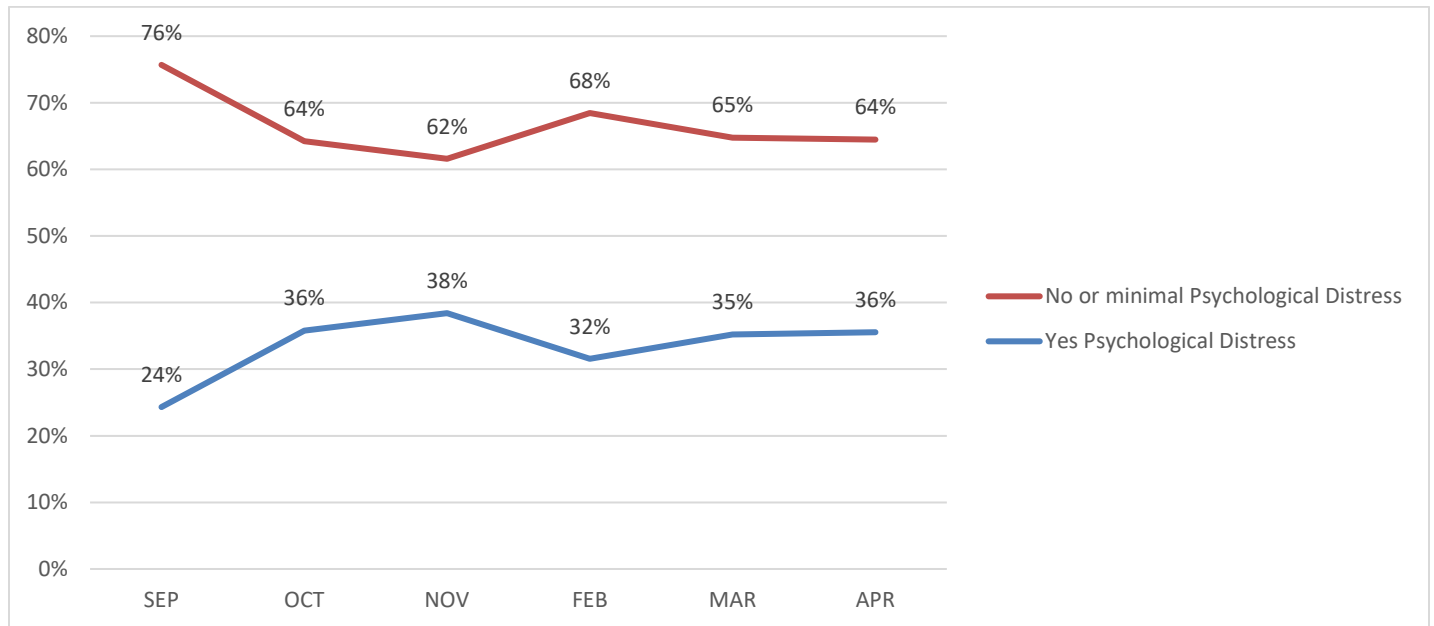
Poor (1)



Mental Health

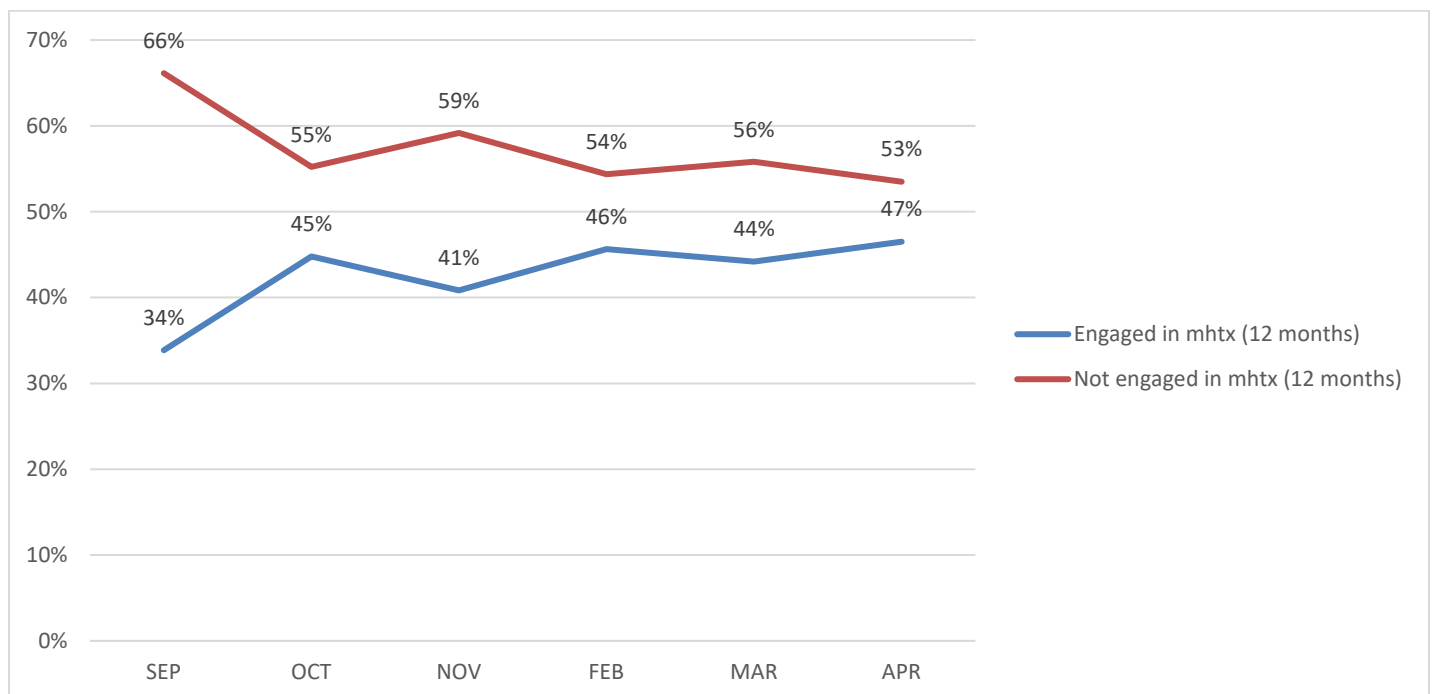
Psychological Distress

Percentage of students reporting psychological distress within the past 30 days.



Mental Health Treatment Engagement

Percentage of students experiencing psychological distress who have received treatment within the past 12 months.



The next six questions ask about how you have been feeling during the past 30 days. For each question, please select the response that best describes how often you had this feeling.

Q101 – During the past 30 days, about how often did you feel nervous?

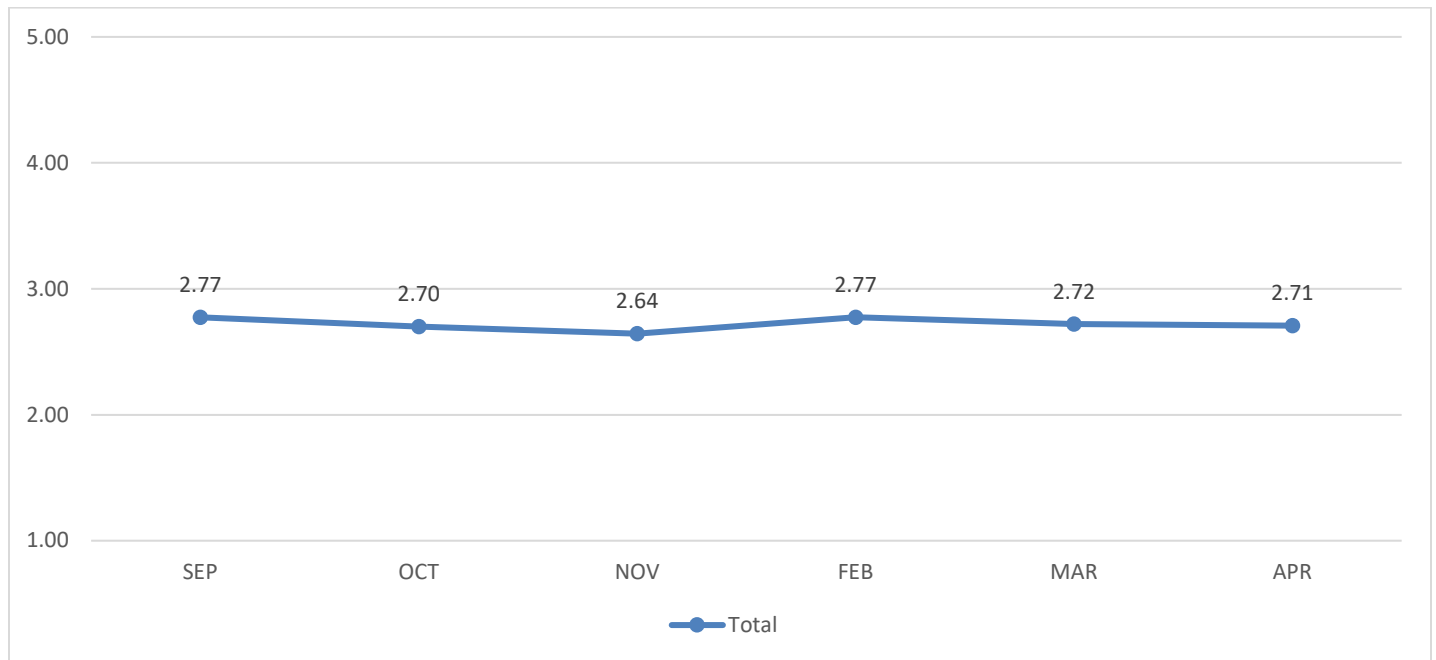
None of the time (5)

A little of the time (4)

Some of the time (3)

Most of the time (2)

All of the time (1)



Q102 – During the past 30 days, about how often did you feel hopeless?

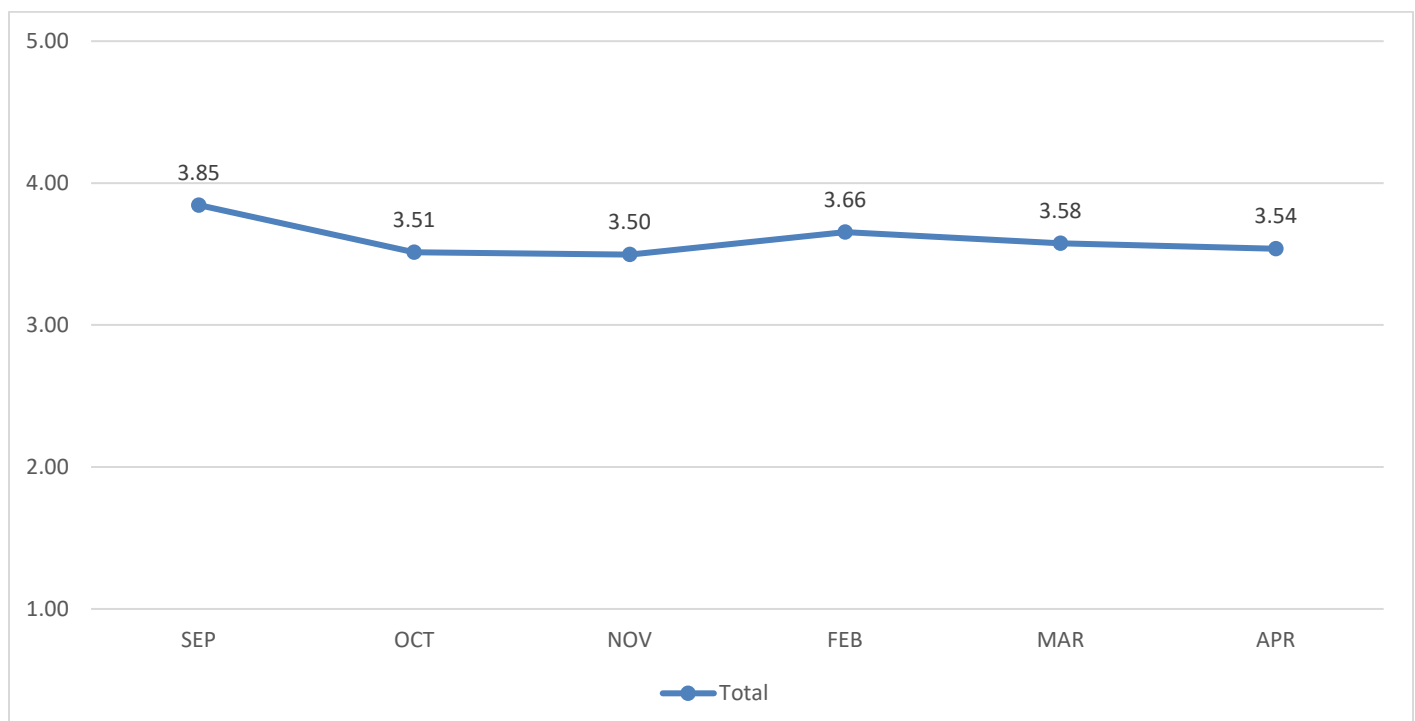
None of the time (5)

A little of the time (4)

Some of the time (3)

Most of the time (2)

All of the time (1)



Q103 – During the past 30 days, about how often did you feel restless or fidgety?

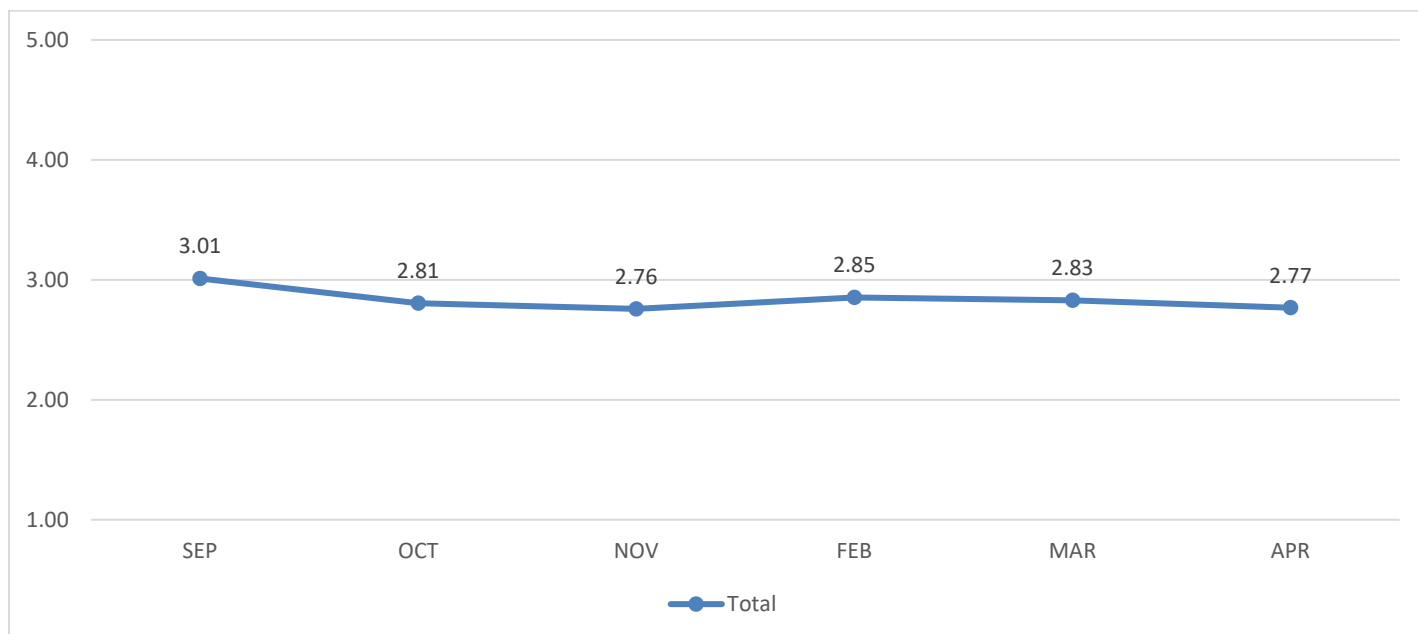
None of the time (5)

A little of the time (4)

Some of the time (3)

Most of the time (2)

All of the time (1)



Q104 – During the past 30 days, about how often did you feel so sad that nothing could cheer you up?

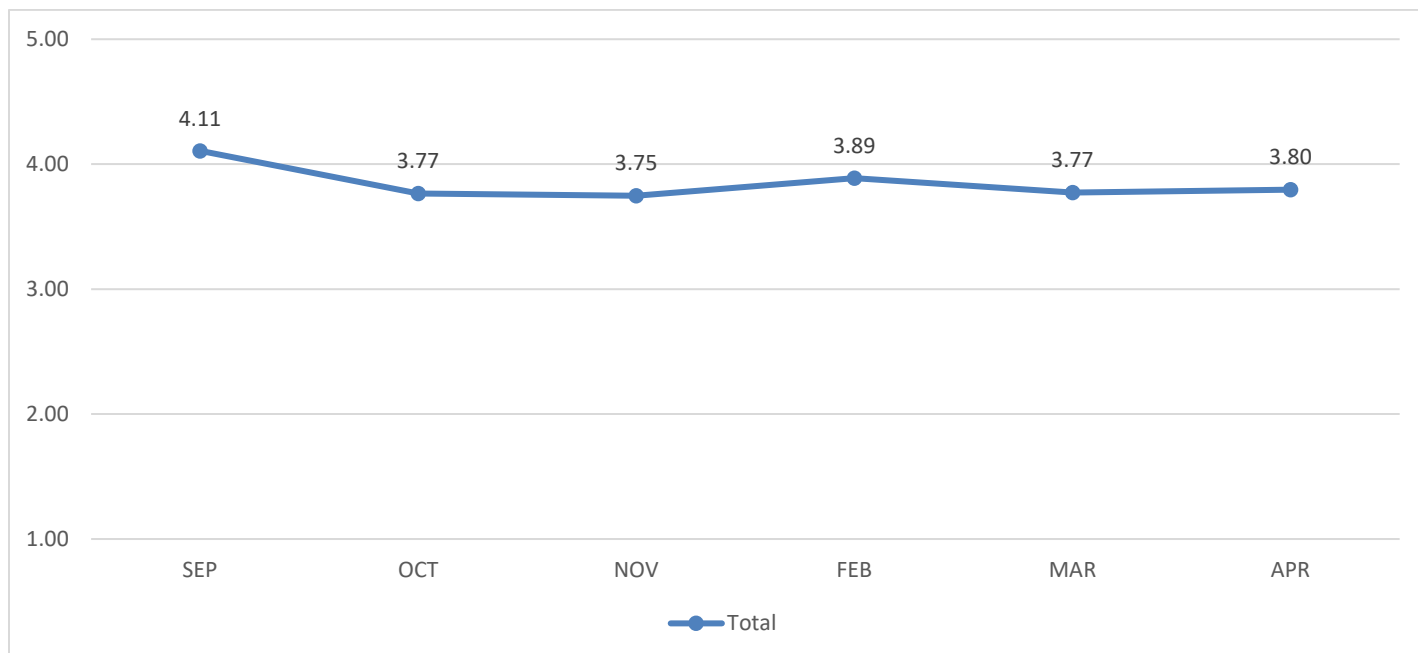
None of the time (5)

A little of the time (4)

Some of the time (3)

Most of the time (2)

All of the time (1)



Q105 – During the past 30 days, about how often did you feel that everything was an effort?

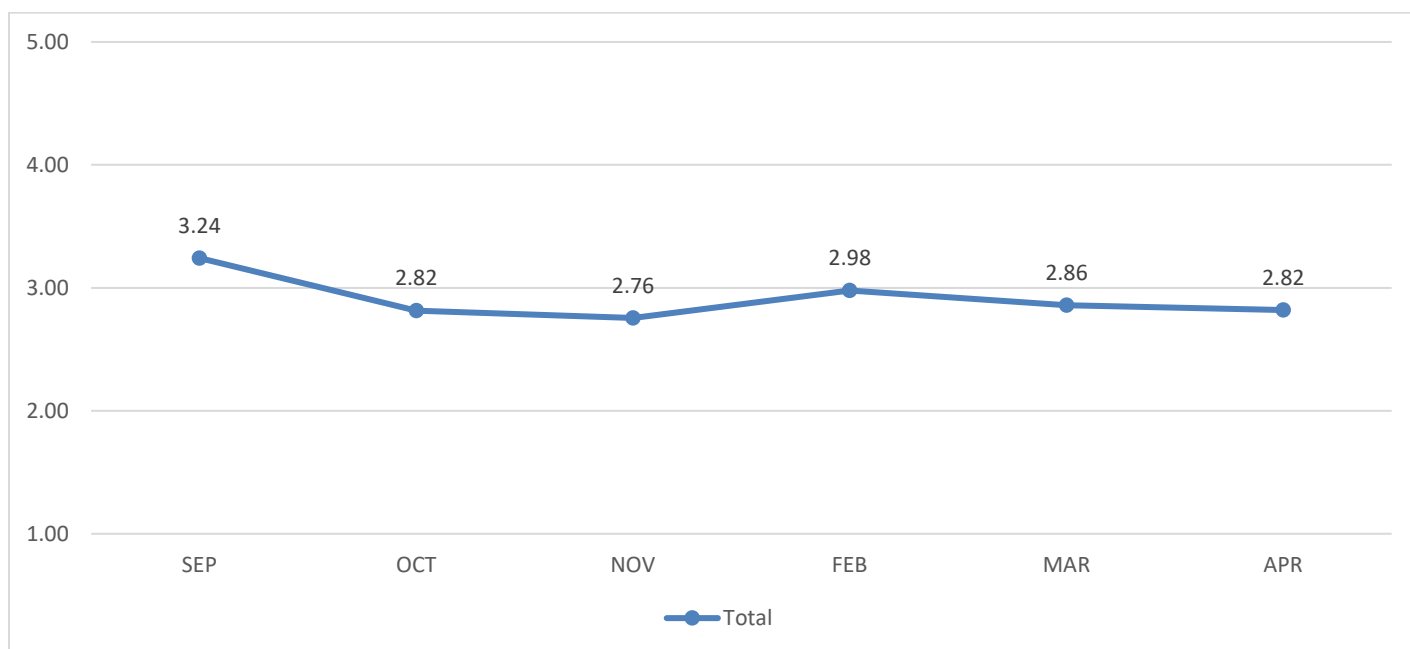
None of the time (5)

A little of the time (4)

Some of the time (3)

Most of the time (2)

All of the time (1)



Q106 – During the past 30 days, about how often did you feel worthless?

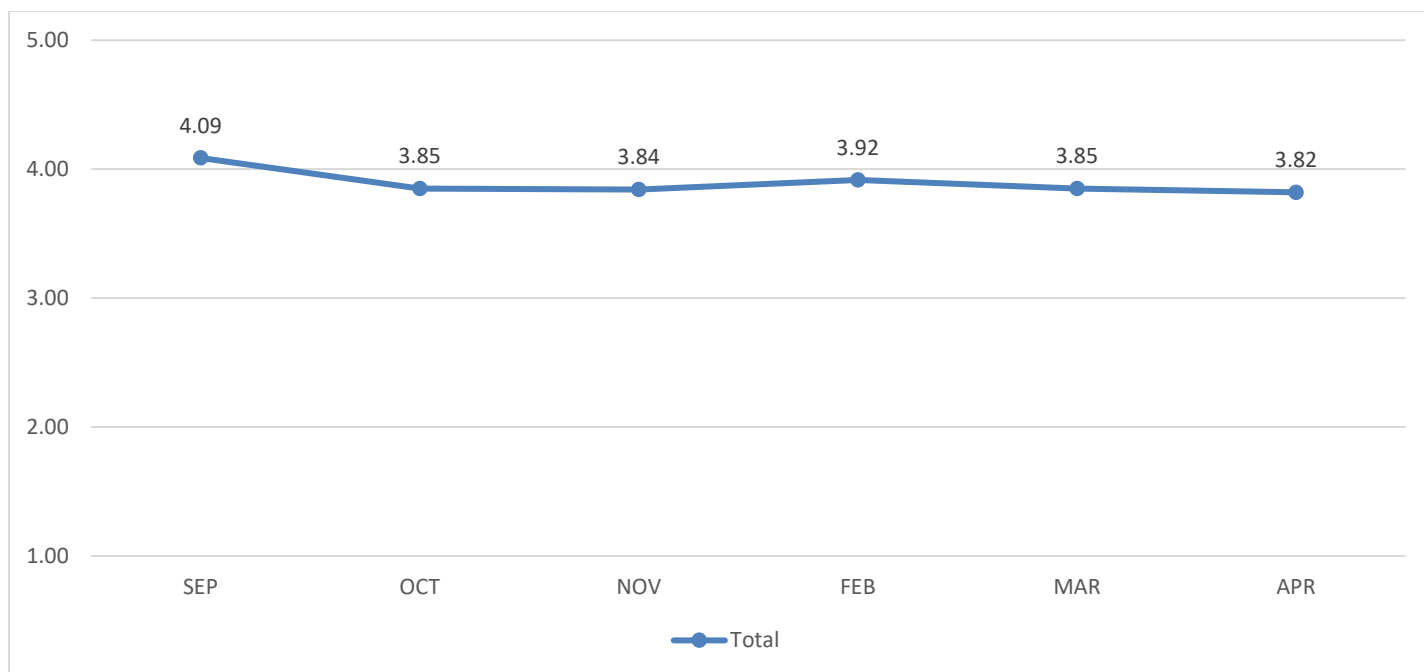
None of the time (5)

A little of the time (4)

Some of the time (3)

Most of the time (2)

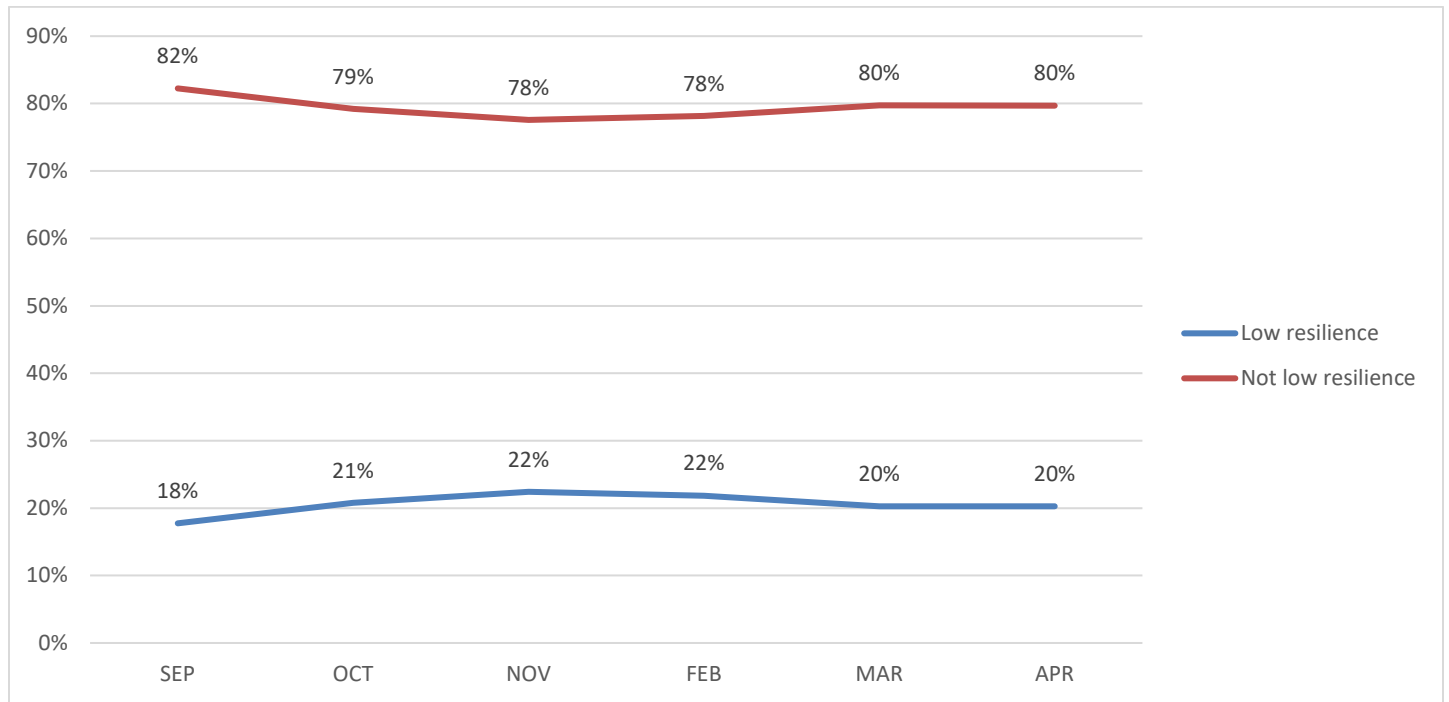
All of the time (1)



Resilience

Low Resilience

Percentage of students with low resilience.



Based on your experiences over the last 30 days, how true are the following two statements?

Q11 - I am able to adapt to change

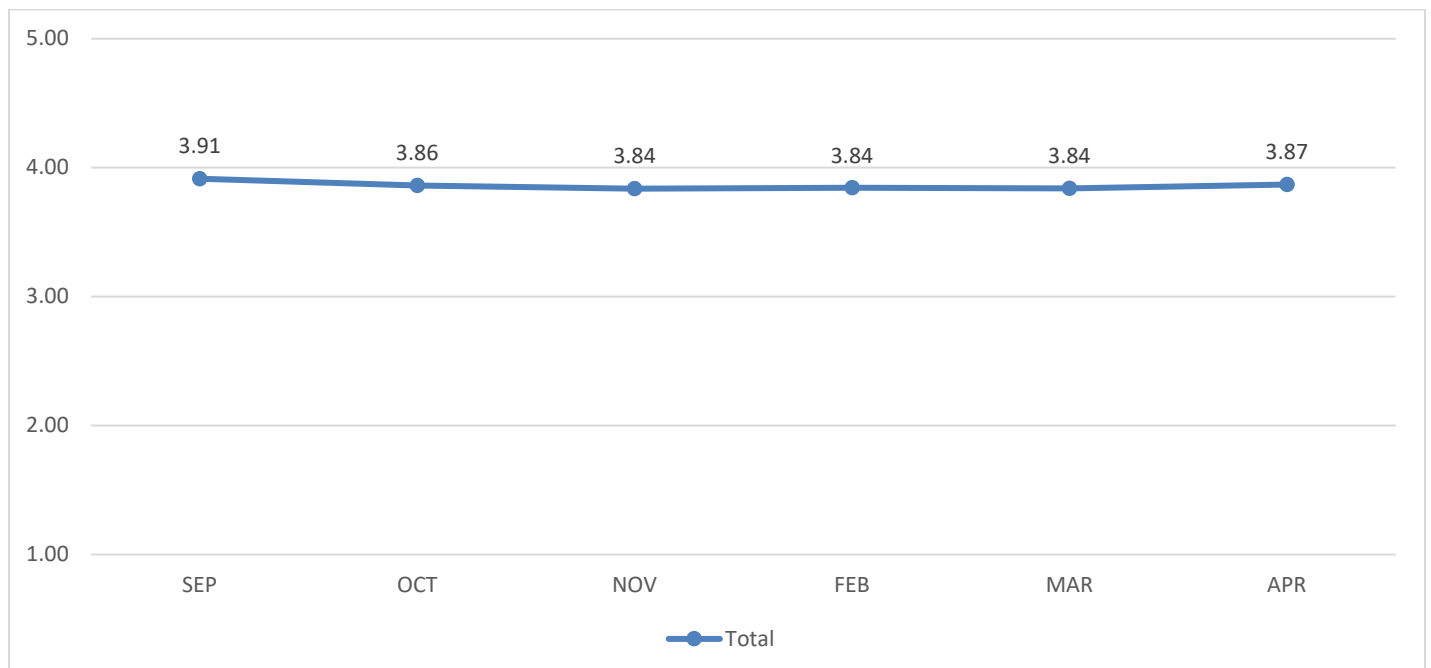
True nearly all the time (5)

Often True (4)

Sometimes true (3)

Rarely true (2)

Not true at all (1)



Q12 - I tend to bounce back after illness or hardship

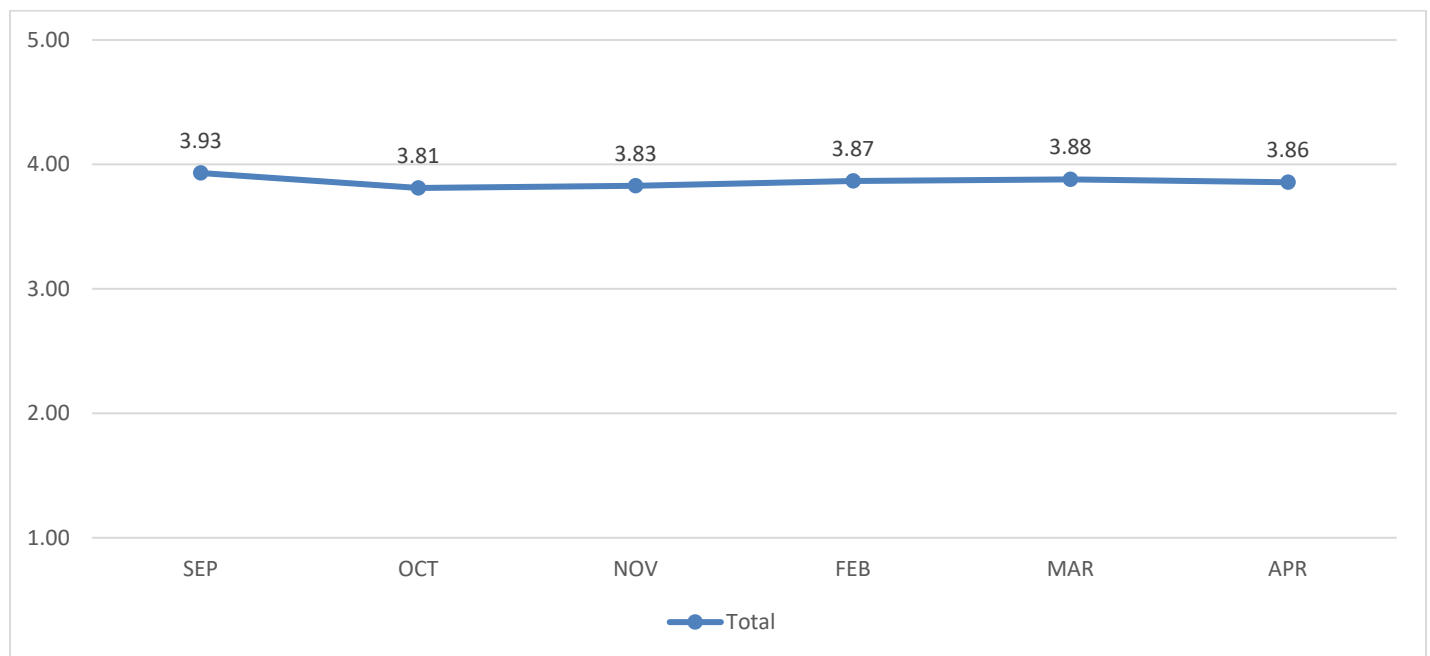
True nearly all the time (5)

Often True (4)

Sometimes true (3)

Rarely true (2)

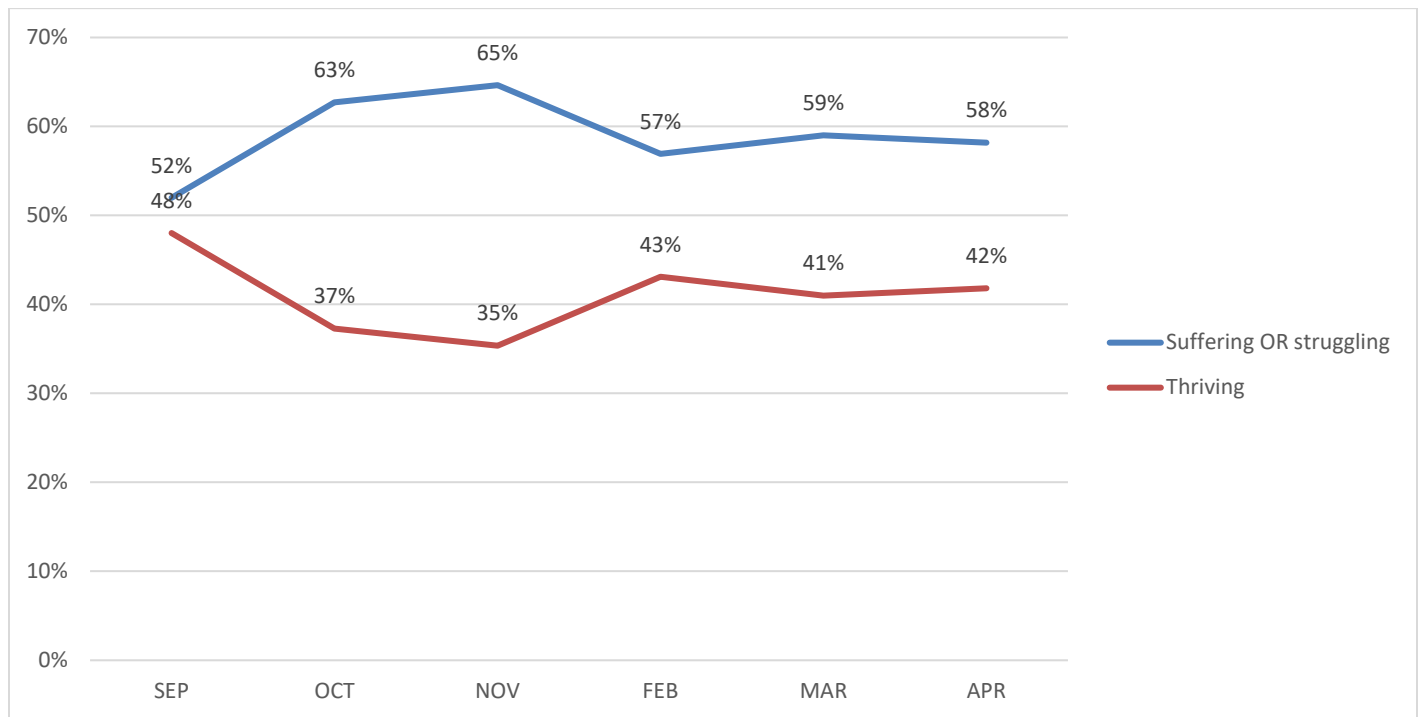
Not true at all (1)



Thriving and Belonging

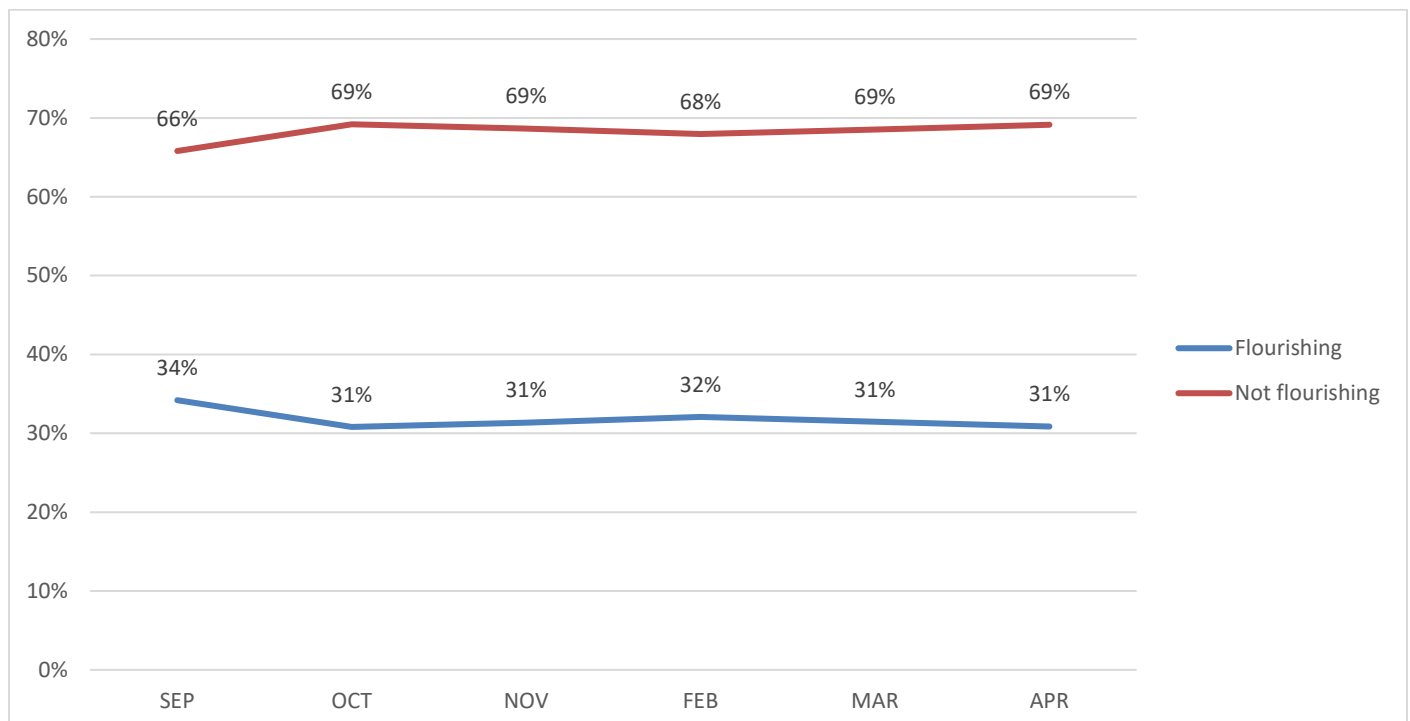
Suffering/Struggling

Percentage of students who are suffering or struggling. Note: This measure combines students who are “struggling” (52%) with those who are “suffering” (7%).



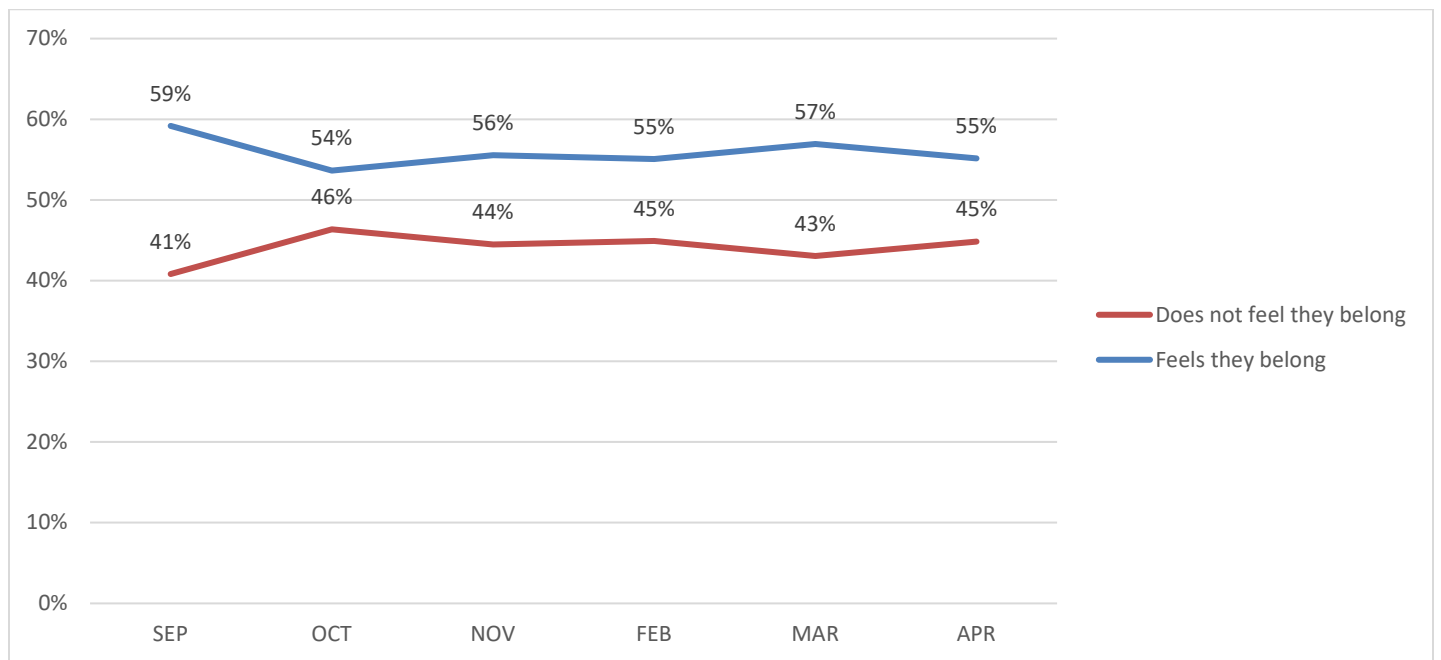
Flourishing

Percentage of students who are flourishing.



Belonging

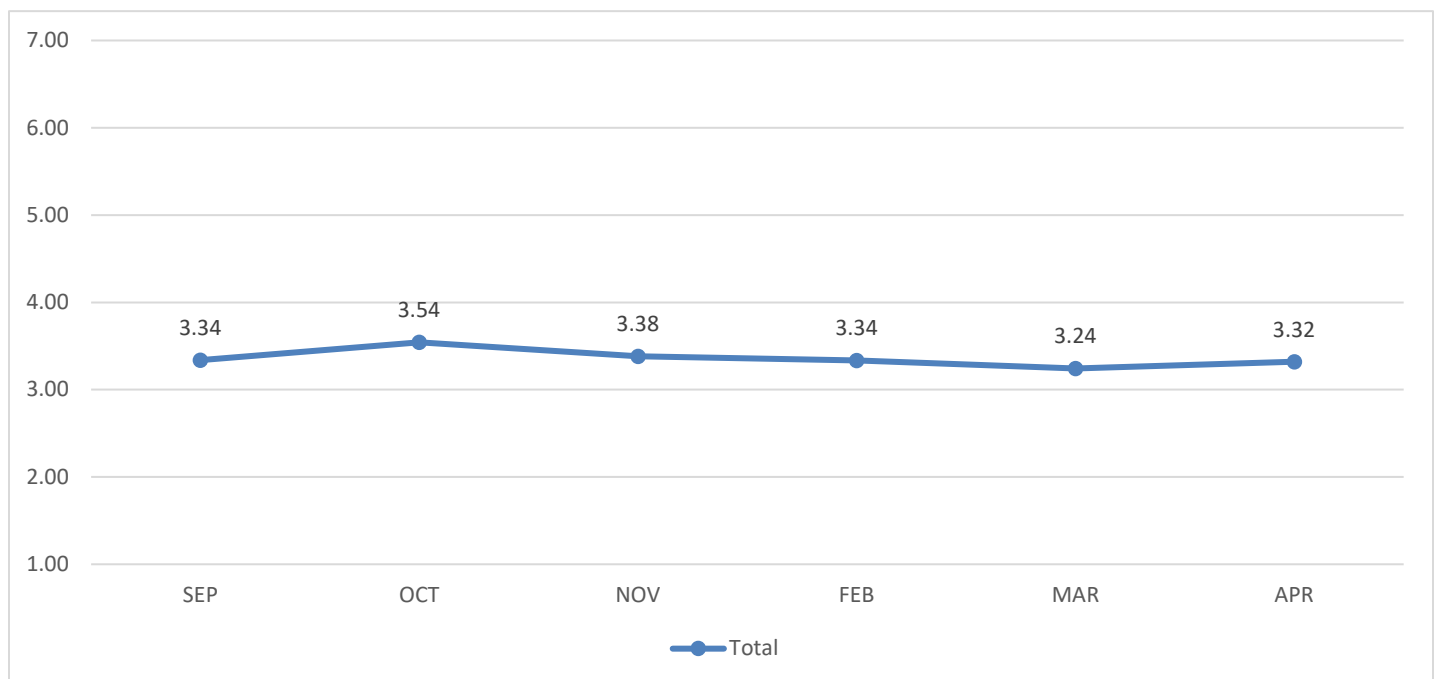
Percentage of students who feel that they belong at Texas A&M University.



Please indicate the extent to which you agree or disagree with each statement.

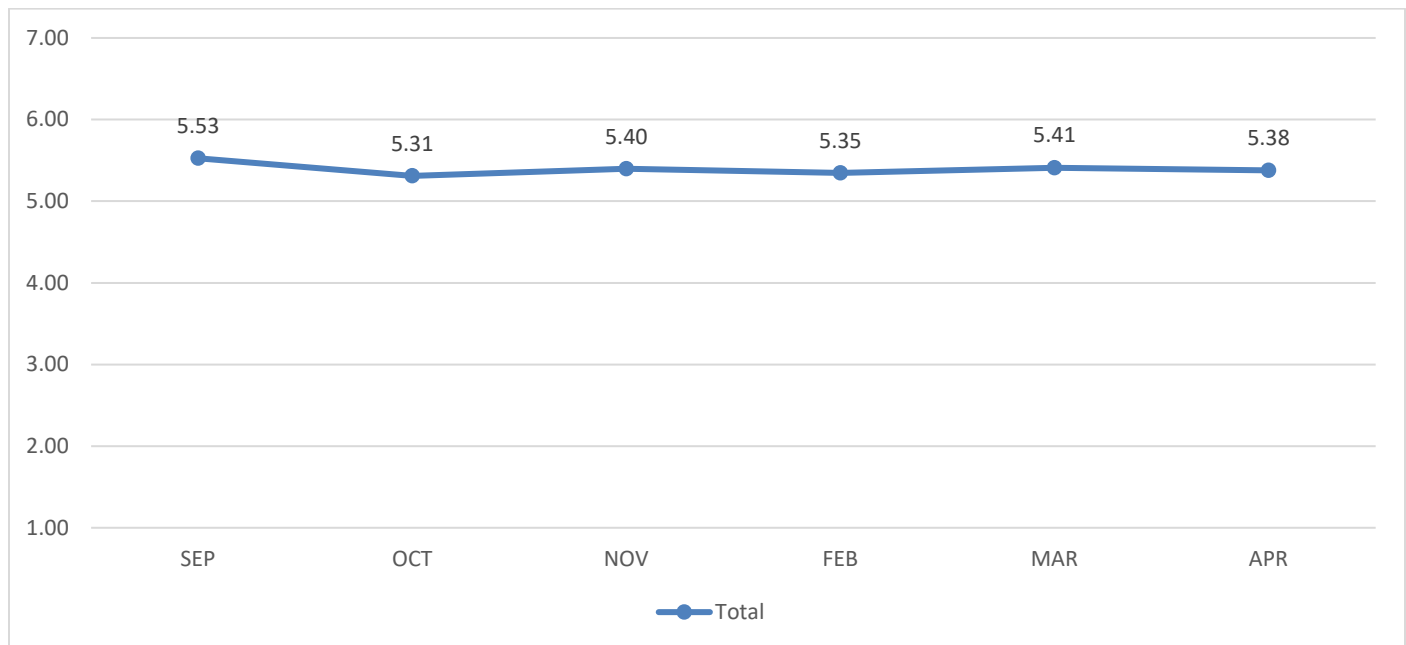
Q14 - When something bad happens, I feel that maybe I do not belong at Texas A&M University.

Strongly agree (7) Agree (6) Somewhat agree (5) Neither (4) Somewhat disagree (3) Disagree (2) Strongly disagree (1)



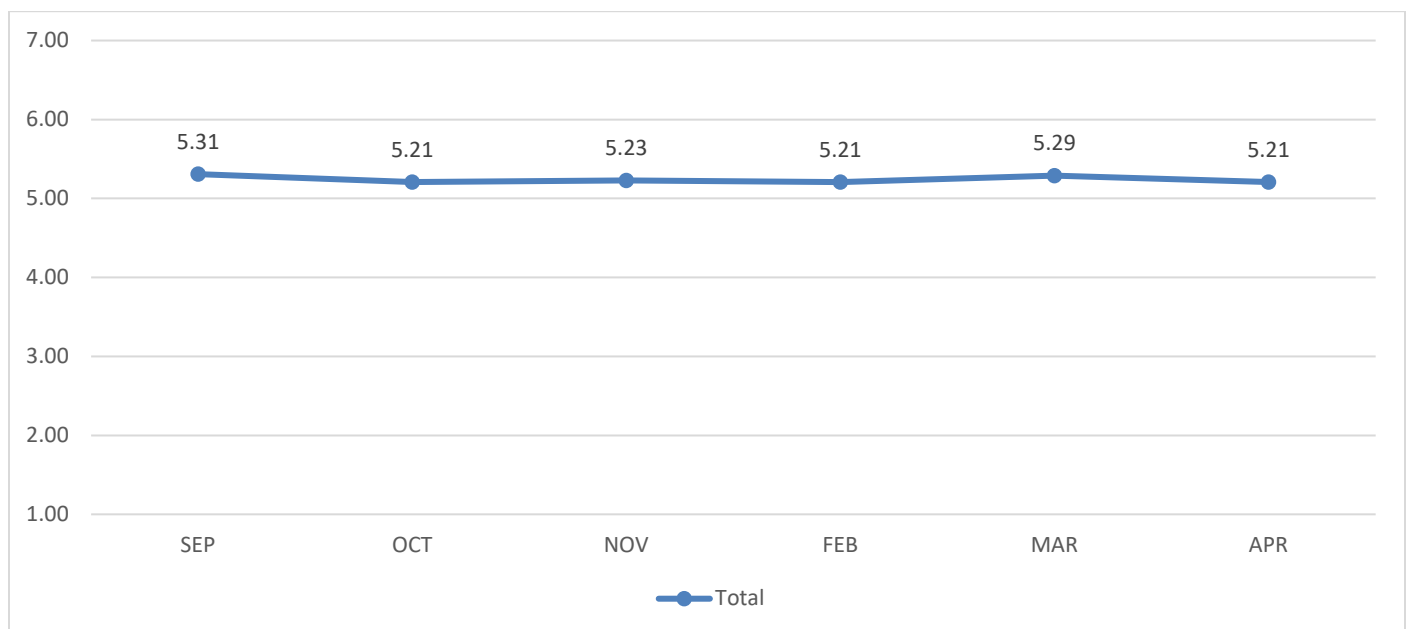
Q16 - I belong at Texas A&M University

Strongly agree (7) Agree (6) Somewhat agree (5) Neither (4) Somewhat disagree (3) Disagree (2) Strongly disagree (1)



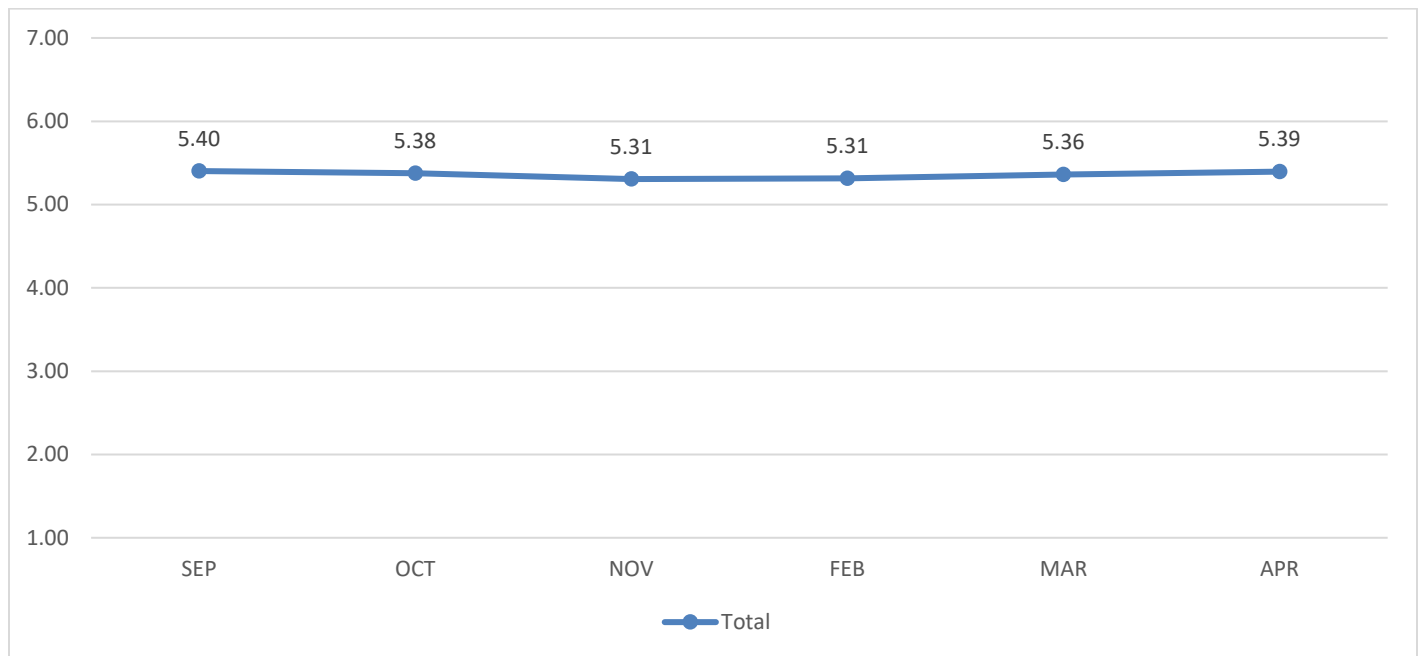
Q17 - I lead a purposeful and meaningful life

Strongly agree (7) Agree (6) Somewhat agree (5) Neither (4) Somewhat disagree (3) Disagree (2) Strongly disagree (1)



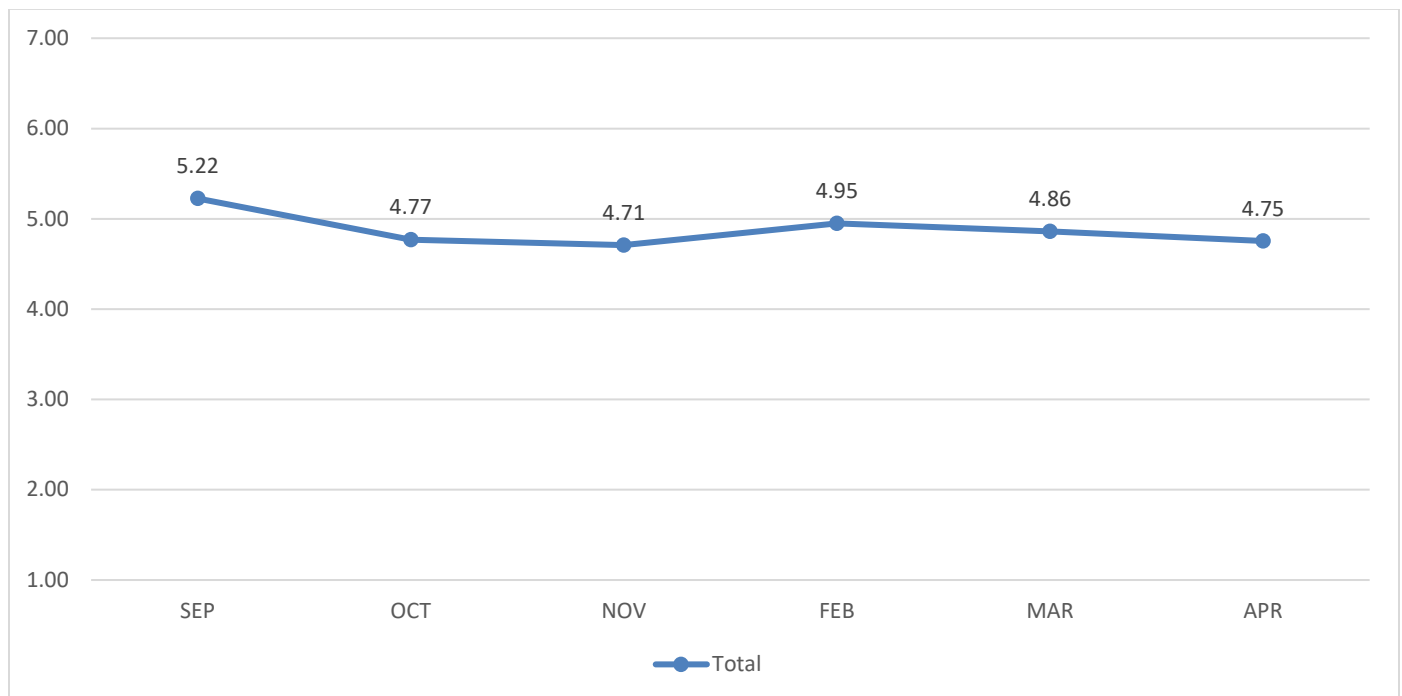
Q18 - My social relationships are supportive and rewarding

Strongly agree (7) Agree (6) Somewhat agree (5) Neither (4) Somewhat disagree (3) Disagree (2) Strongly disagree (1)



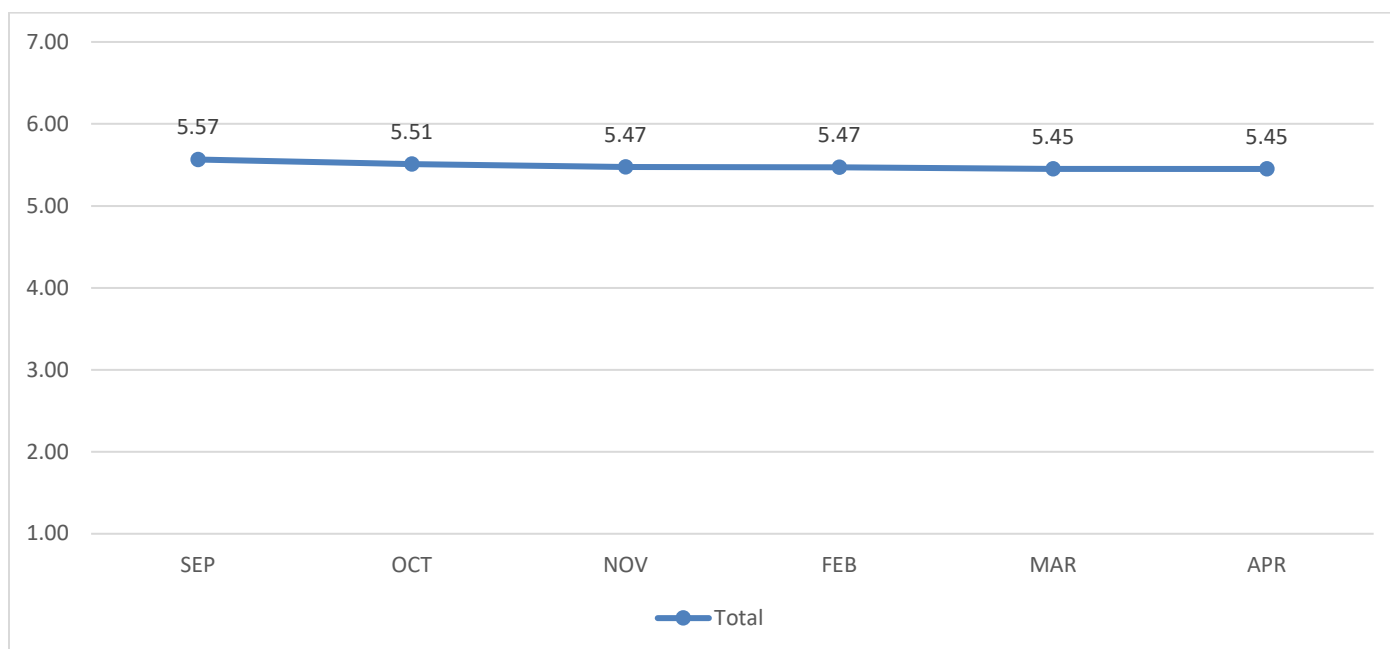
Q19 - I am engaged and interested in my daily activities

Strongly agree (7) Agree (6) Somewhat agree (5) Neither (4) Somewhat disagree (3) Disagree (2) Strongly disagree (1)



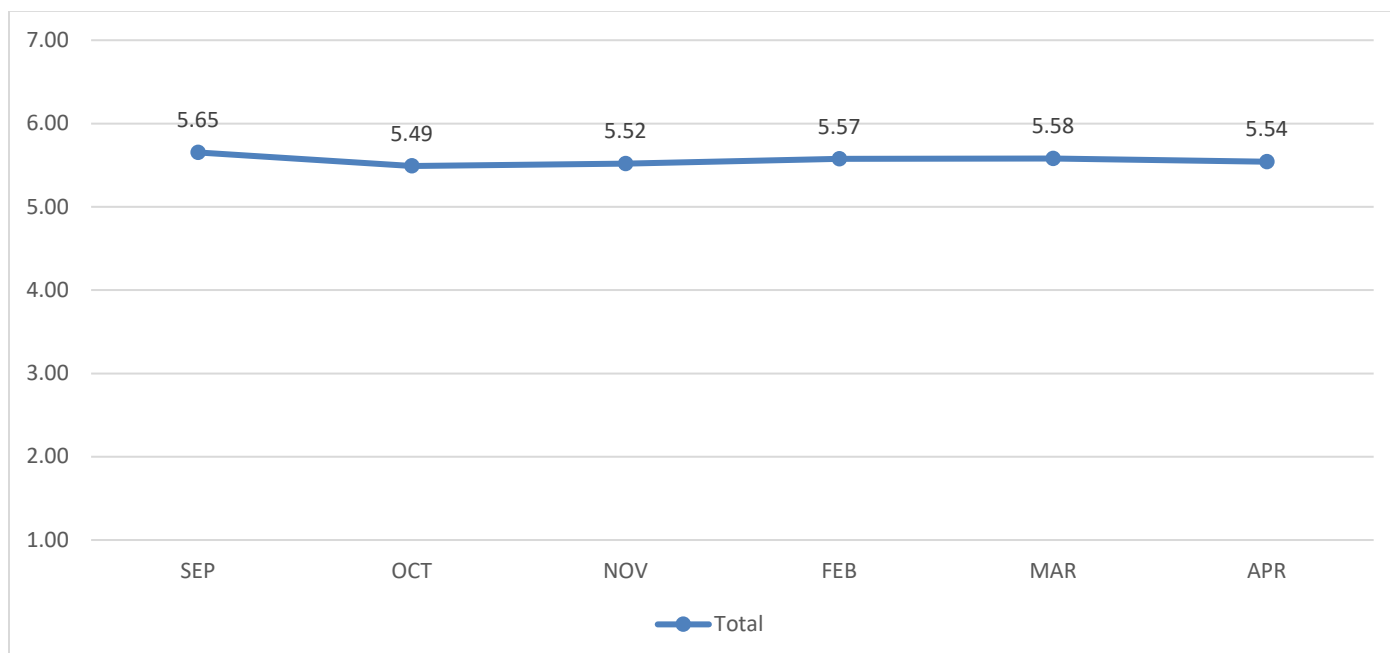
Q20 - I actively contribute to the happiness and well-being of others

Strongly agree (7) Agree (6) Somewhat agree (5) Neither (4) Somewhat disagree (3) Disagree (2) Strongly disagree (1)



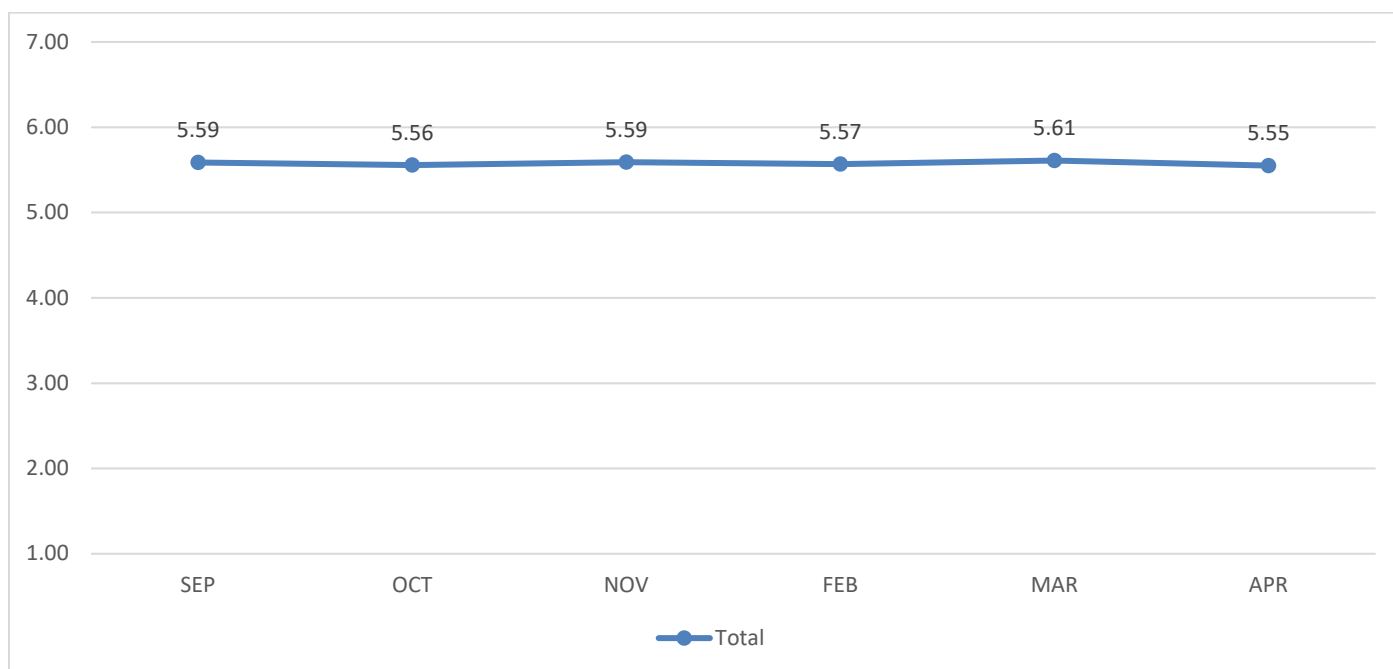
Q21 - I am competent and capable in the activities that are important to me

Strongly agree (7) Agree (6) Somewhat agree (5) Neither (4) Somewhat disagree (3) Disagree (2) Strongly disagree (1)



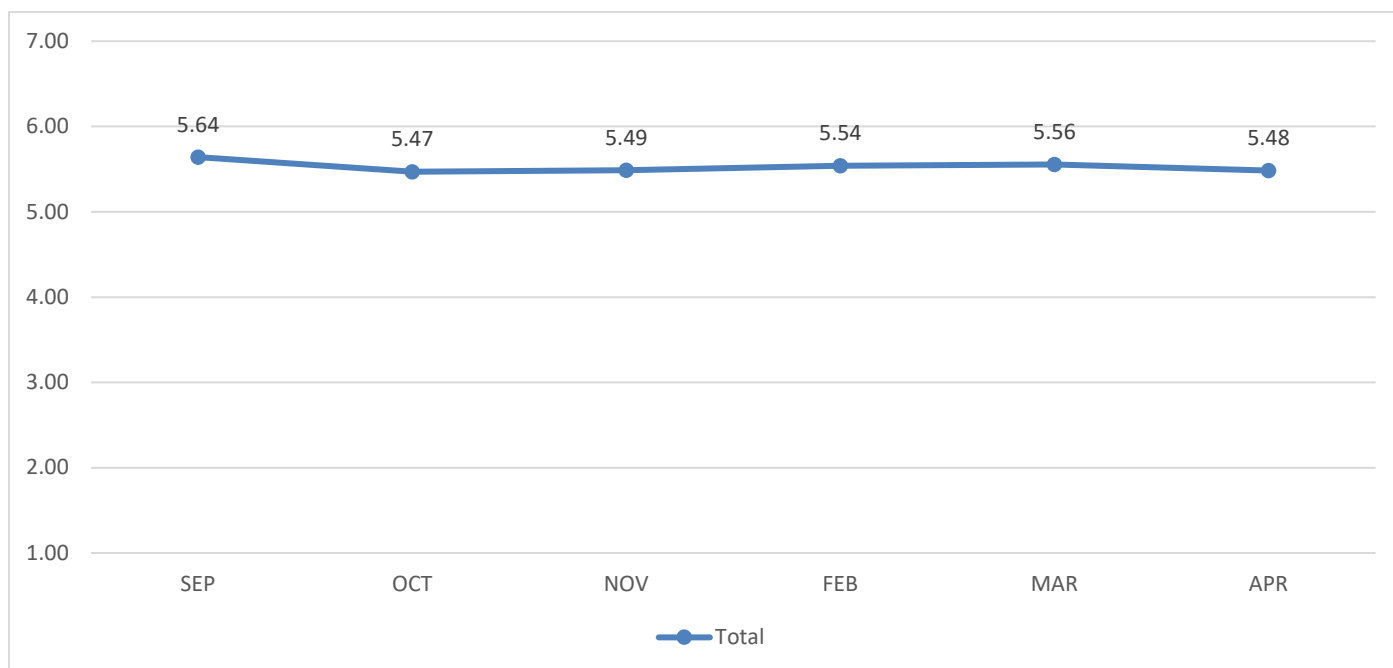
Q22 - I am a good person and live a good life

Strongly agree (7) Agree (6) Somewhat agree (5) Neither (4) Somewhat disagree (3) Disagree (2) Strongly disagree (1)

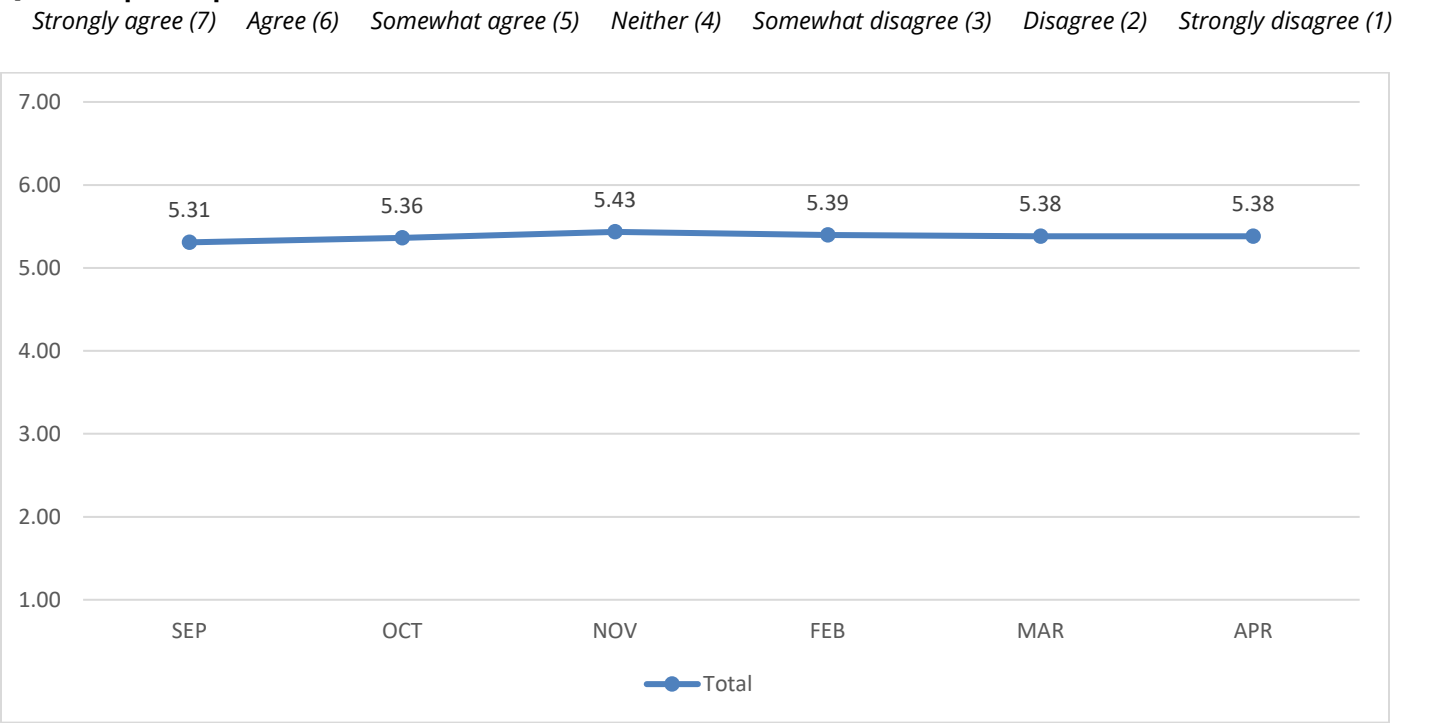


Q23 - I am optimistic about my future

Strongly agree (7) Agree (6) Somewhat agree (5) Neither (4) Somewhat disagree (3) Disagree (2) Strongly disagree (1)



Q24 - People respect me



Academic Process Variables

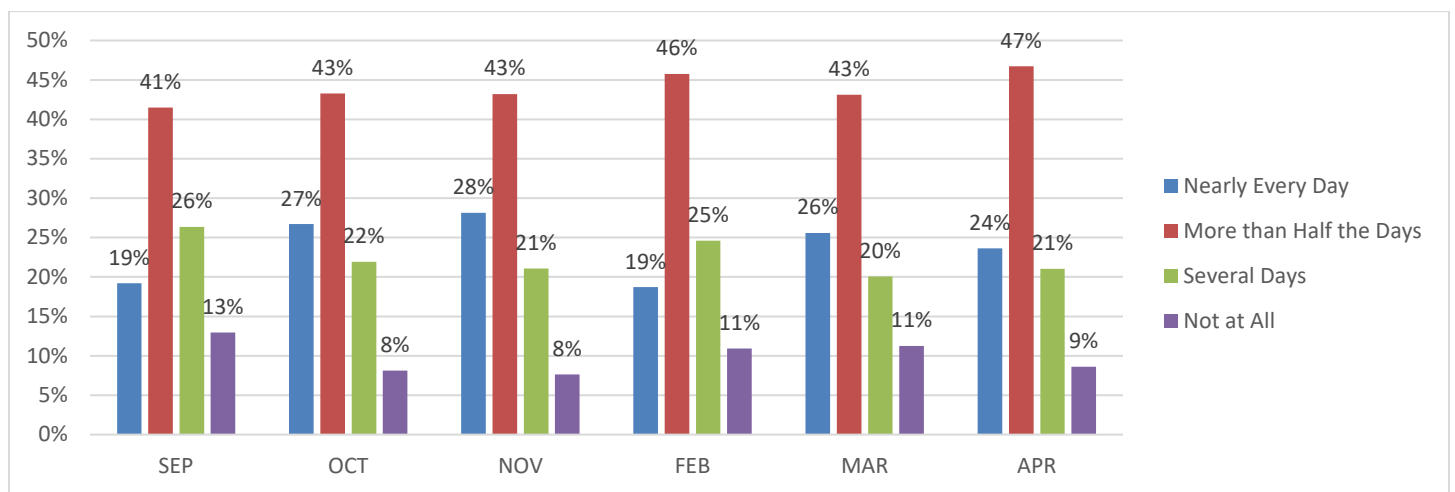
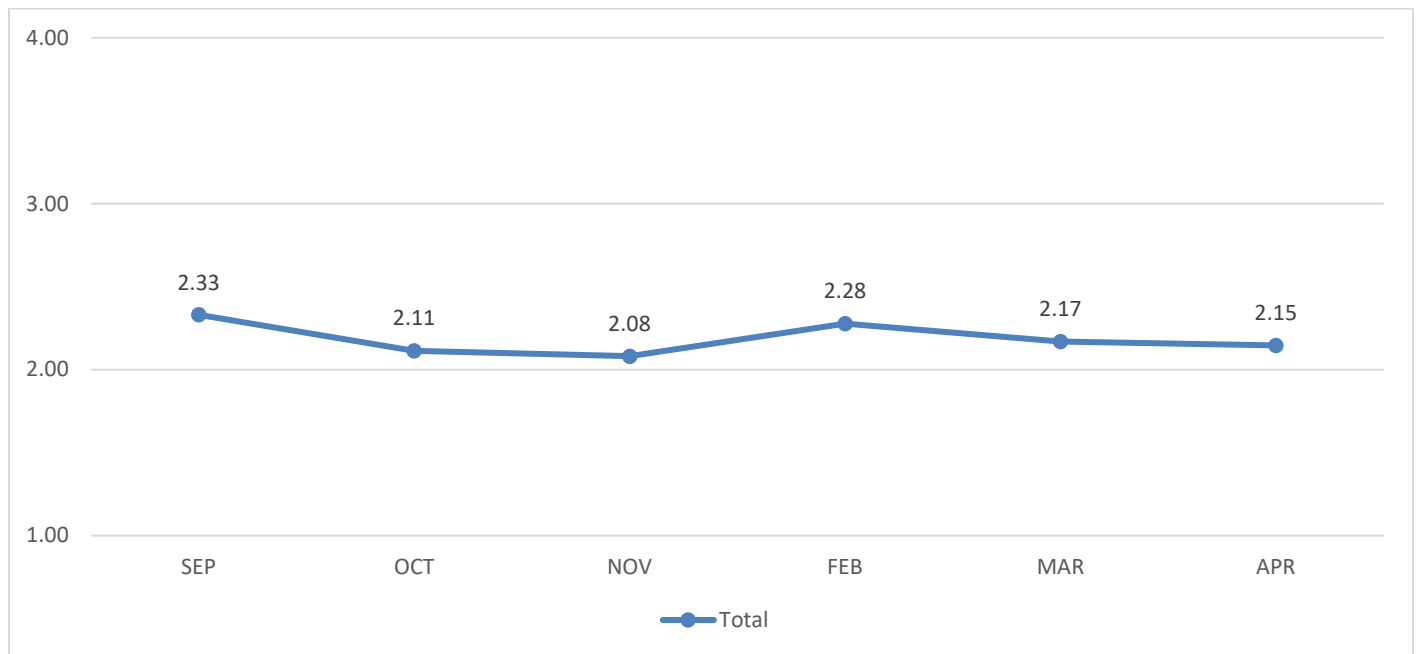
Q107 - Over the past two weeks, how often did you get enough sleep so that you felt well-rested when you woke up?

Not at all (4)

Several days (3)

More than half the days (2)

Nearly every day (1)



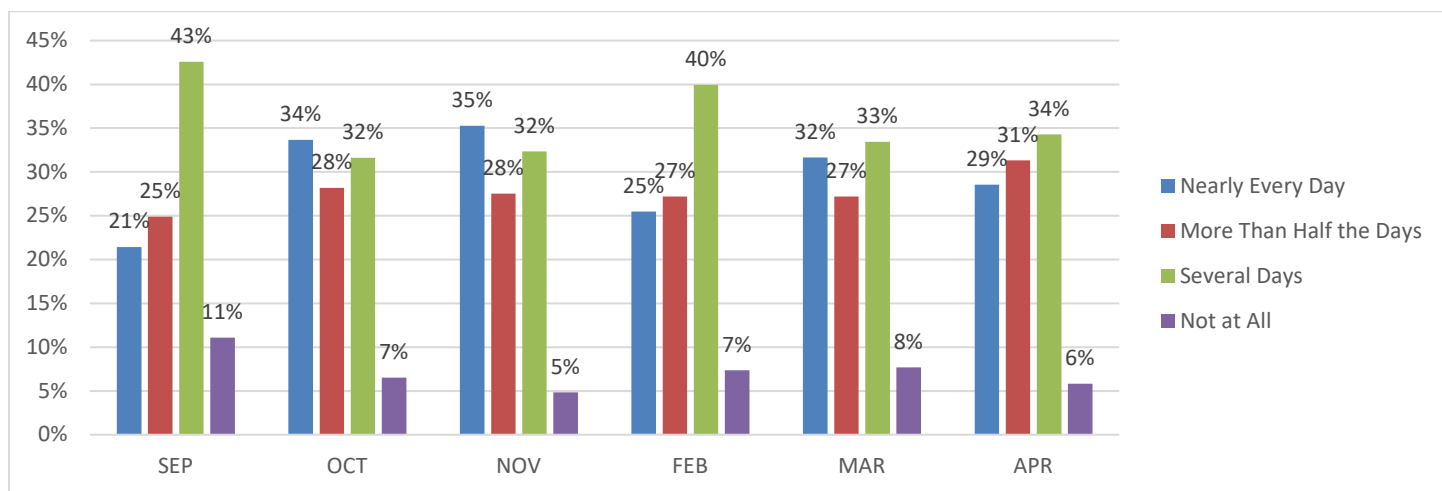
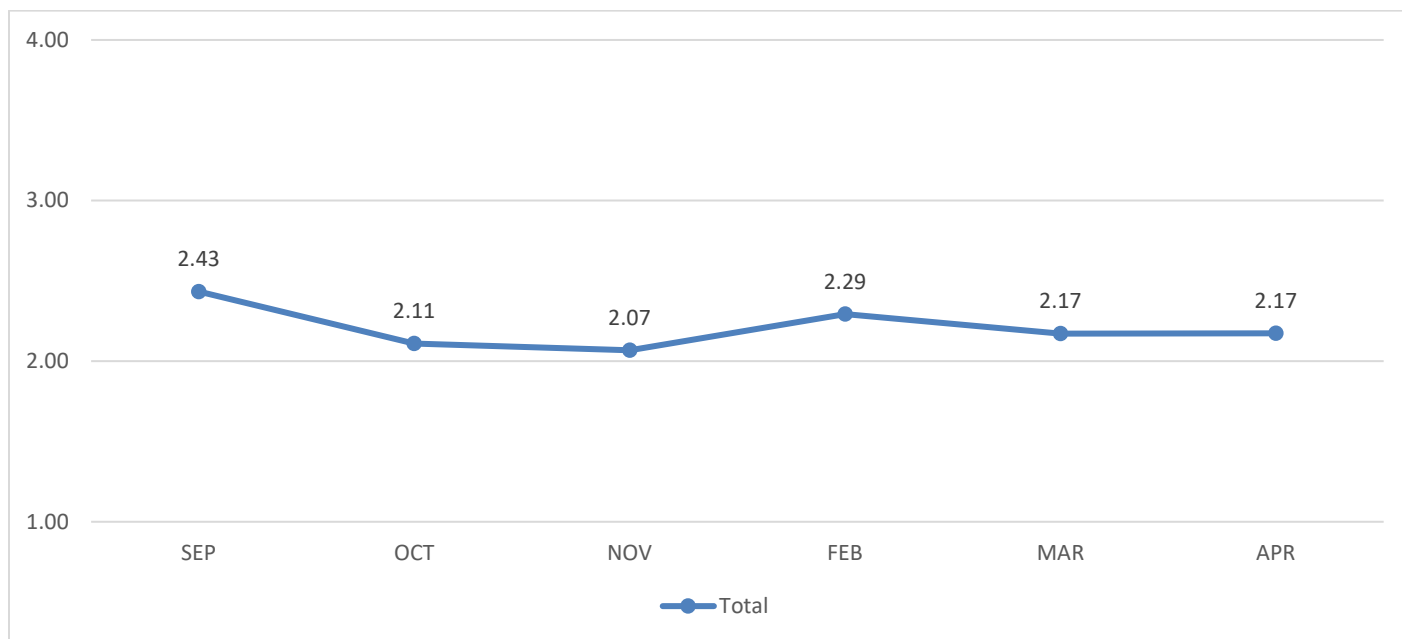
Q108 - Over the past two weeks, how often did you feel tired, dragged out, or sleepy during the day?

Not at all (4)

Several days (3)

More than half the days (2)

Nearly every day (1)



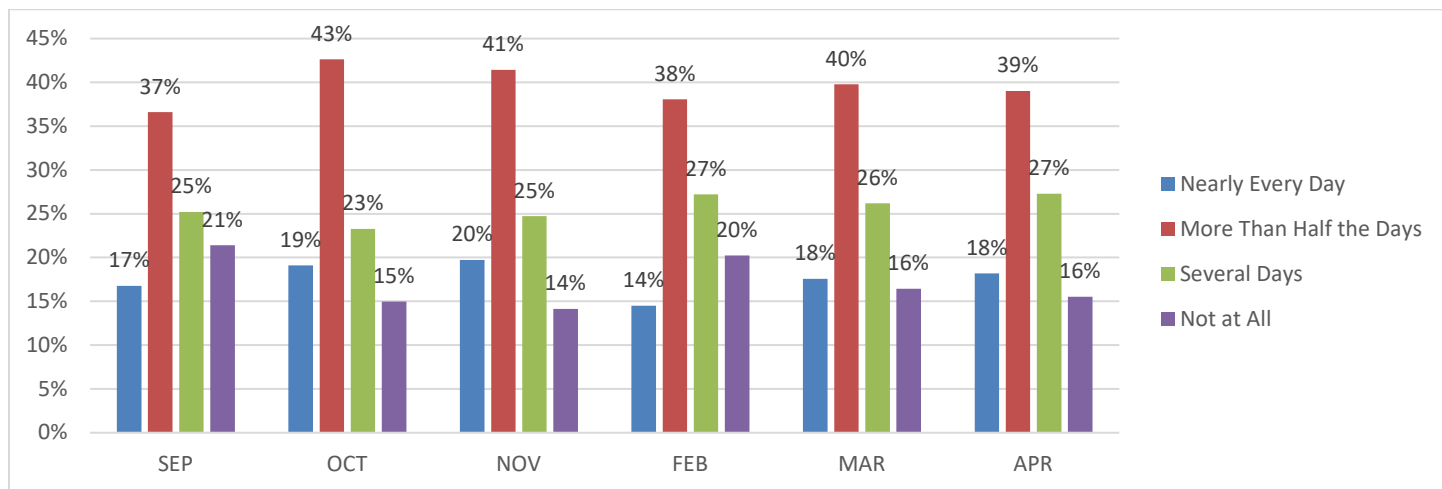
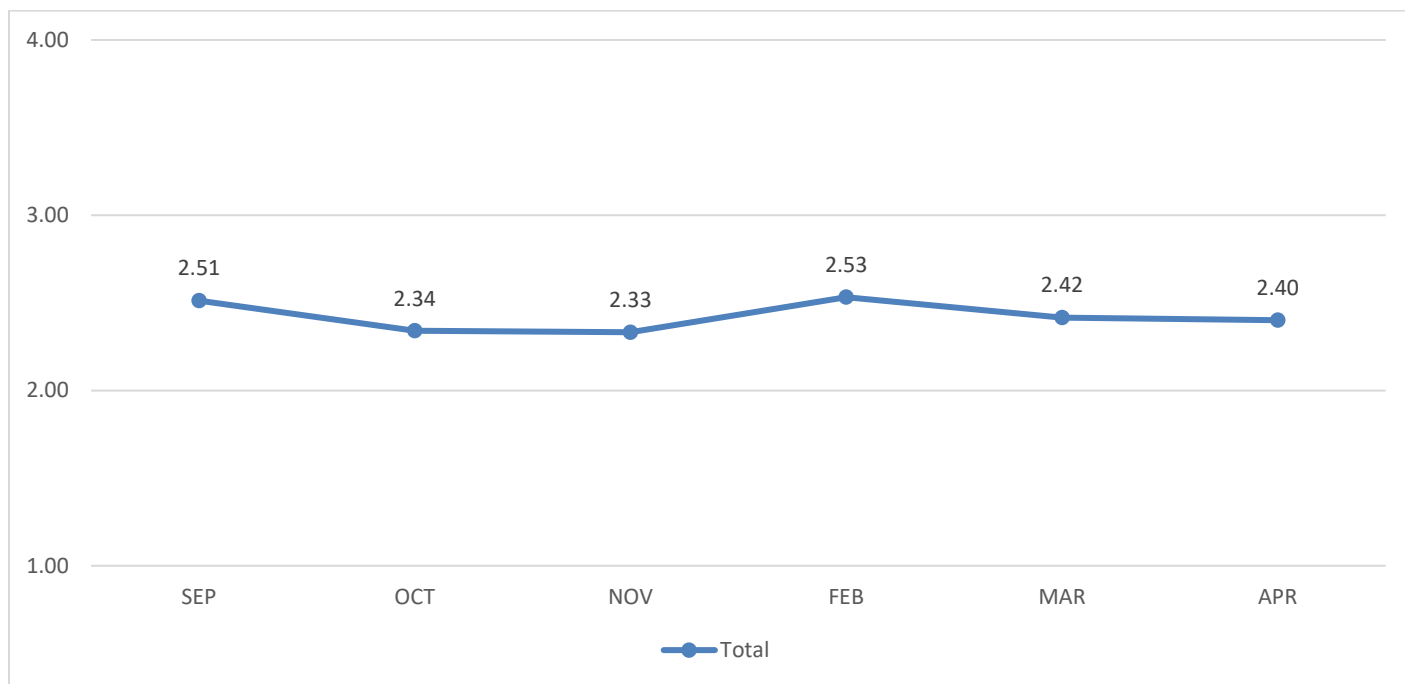
Q109 - Over the past two weeks, how often did you get more than 7 hours of sleep in one night?

Not at all (4)

Several days (3)

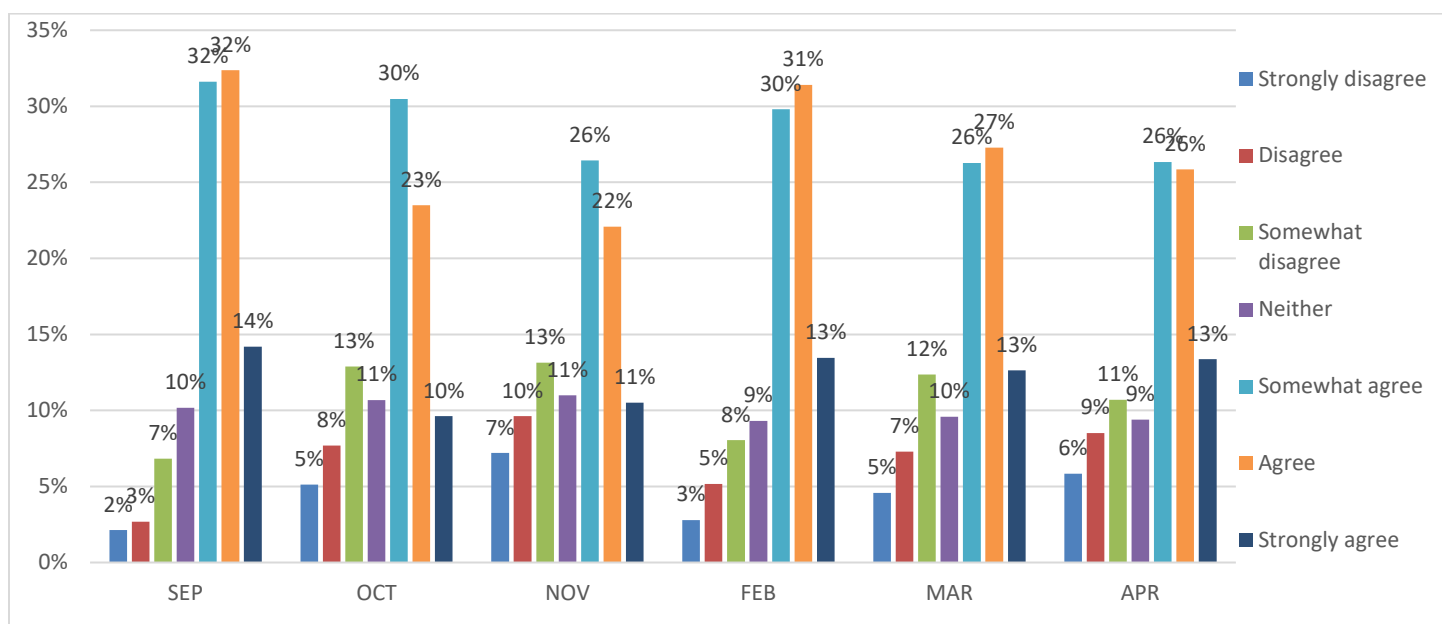
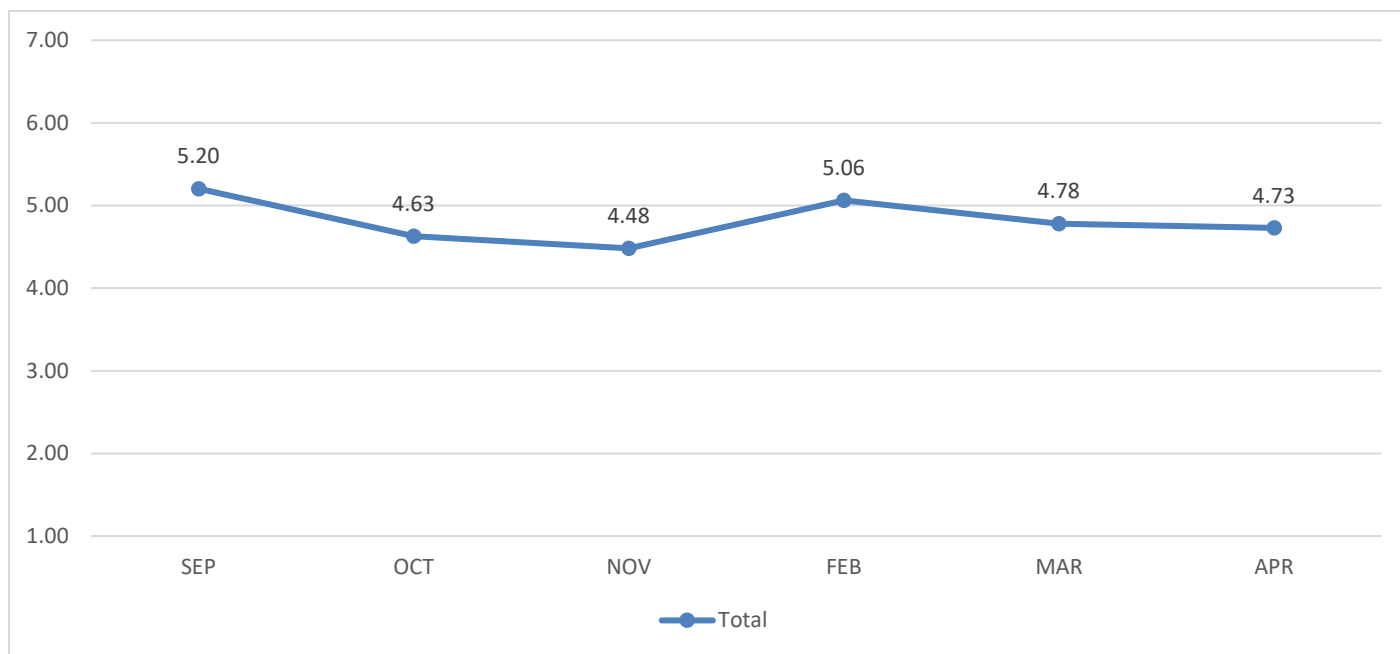
More than half the days (2)

Nearly every day (1)



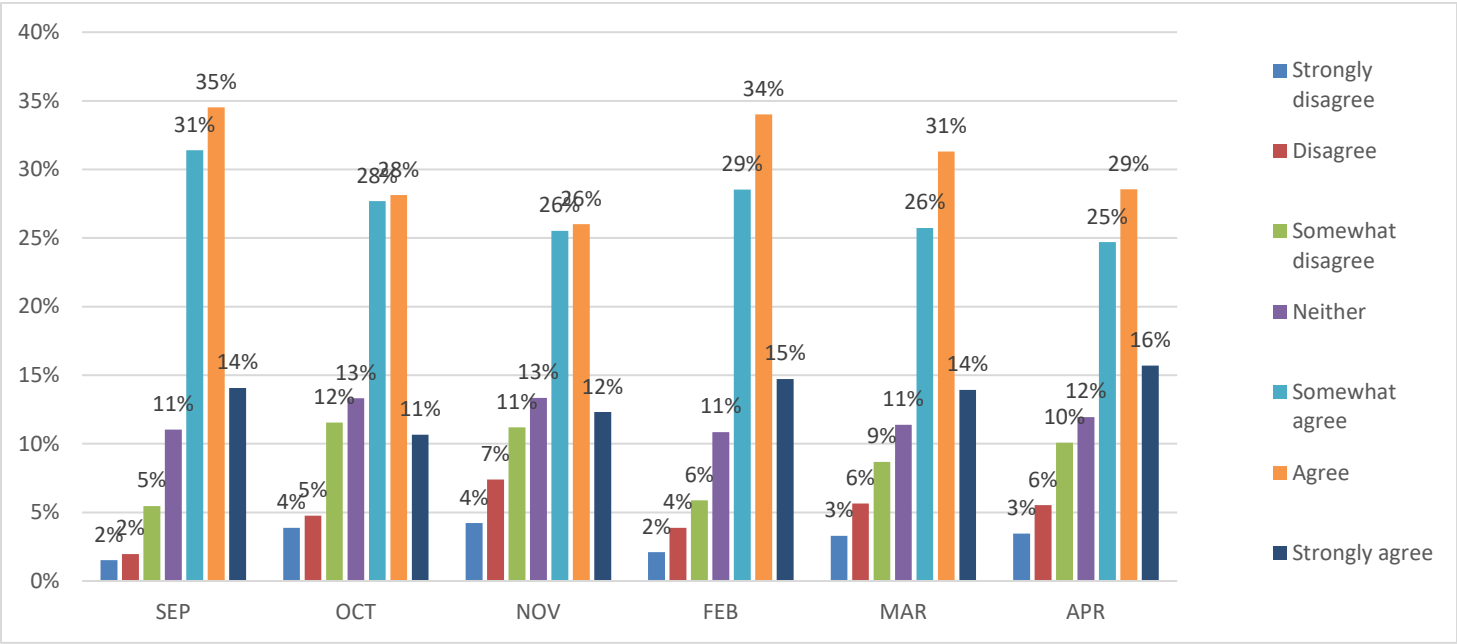
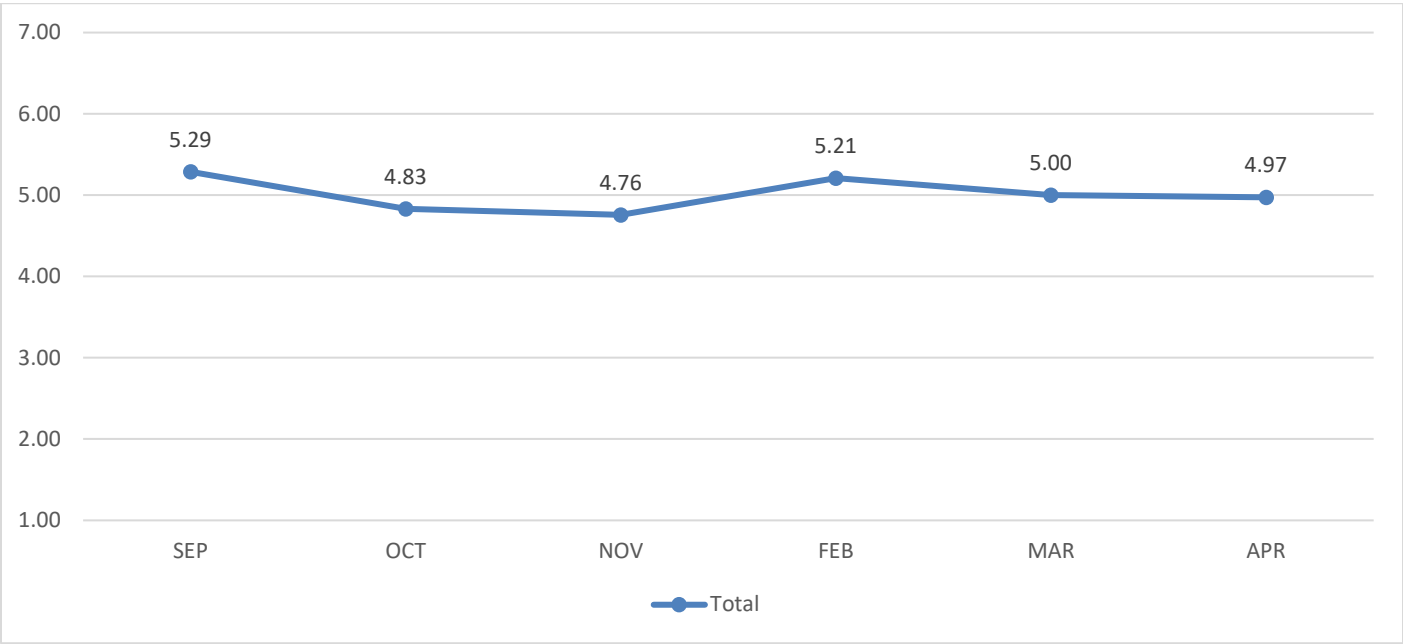
Q25 - This semester, I am confident that I can do an excellent job on my assignments and tests.

Strongly agree (7) Agree (6) Somewhat agree (5) Neither (4) Somewhat disagree (3) Disagree (2) Strongly disagree (1)



Q26 – Considering the difficulty of my courses, my instructors, and my skills, I think I will do well in my classes this semester.

Strongly agree (7) Agree (6) Somewhat agree (5) Neither (4) Somewhat disagree (3) Disagree (2) Strongly disagree (1)



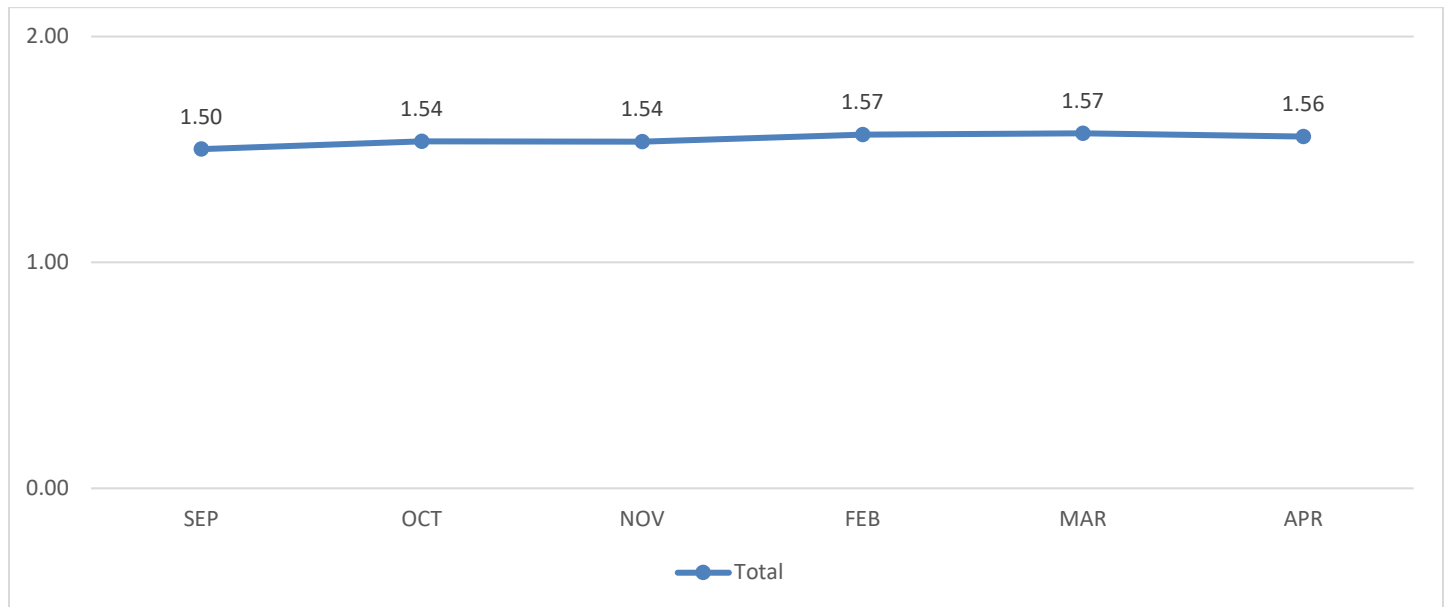
Campus Engagement and Connection

Q27 - I have a friend who I can count on to be there for me

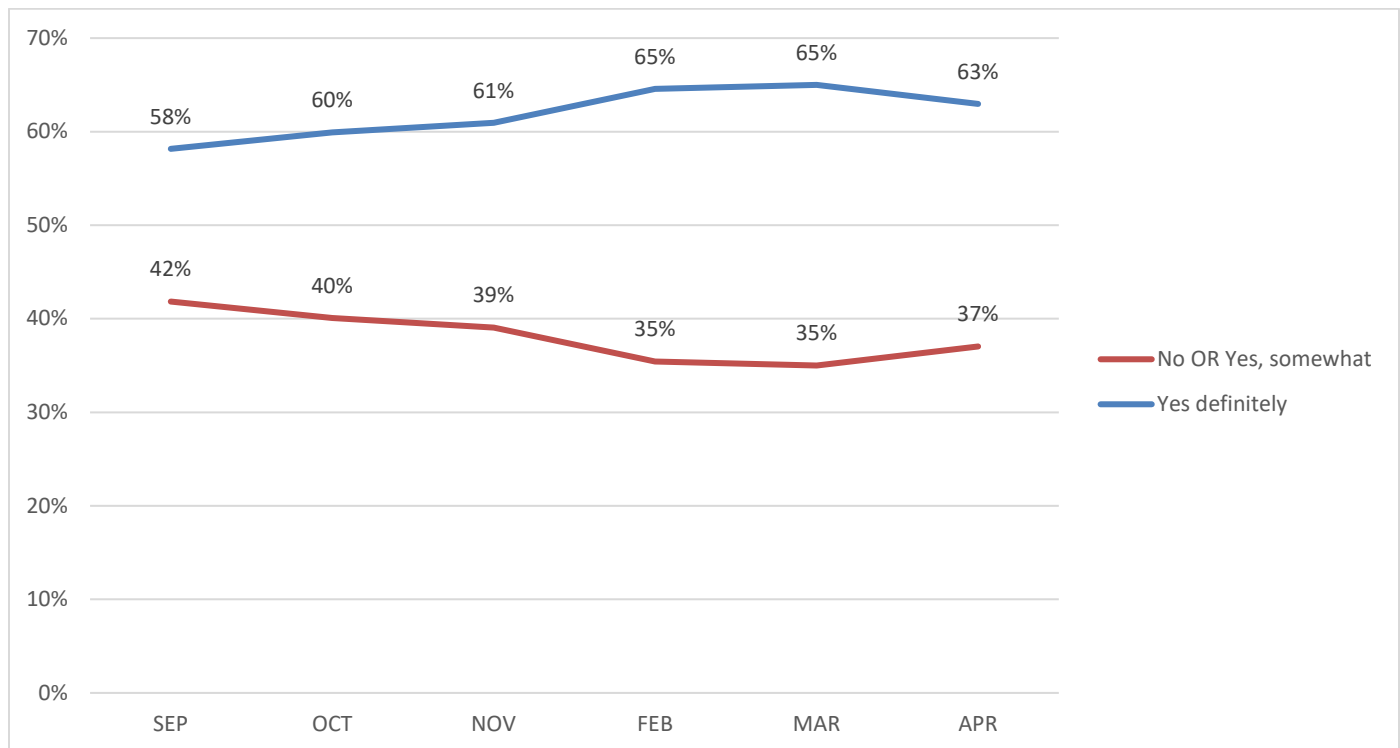
No (0)

Yes, somewhat (1)

Yes, definitely (2)

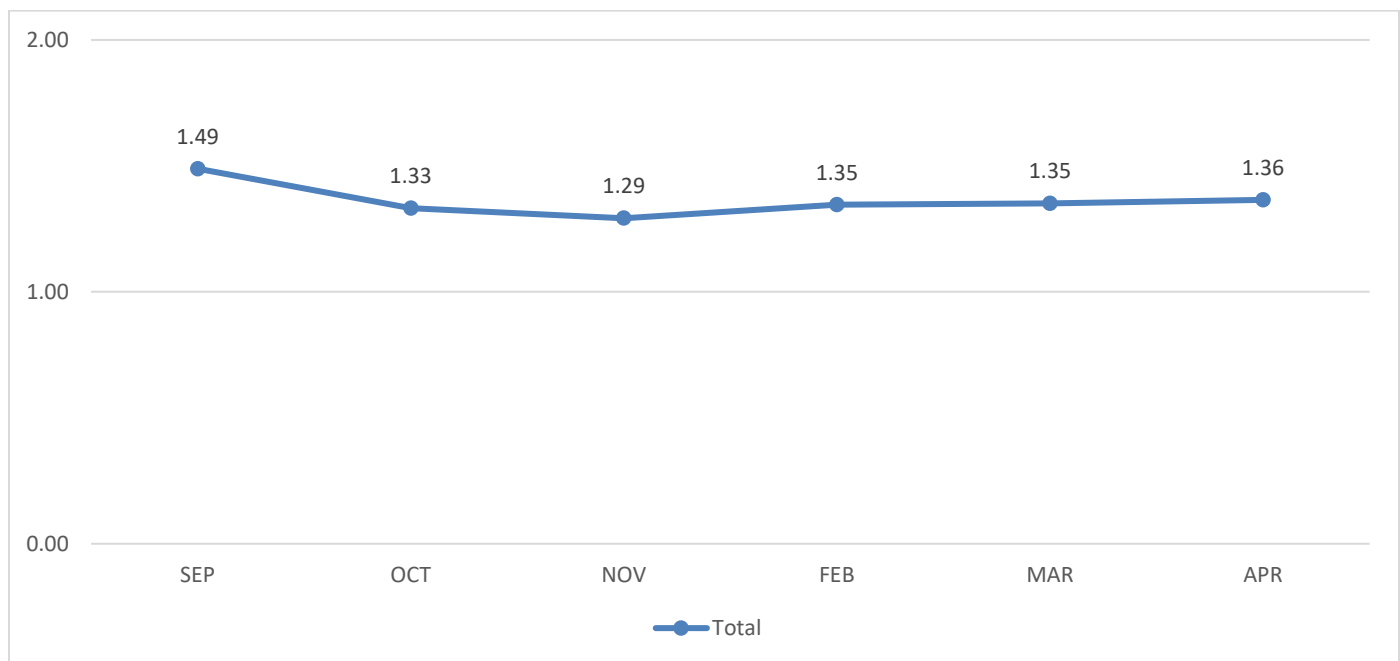


Percentage of students who responded "Yes, definitely" they have a friend they can count on to be there for them.

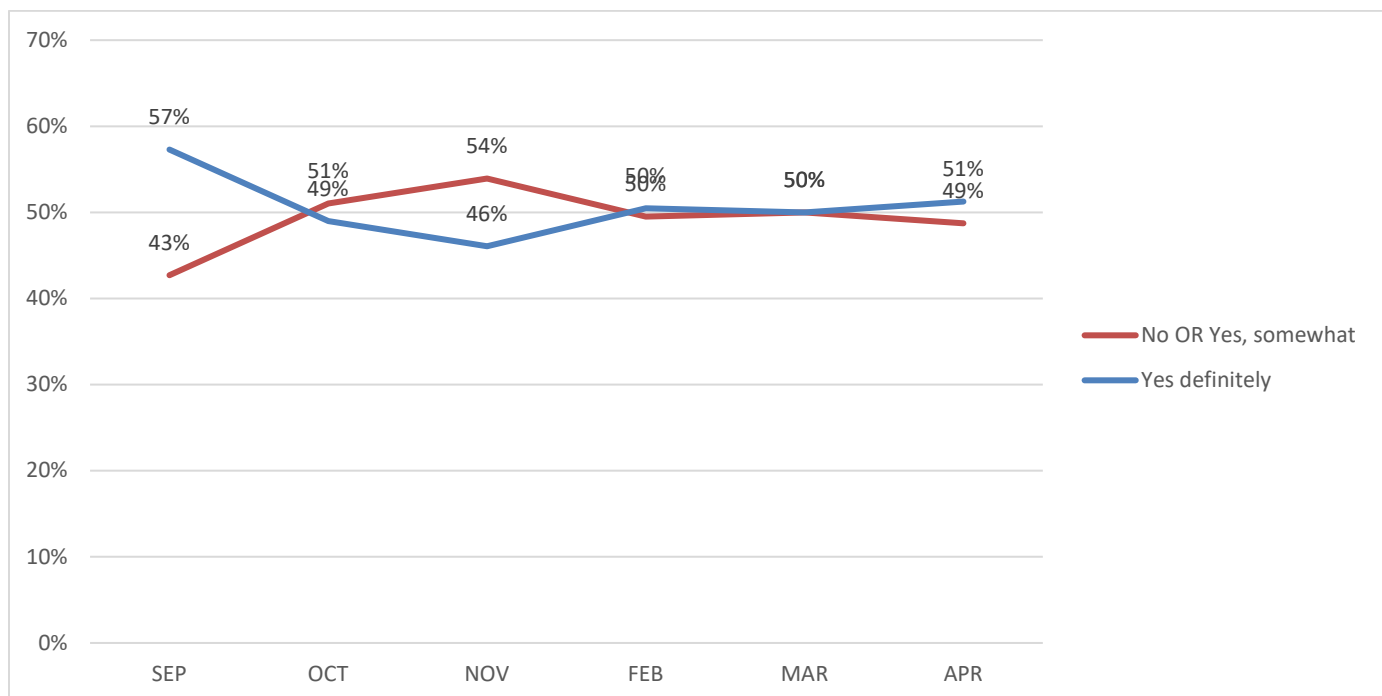


Q28 - I have at least one professor or faculty member who makes me excited about learning.

No (0) Yes, somewhat (1) Yes, definitely (2)

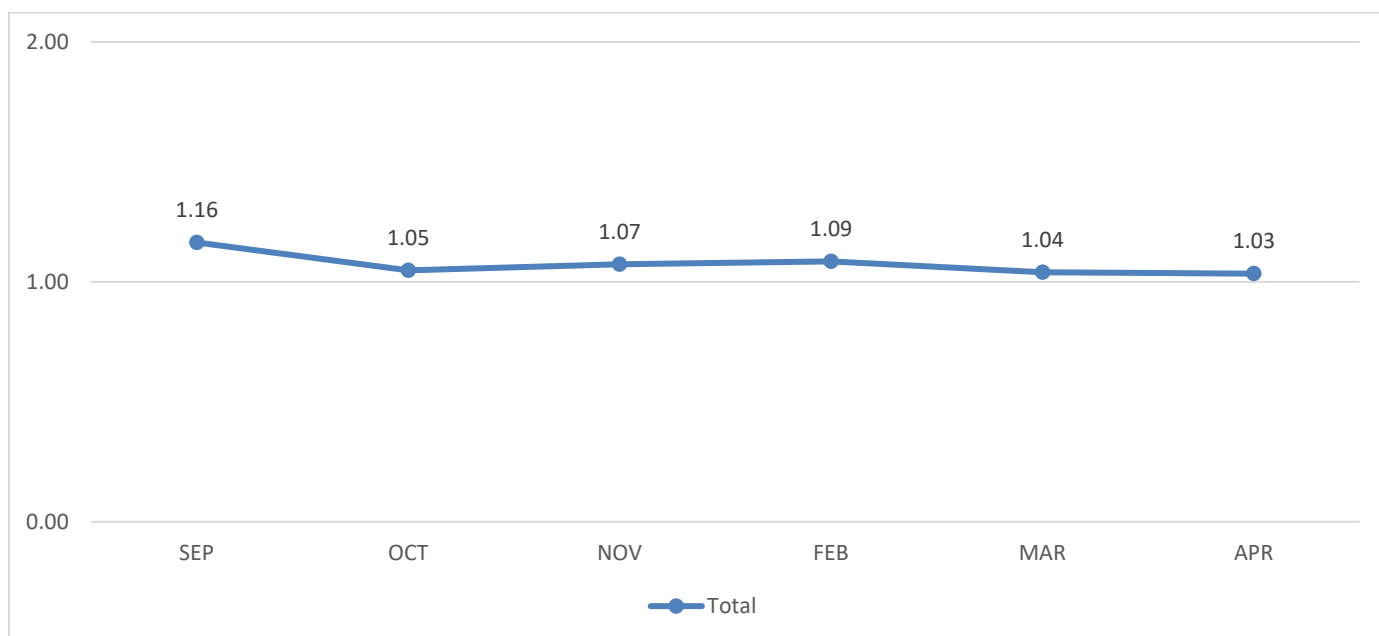


Percentage of students who responded “Yes, definitely” they have at least one professor or faculty member who makes them excited about learning.

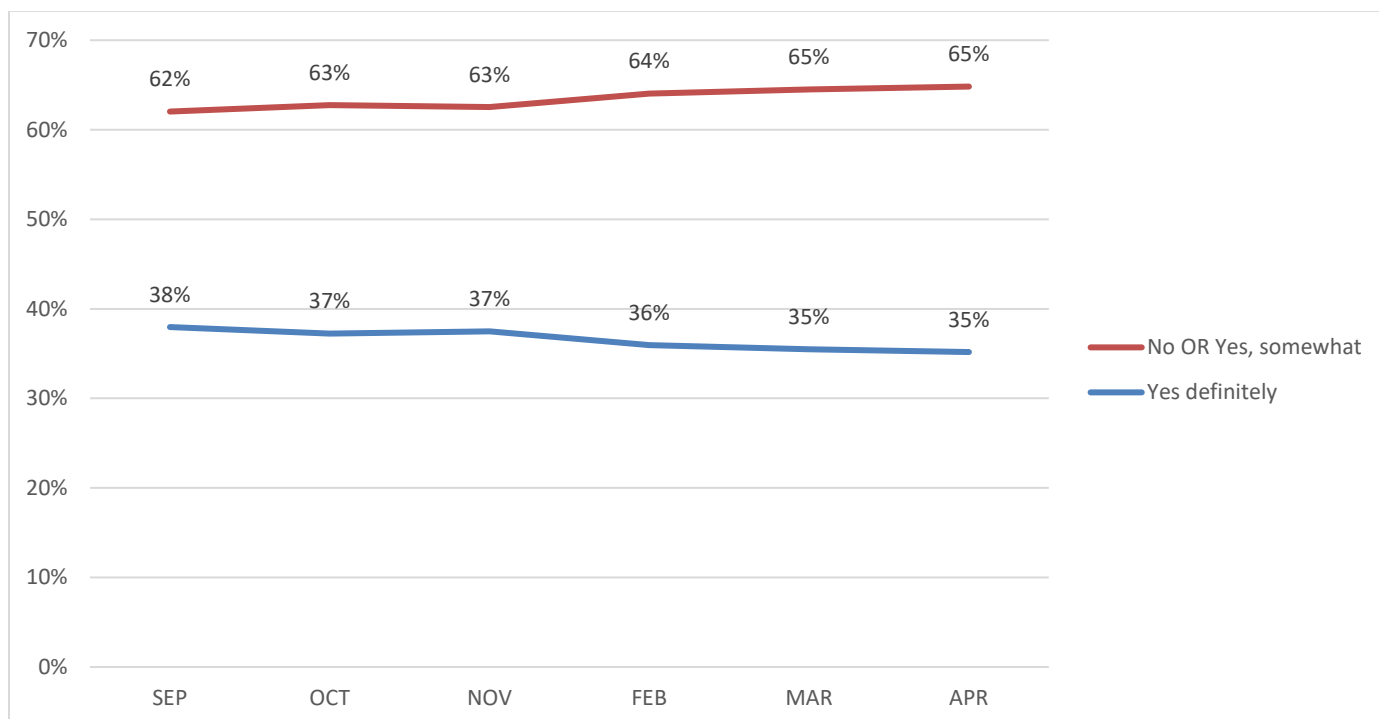


Q29 - I am engaged in extracurricular activities or organizations.

No (0) Yes, somewhat (1) Yes, definitely (2)

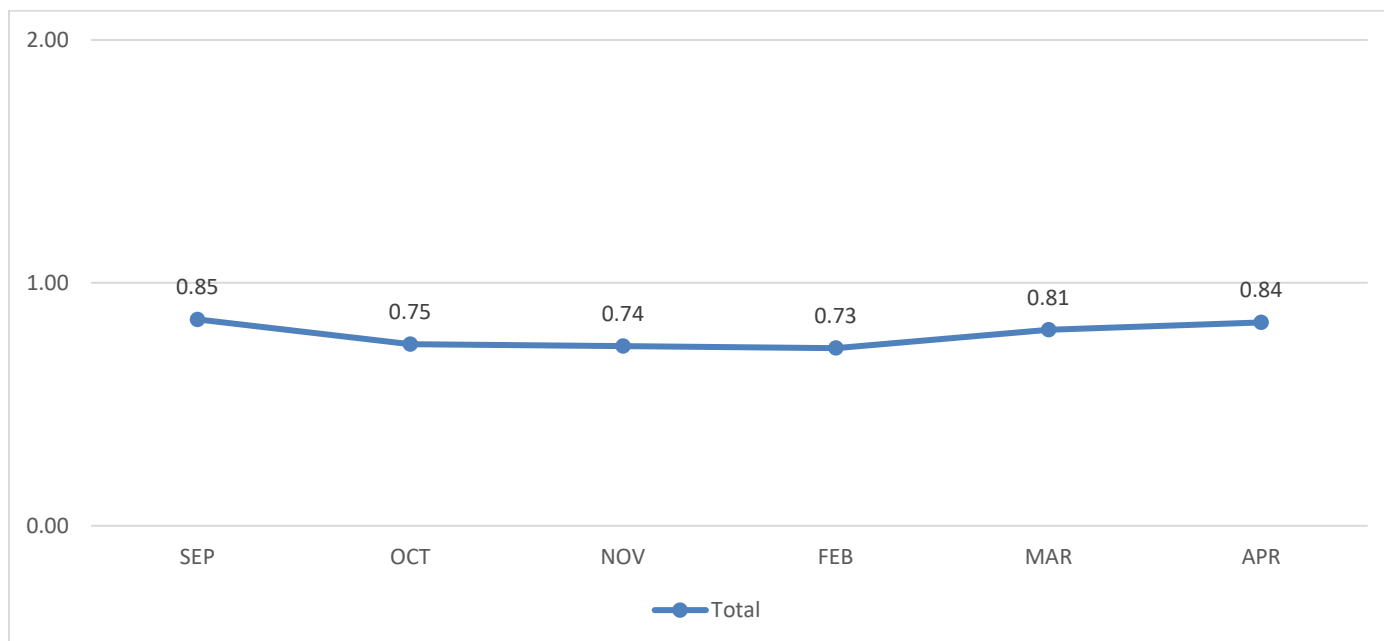


Percentage of students who responded "Yes, definitely" they engage in extracurricular activities or organizations.

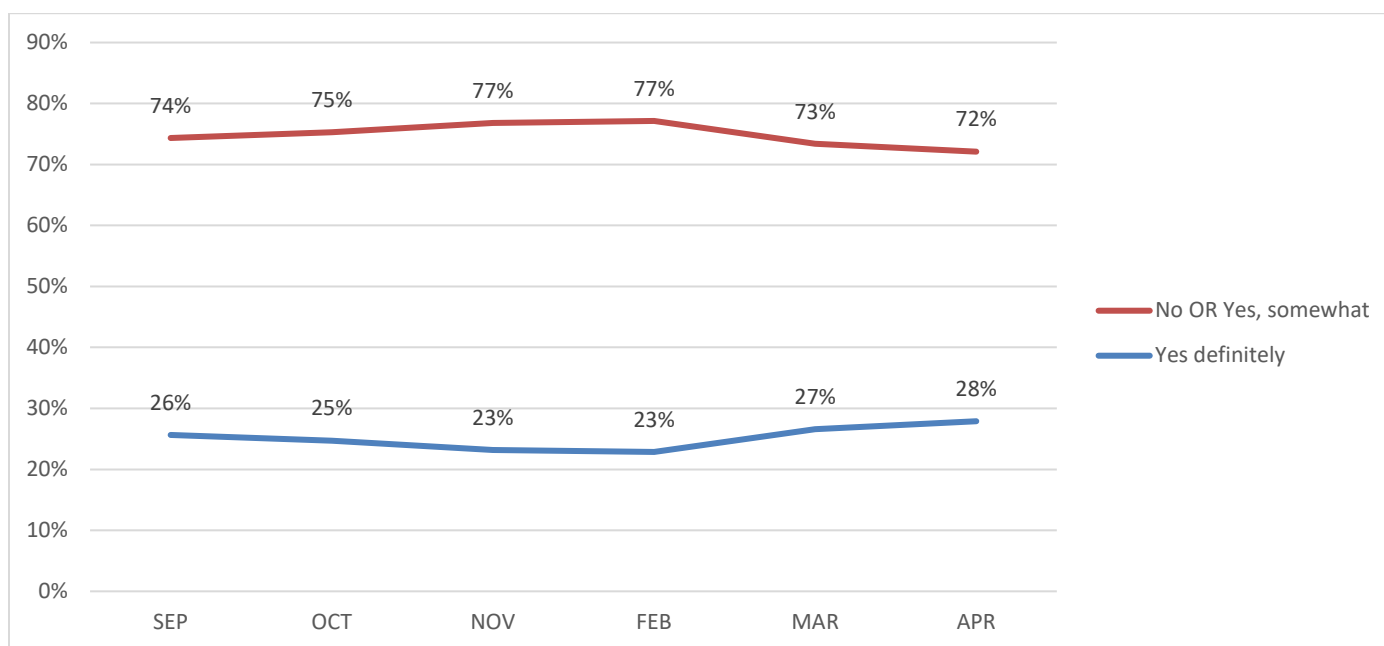


Q30 - At Texas A&M, I have at least one mentor who encourages and supports me.

No (0) Yes, somewhat (1) Yes, definitely (2)

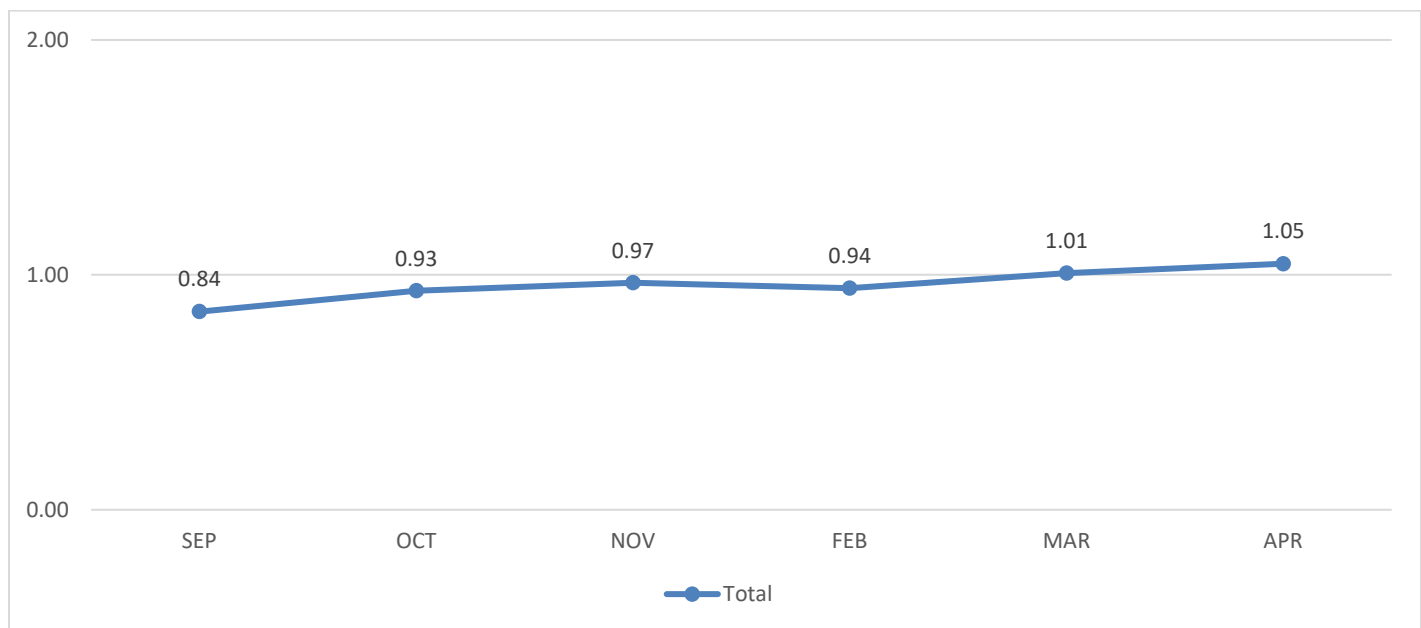


Percentage of students who responded "Yes, definitely" they have at least one mentor who encourages and supports them at their university.



Q31 - There is at least one professor at Texas A&M who cares about me as a person.

No (0) *Yes, somewhat (1)* *Yes, definitely (2)*



Percentage of students who responded "Yes, definitely" they have at least one professor at the university who cares about them as a person.

