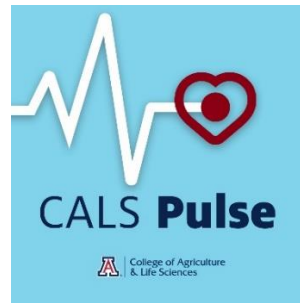




CALS Pulse Results Spring 2021

**Updated February 23, 2021*



CALS Pulse is designed for two purposes:

- 1) Answer burning questions about students, and
- 2) Provide personalized resources and outreach to students quickly – ideally leading to an increase in student wellbeing, access to resources, and retention.

Quick surveys will be sent to students biweekly through email, social media, and shares from faculty and staff.

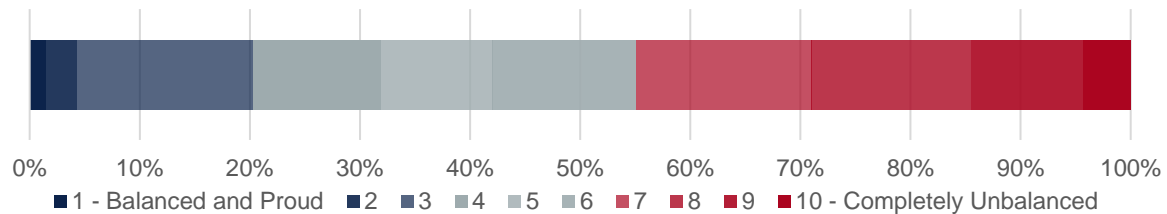
Please connect with [Danielle Flink](#) to get your burning questions answered or to promote the survey to your students.

Week 6 – Basic Needs and Stress Management

89 Responses – All undergraduate students from 21 different majors.

Students are **struggling more with basic needs** compared to last semester. Over 10% of students indicated that their basic needs for housing and/or food are not currently being met, compared to only 1% when asked during Fall 2020. All students were connected with resources in their local communities for food and housing in addition to being encouraged to apply for the student emergency fund.

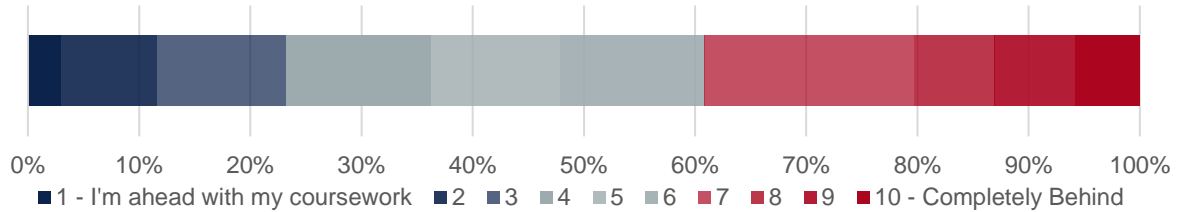
School and Life Balance



In lieu of Spring Break, we wanted to ensure students have a self-care plan that works for them. **Just over 50% of students have a self-care plan**, though nearly half of those students

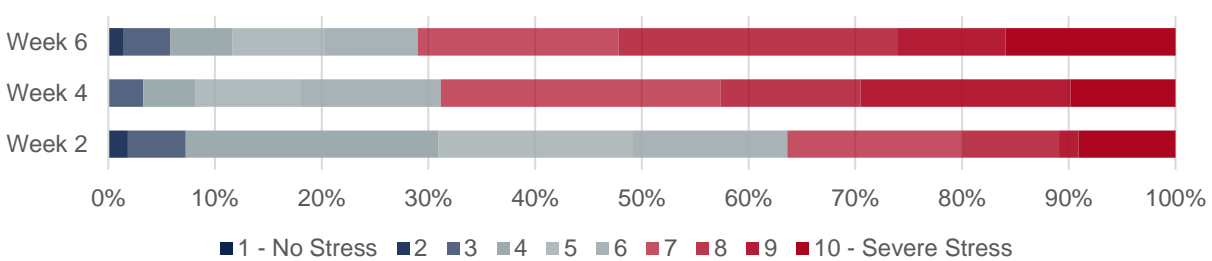
indicate that their plan no longer works for them. Students who do not have a self-care plan or do not have one that works well for them were provided with tips to create balance and referred to upcoming workshops on self-care, balance, and managing stress.

Ability to Keep Up with Coursework



Students who are struggling with staying on top of coursework were referred to connect with their instructors, advisor, and to upcoming time management workshops through the Thrive Center as well as tutoring.

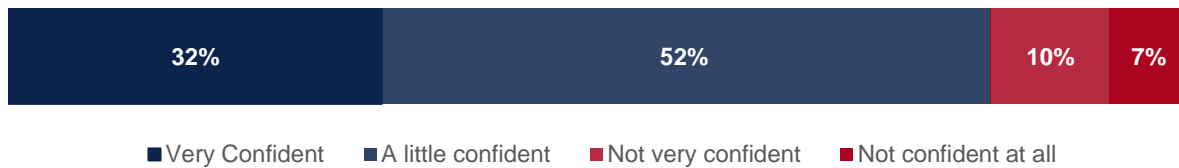
Stress levels in the past two weeks



Week 4 – Academics and Career Development

60 Responses – All undergraduate students from 17 different majors.

How confident are you in your ability to do well in your courses this semester?



Students who lacked confidence in their academic success were provided with resources for tutoring and directed to talk with their advisors and instructors on ways in which they can make a plan for success.

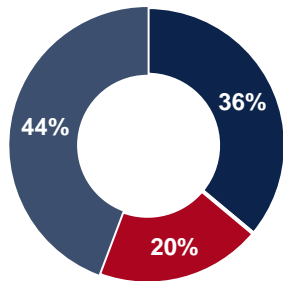
Those who felt uncomfortable reaching out to instructors were provided with tips on making the most out of office hours and communicating with instructors. Students reported similar comfort levels in Fall 2020.

How comfortable are you in reaching out to instructors for guidance?



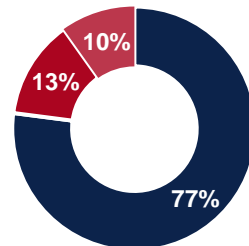
In preparation for the upcoming campus-wide career fair, the CALS Career Center wanted to connect with students to prepare them for a successful event.

Do you have an updated resume or CV?



■ Yes ■ No ■ Working on it!

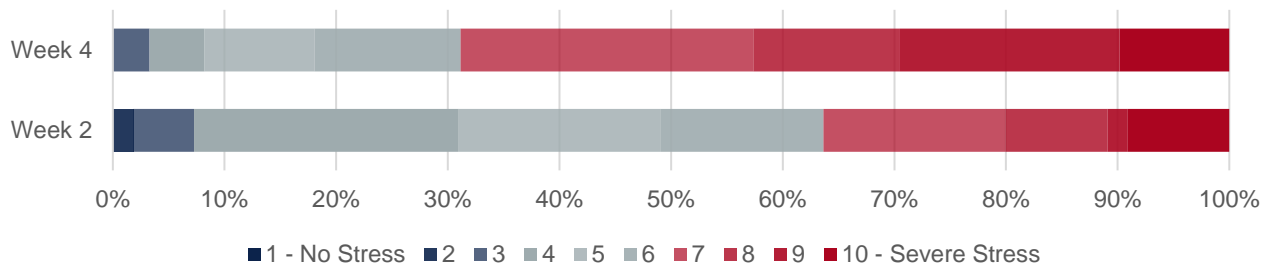
Do you have access to the professional attire required for a job or internship?



■ Yes ■ Not sure ■ No

Compared to week 4 in Fall 2020, students are showing very similar stress levels. As with the previous term, students reporting stress levels above 5 were asked if they would like to be connected to the CALS Life Management Counselor. During this week, over 20% of students were referred.

Stress levels in the past two weeks



Students requested additional support with financial aid, emotional support, and internship searching.

Week 2 – Connectedness and Stress

71 Responses – All undergraduate students from 17 different majors.

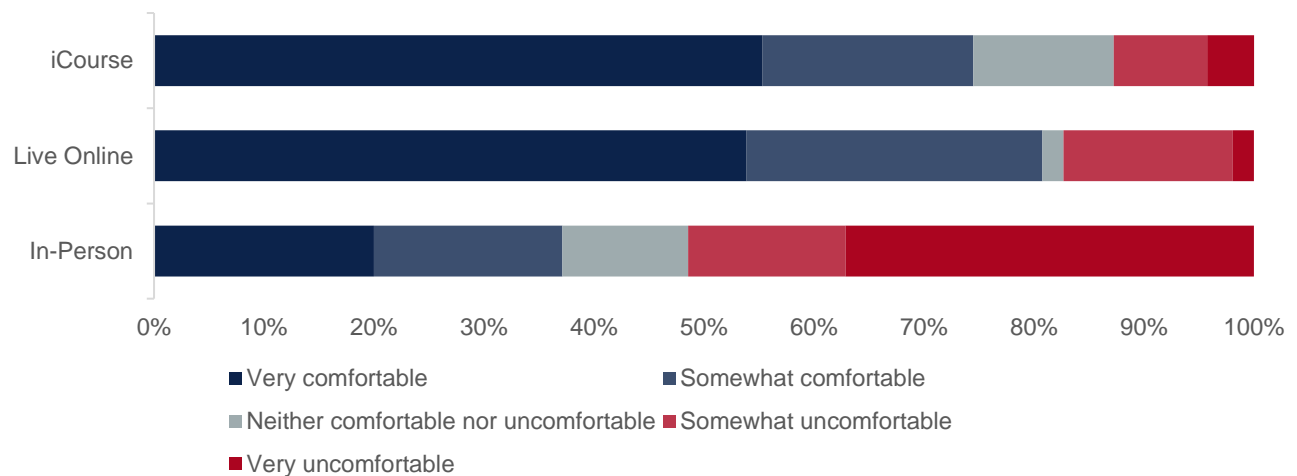
I feel part of the University of Arizona community



Nearly **three-quarters** of students feel a part of the University of Arizona community. During the fall semester, 57% of students agreed. **About half of students desire to be more involved in campus activities.** Students who do not feel connected to the UA community and/or desire to be more involved received opportunities to connect to student organizations and clubs and peer mentoring programs such as Wildcats RISE and Thrive Guides.

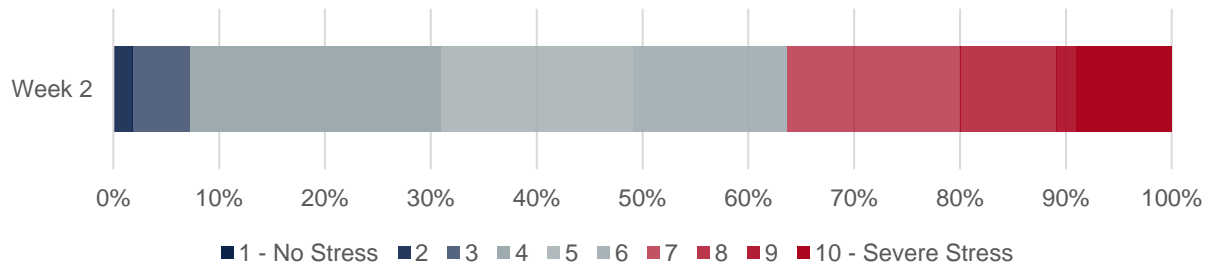
Students are becoming more comfortable with digital learning. Three-quarters report being comfortable with Live Online courses compared to 63% during the fall term. More than 70% of students are comfortable with an iCourse, compared to 59% sharing comfort during the fall term. Student **discomfort with attending in-person classes has increased** compared to when the question was asked during the fall term (51% vs. 34%).

What is your comfort level with each course modality?



Of the students who indicated high stress, 13% of students requested to be connected to the CALS Life Management Counselor.

Stress levels in the past two weeks



Students were also asked how CALS can support them in the next few weeks. 37% of students indicated that they feel supported at the moment. Over half of students (51%) said that they were not sure what support they wanted to see. Of those who had suggestions, most revolved around **wanting to meet people**.