



Wellness Perceptions of Students by the Seven Life Dimensions

- Physical
- Emotional
- Environmental
- Spiritual
- Social
- Intellectual
- Occupational

Health & Wellness Aspects From The Following Surveys

- Freshman Cooperative Institutional Research Program (CIRP) Survey
- College Student Inventory (CSI)
- UND Environmental Assessment (Housing)
- National Survey of Student Engagement
- College Student Survey (CIRP senior follow-up)
- Alumni Satisfaction Survey

CIRP Freshman Survey

- CIRP is a national study administered by the Higher Education Research Institute at the University of California-Los Angeles. UND has participated 40 of the last (approximate) 44 years.
- Given to the new freshmen in the summer Getting Started program. In 2007, 1,125 freshmen (62% of all new freshmen) took the CIRP.
- Assesses the demographic characteristics, past experiences, current opinions, as well as the aspirations of new incoming freshmen. Students indicate their reasons for coming to UND, their education plans, and academic preparation.

College Student Inventory (CSI)

- CSI is a tool of the Noel-Levitz Management System that asks students to reflect on academic, personal, and social experiences and perspectives. Given to the new freshmen at Getting Started, UND has administered this instrument since 2002.
- An individual report is produced for each student and helps students reflect on how to maximize their college experience.
- A report is also produced for each student's advisor. The advisor's report produces a **dropout proneness score which can be used as an early alert indicator.**

Environmental Assessment



A UND survey, conducted every two years to assess various areas of performance for Housing and related services, including U Card, Dining, Facilities, Hall Programming and Hall Government

National Survey of Student Engagement

(pronounced "nessie")



- College student survey that assesses the extent to which students engage in educational practices associated with high levels of learning and development
- Administered to Freshmen and Seniors

College Student Survey

(Senior follow-up of the CIRP-Freshman Survey)

- CIRP is a national study administered through the Higher Education Research Institute at the University of California-Los Angeles. UND participates every 3-4 years.
- Given to a random sample of seniors. Results presented with students' responses as freshmen. Last conducted in the fall of 2004.
- Assesses the demographic characteristics, past experiences, senior self-rating, objectives considered to be essential or very important, activities engaged in during past year, as well as satisfaction with the University of North Dakota.

Alumni Satisfaction Survey

- National survey (ACT) done every two years. Administered to alumni approximately two years after their graduation.
- This survey assesses alumni's perceptions of UND's impact. Identifies UND's impact on their personal and professional growth and development, general background, employment history, educational outcomes (identifying level of importance and impact of school experiences) and educational experiences.

Physical Wellness

NSSE Survey Asks Freshmen & Seniors about Physical Activity

Students were asked to respond to the frequency of experiencing various reflective learning activities. These experiences show levels of college involvement outside the typical classroom. Of the six reflective activities, *Exercising or Participating in Fitness Activities* was the only reflective learning experience that UND students reported with more frequency than their Doctoral-Intensive Peers.

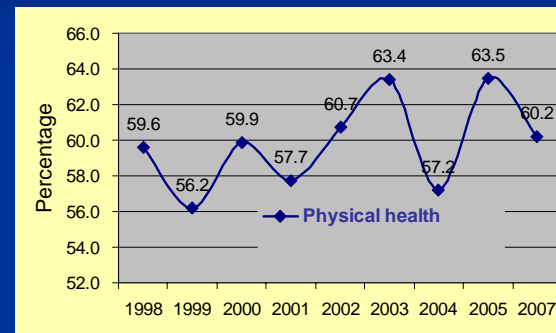
Exercise or participate in physical fitness activities

| | |
|----------|------|
| UND FR | 66%* |
| UND SR | 62%* |
| DOC-I FR | 59% |
| DOC-I SR | 54% |

* Significantly higher as compared to Peers

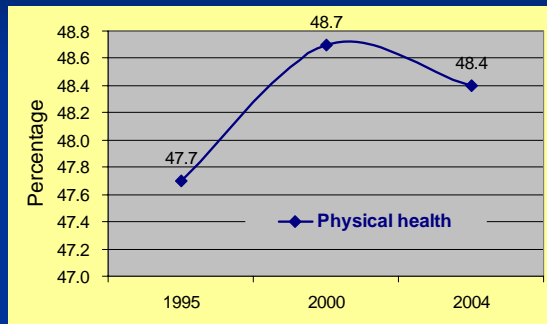
Source: 2007 NSSE Survey

Freshmen rated self "above average" or "highest 10%" as compared with peers



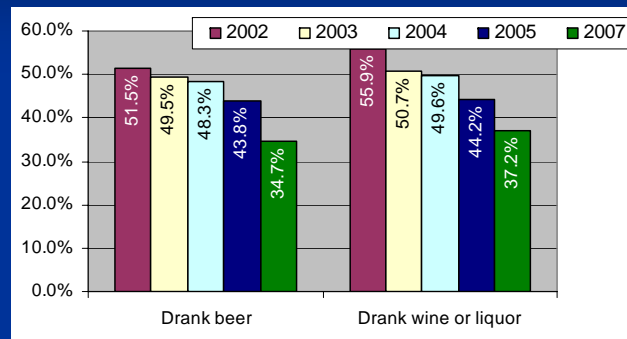
Source: CIRP Freshman Survey

Seniors rated self “above average” or “highest 10%” as compared with peers



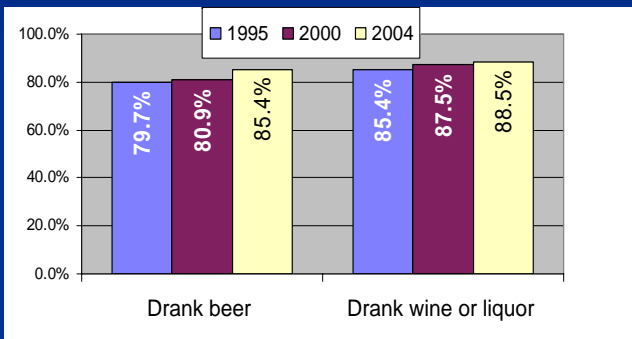
Source: CIRP Senior Survey

Freshmen reported on drinking activity done during past year



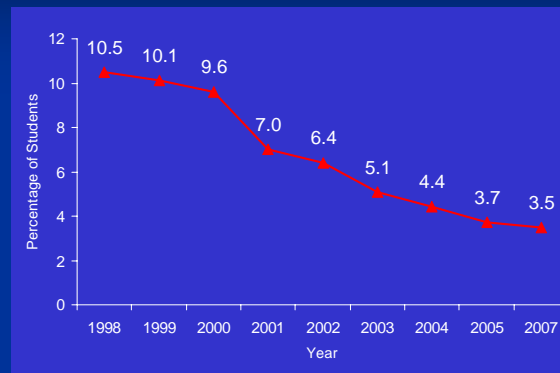
Source: CIRP Freshman Survey

Seniors reported on drinking activity done during past year



Source: CIRP Senior Survey

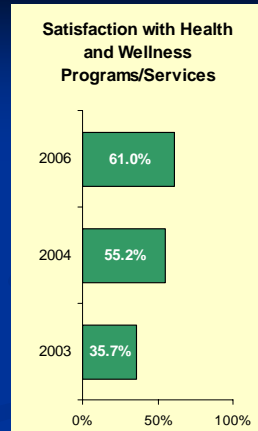
Percentages of New Freshmen Who Reported Smoking Cigarettes



Source: CIRP Freshman Survey

Alumni Survey asks
 “indicate your level of
 satisfaction with aspect
 of **Health & wellness
 programs/services for
 students** while you were
 attending (UND)?”

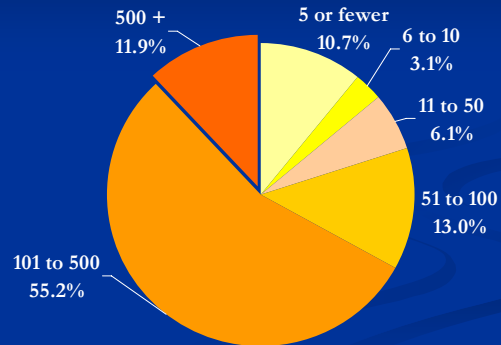
(responses: very satisfied, satisfied, neutral,
 dissatisfied, very dissatisfied, no opinion)



Source: 2006 Alumni Outcomes Survey

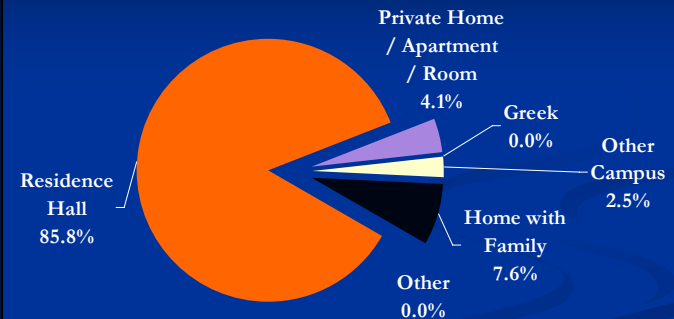
Emotional Wellness

College is How Many Miles From Home?



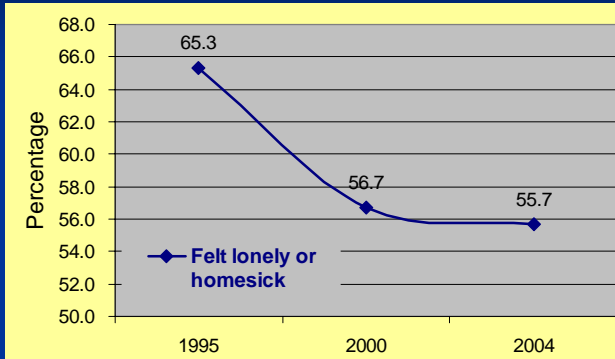
Source: CIRP Freshman Survey (2007)

College Residential Plans



Source: CIRP Freshman Survey (2007)

Felt Lonely or Homesick



Source: CIRP Senior Survey

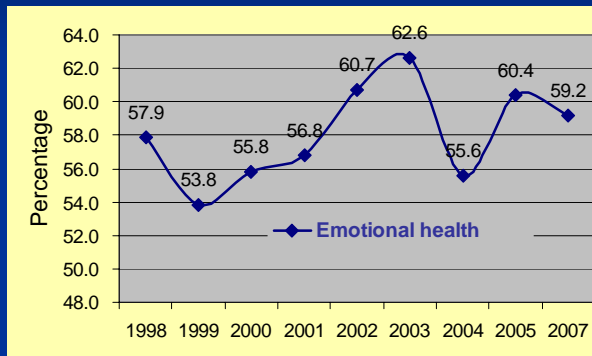
Freshmen Who Responded “Frequently” to the following activities (during the past year)..

| | 2003 | | 2004 | | 2005 | | 2007 | |
|---|-------|-------|-------|-------|-------|-------|-------|-------|
| | UND | Natl | UND | Natl | UND | Natl | UND | Natl |
| <i>Feel Overwhelmed by all I have to do</i> | | | | | | | | |
| Male | 8.8% | 14.7% | 8.6% | 14.9% | 8.6% | 15.0% | 9.2% | 14.6% |
| Female | 26.2% | 35.1% | 24.5% | 34.6% | 25.9% | 35.6% | 27.3% | 35.4% |
| <i>Felt Depressed</i> | | | | | | | | |
| Male | 1.9% | 5.1% | 1.9% | 4.9% | 1.6% | 4.9% | 1.7% | 4.0% |
| Female | 3.7% | 8.7% | 4.3% | 7.9% | 5.1% | 7.5% | 4.4% | 6.4% |

Percent reporting frequently only

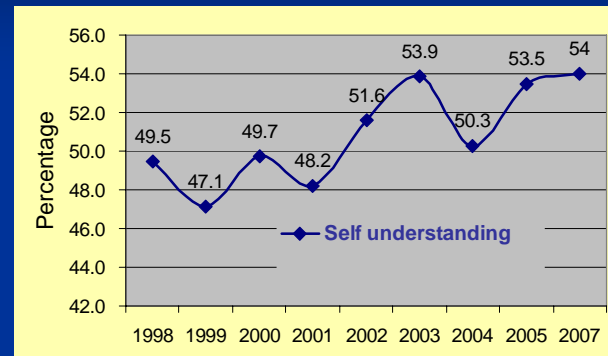
Source: CIRP Freshman Survey

Freshmen rated self “above average” or “highest 10%” as compared with peers



Source: CIRP Freshman Survey

Freshmen rated self “above average” or “highest 10%” as compared with peers



Source: CIRP Freshman Survey

NSSE asks “To what extent does your institution emphasize..

Helping you cope with your non-academic responsibilities (work, family, etc)?”

(scale: 1=very little, 2=some, 3=quite a bit, 4=very much)

Source: 2007 NSSE Survey

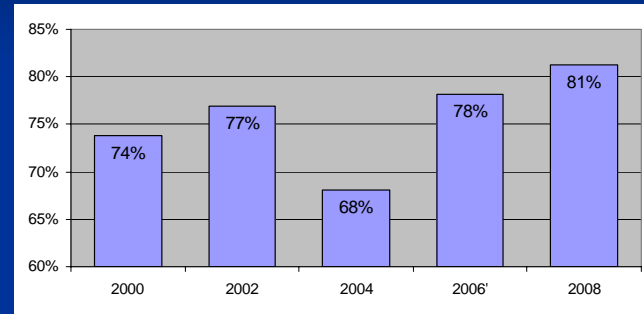
Institutional Contribution with Coping Skills

UND FR 2.11
UND SR 1.82

DOC-I FR 2.13
DOC-I SR 1.89

No significant difference as compared to Peers

EAS asks “How comfortable would you be talking with your Resident Assistant about a personal concern?”



percentages are those students reporting “very comfortable” or “comfortable”

Source: Environmental Assessment Survey (Housing)

NSSE asks “To what extent has your experience at this institution contributed to your knowledge, skills, and personal development in the area of

Understanding Yourself?” (scale: 1=very little, 2=some, 3=quite a bit, 4=very much)

Source: 2007 NSSE Survey

Institutional Contribution with Understanding Yourself

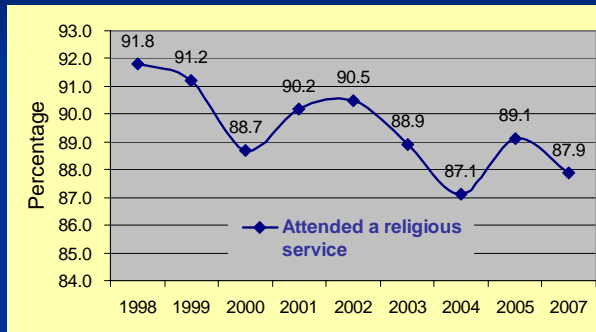
UND FR 2.58 *
UND SR 2.59 *

DOC-I FR 2.70
DOC-I SR 2.75

* Significantly lower as compared to Peers

Spiritual Wellness

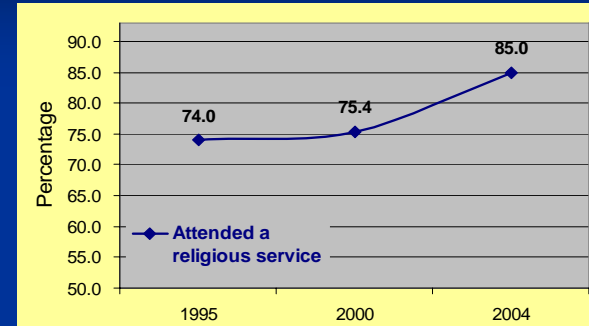
Freshmen response when asked if they attended a religious service



percentages are those students reporting "frequently" or "occasionally"

Source: CIRP Freshman Survey

Senior response when asked if they attended a religious service



percentages are those students reporting "frequently" or "occasionally"

Source: CIRP Senior Survey

NSSE asks "During the current school year, about how often have you..

Participated in activities to enhance your spirituality (worship, meditation, prayer, etc.)?" (scale: 1=very little, 2=some, 3=quite a bit, 4=very much)

Participation in spirituality activities

| | |
|----------|--------|
| UND FR | 1.99 * |
| UND SR | 2.07 * |
| DOC-I FR | 2.21 |
| DOC-I SR | 2.26 |

* Significantly lower as compared to Peers

Source: 2007 NSSE Survey

NSSE asks "To what extent has your experience at this institution contributed to your knowledge, skills, and personal development in the area of **Developing a deepened sense of spirituality?**" (scale: 1=very little, 2=some, 3=quite a bit, 4=very much)

Institutional contribution in development of spirituality

| | |
|----------|--------|
| UND FR | 1.92 * |
| UND SR | 1.66 * |
| DOC-I FR | 2.08 |
| DOC-I SR | 1.95 |

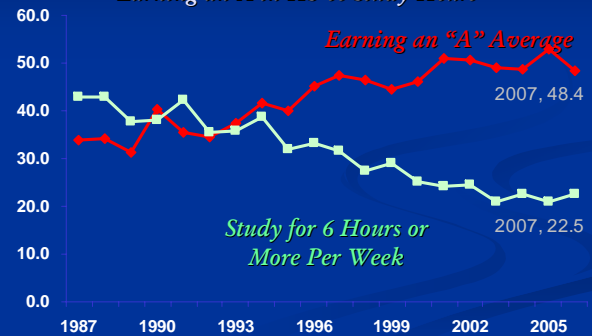
* Significantly lower as compared to Peers

Source: 2007 NSSE Survey

Intellectual Wellness

Academic Engagement in High School

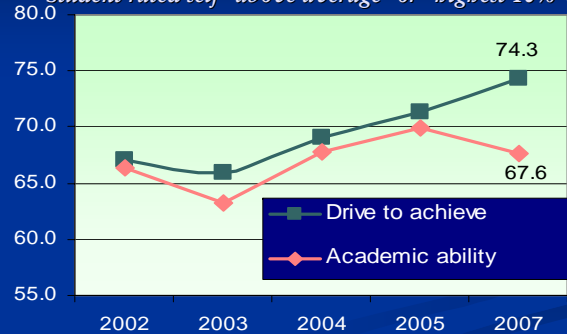
Earning an A in HS vs Study Hours



Source: CIRP Freshman Survey

Self-rating of traits *(self compared to peers)*

Student rated self "above average" or "highest 10%".



Source: CIRP Freshman Survey

Student-Faculty Interaction

Are faculty members accessible and supportive?

38% of FY students say their faculty are available, helpful and sympathetic.

How many students work on research projects with faculty?

By their senior year, 16% of students have done research with a faculty member.

Do students receive prompt feedback on academic performance?

47% of FY students indicate that they frequently get prompt verbal or written feedback from faculty members.

Source: 2007 NSSE Survey

NSSE asks “Have you participated in a **learning community** or some other formal program where groups of students take two or more classes together?” (the score is the proportion responding “yes”)

| Learning community participation | |
|----------------------------------|-------|
| UND FR | .08 * |
| UND SR | .19 * |
| DOC-I FR | .18 |
| DOC-I SR | .25 |

* Significantly lower as compared to Peers

Source: 2007 NSSE Survey

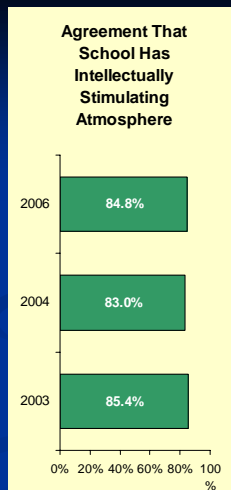
NSSE asks “To what extent has your experience at this institution contributed to your knowledge, skills, and personal development in the area of **Acquiring a broad general education**?” (scale: 1=very little, 2=some, 3=quite a bit, 4=very much)

| Institutional contribution in acquiring a broad general education | |
|---|--------|
| UND FR | 3.04%* |
| UND SR | 3.06%* |
| DOC-I FR | 3.11% |
| DOC-I SR | 3.23% |

* Significantly lower as compared to Peers

Source: 2007 NSSE Survey

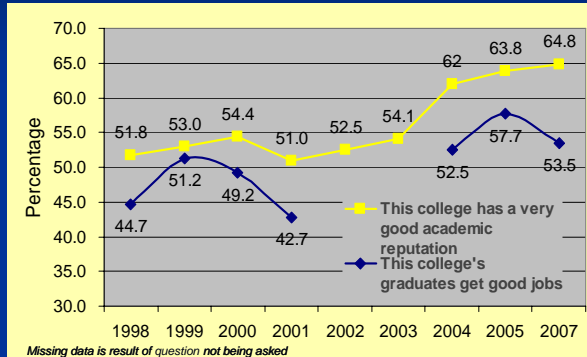
Alumni Survey asks “indicate the extent to which you agree/disagree with the following statement about UND. **Overall, the school had an intellectually stimulating atmosphere.**” (responses: strongly agree, agree, neutral, disagree, strongly disagree)



Source: 2006 Alumni Outcomes Survey

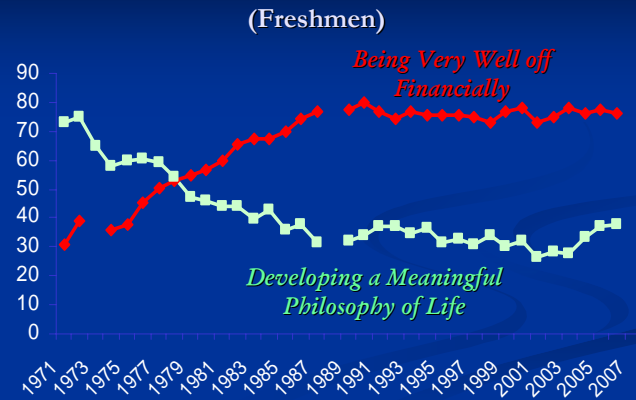
Occupational Wellness

Top Two Reasons Students Report As Very Important In Their Decision To Attend UND



Source: CIRP Freshman Survey

Contrasting College Educational Values (Freshmen)



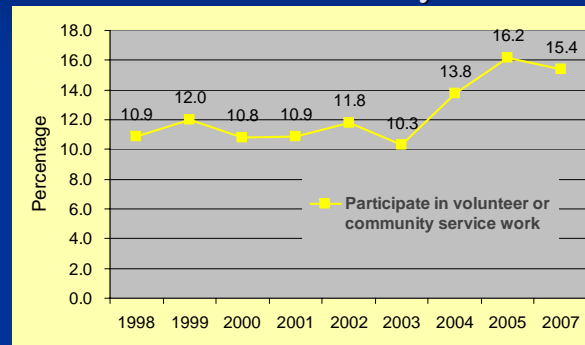
Source: CIRP Freshman Survey

What Are Freshmen Requesting? From the CSI Report

- Help with exam skills (mean=6.22)
- Discuss job market for college graduates (mean=6.15)
- Discuss qualifications for occupations (mean=6.13)
- Get help in meeting new friends (mean=6.13)
- Get information about clubs & social organizations (fraternities/sororities) (mean=6.08)
- Get help in selecting an occupation (mean=5.92)
- Get help with study habits (mean=5.89)
- Get advice and tour from experienced student (mean=5.88)

Source: College Student Inventory

Freshmen report chances are "very good" that he/she will participate in volunteer/community service



Source: CIRP Freshman Survey

NSSE asks
 “Have you
 participated in
 Community
 service or
 volunteer
 work?” (the score is the

proportion responding
 “done”)

Source: 2007 NSSE Survey

**Community
 service or
 volunteer work
 participation**

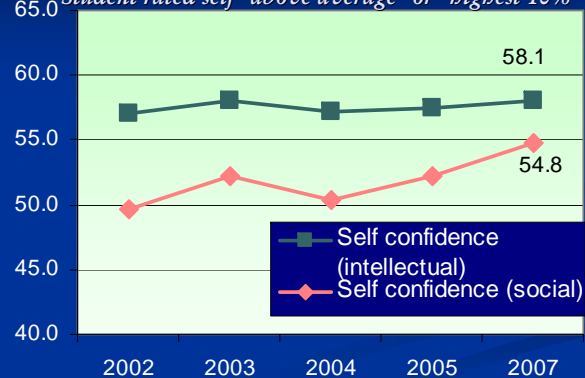
| | |
|----------|-------|
| UND FR | .28 * |
| UND SR | .58 |
| DOC-I FR | .39 |
| DOC-I SR | .60 |

* Significantly lower as
 compared to Peers

Social Wellness

Self-rating of traits *(self compared to peers)*

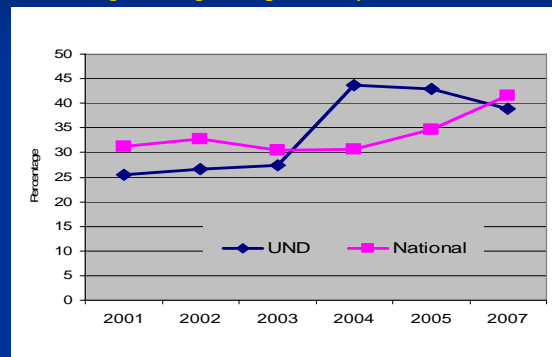
Student rated self “above average” or “highest 10%”



Source: CIRP Freshman Survey

One reason influencing student’s decision to attend UND...

This college has a good reputation for its social activities



Source: CIRP Freshman Survey

Supportive Campus Environment

How well do students get along with administrators and staff?

22% of FY students find the administrative personnel and offices helpful, considerate, and flexible.

Are students satisfied with their overall educational experience?

85% of FY students report a favorable image of this institution; 84% of seniors would choose this school again if they could start their college career over.

To what extent does the school help students deal with their academic and social needs?

70% of FY students feel that this institution has a substantial commitment to their academic success. 46% feel well-supported by the institution regarding their social needs.

NSSE asks “To what extent does your institution emphasize.. Providing the support you need to thrive socially?”

(scale: 1=very little, 2=some, 3=quite a bit, 4=very much)

Institutional contribution with providing social support

UND FR 2.39
UND SR 2.22

DOC-I FR 2.42
DOC-I SR 2.18

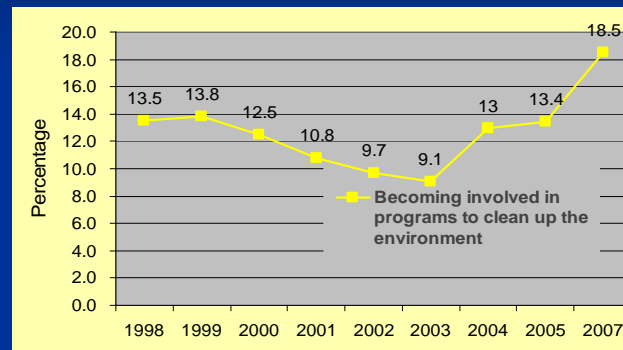
No significant difference as compared to Peers

Source: 2007 NSSE Survey

Environmental Wellness

Involvement of Programs to Clean Up The Environment

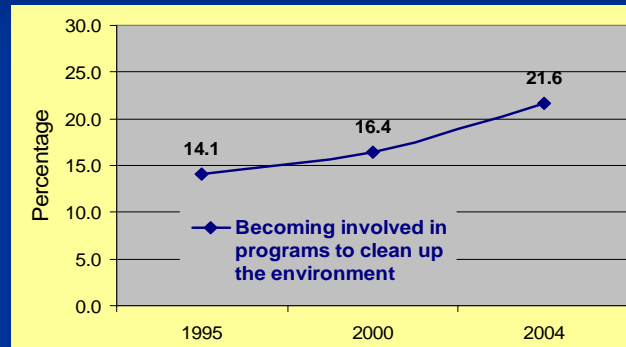
% of Freshmen reporting their involvement as “essential” or “very important”



Source: CIRP Freshman Survey

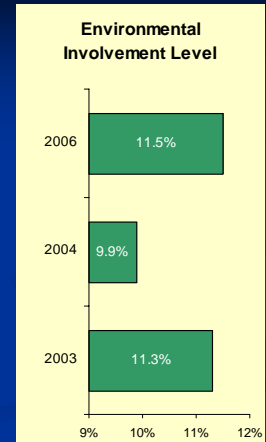
Involvement of Programs to Clean Up The Environment

% of Seniors reporting their involvement as “essential” or “very important”



Source: CIRP Senior Survey

From the Alumni Survey ... “indicate your level of involvement in **Environmental aspects** while you were attending (UND)” (scale: no involvement, low level, average level, high level)



Source: 2006 Alumni Outcomes Survey

What Are Students Saying About Health & Wellness?

A selection of findings from recent institutional surveys

Office of Institutional Research
June 2008