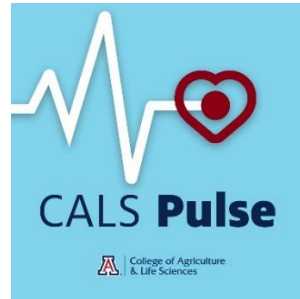




CALS Pulse Summary Results Academic Year & Spring 2021



During the Fall 2020 semester, the College of Agriculture and Life Sciences (CALP) polled students and provided rapid response. After the success of connections made in the fall, CALP Pulse continued into Spring 2021.

CALP Pulse was 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 were sent to students periodically through email, social media, and shares from faculty and staff. Subject matter experts provided outreach to students across many areas of services such as basic needs, mental health, advising, career development, student engagement and belonging, financial aid, and more. Several students commented that it was nice to be “checked in on” even if they didn’t need any support at that time, furthering the **CALP is family** culture.

This report provides a summary of the outcome of our efforts in our first year. The **appendices** contain results for each survey.

Student Characteristics

- A total of **504 unique students** responded to CALP Pulse.
- Most students are **full-time, main campus students** though students did respond from online, distance, and global campuses.
- **Every major in CALP was represented.**
 - Top majors represented aligned with high enrollment programs such as Nutritional Sciences, Veterinary Science, Family Studies and Human Development, Environmental Science, and Natural Resources.
- **Over one-third** of students responding were in their **first year** at the University of Arizona.

- Several student demographic characteristics are comparative with the overall student demographics in CALS:

	CALS Pulse Respondents	CALS Students Overall*
American Indian or Alaska Native	1.2%	1.6%
Asian	4.1%	3.4%
Black or African American	3.9%	3.1%
Hispanic or Latino	29.3%	32.3%
International	3%	3.3%
Race/Ethnicity Unknown	2.4%	1.4%
Two or more races	3.1%	4.5%
White	52.6%	50.3%
First Generation	37%	40.3%
Transfer	27%	27.7%

*UAccess Analytics Student Profile Dashboard

Spring Summary

A total of **416 responses** were collected over the course of seven surveys during the spring term, representing **300 unique students**. Over 20% of students responded to multiple surveys throughout the spring term. Based on responses, **204 students received direct, personalized support**. Over 20% of students were connected with multiple forms of outreach and services.

Due to the overwhelming amount of data being collected from students in spring semester, we chose to cut back on the frequency in attempts to alleviate survey fatigue. While less responses were gathered, we were able to make meaningful connections with more students. A total of 60 students asked to be connected to the CALS Life Management Counselor for mental health consultation.

Fall Summary

Over the course of the ten unique surveys, **440 responses** were received. These responses represent **227 unique students** who have a major and/or a minor in CALS. Nearly 40% of students responded to multiple CALS Pulse surveys throughout the term. Based on their unique responses, **181 students received direct, personalized support**. Some students received multiple types of outreach over the course of the term. A total of 40 students asked to be referred to the CALS Life Management Counselor for mental health consultation.

Next Steps

We plan to continue CALS Pulse into the next academic year. The ability to do timely intervention with students throughout the term will enable close connections to be made and walk the walk of CALS cares.

Our hope is that by continuing these efforts, we will further build the culture of quick response and support for CALS students and see an increase in responses. With more instructors promoting the survey, we anticipate being able to reach this goal easily. D2L announcements seem to generate the largest responses. To get added to the mailing list of regular results and to promote the survey to your students, please [email Danielle Flink](#), Student Success and Retention Specialist.

Appendix A – Spring 2021 Results by Week

Week 17 – Fall 2021 Sentiments, Summer Engagement, and Diversity and Inclusion

25 Responses - All undergraduate students from 14 different majors.

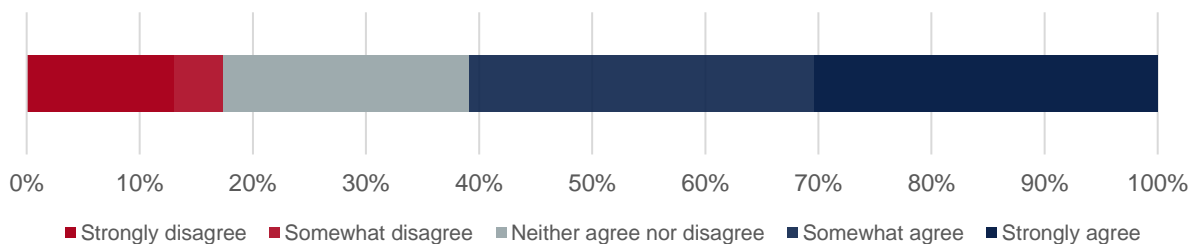
The final CALS Pulse of Spring 2020 was sent to students on April 28. Students were asked about their feelings toward Fall 2021. Of those not graduating, **72% are excited**, 22% nervous, and 6% are both excited and nervous. One student said that they will not be returning as they are transferring to a community college.

Students who were **excited** for Fall 2021 made comments about returning to their expected college experience. For example, *“To have in person classes and have the campus feel alive.”*

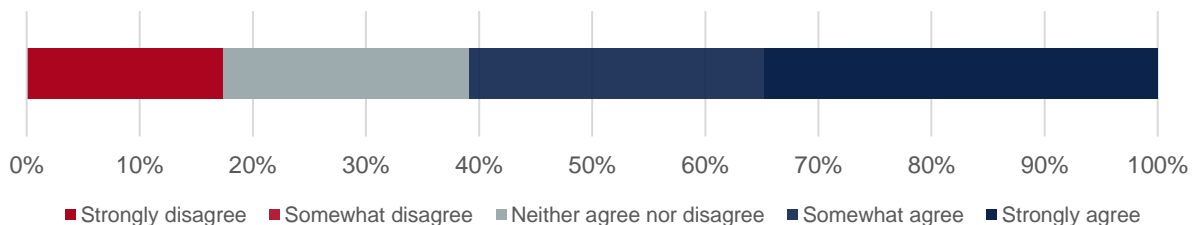
Those who were **nervous** for Fall 2021 left comments about having social anxiety, COVID-19 rates increasing and peers who will not follow protocols and making the adjustment back to in-person classes. For example, *“People not following the Covid regulations like no masks or disinfecting.”*

Turning to diversity, inclusion, and equity, CALS Pulse organizers connected with ALVSCE Diversity and Inclusion Council to ask students two questions. While the **number of students responding is low**, this data provides **important perspectives** from the students who responded. These questions will be asked again in the fall when response rates will be higher.

I feel a sense of acceptance and belonging in CALS

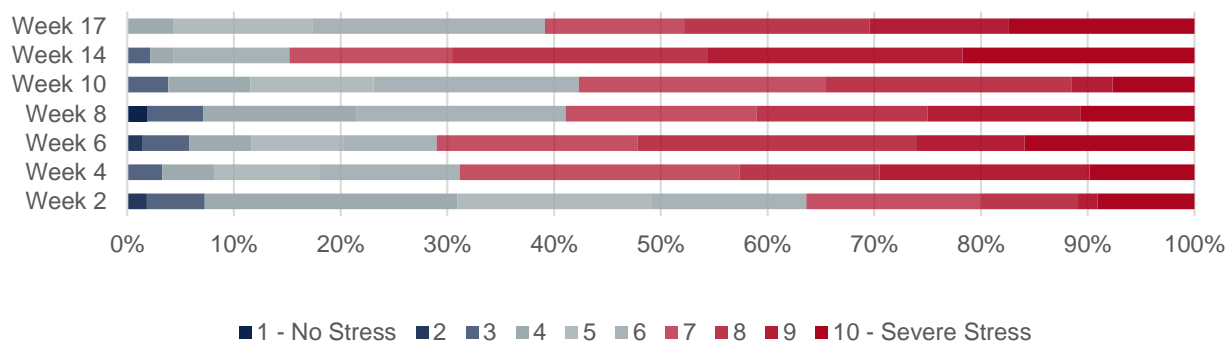


I am satisfied with my experience regarding diversity and inclusion in CALS



Over two-thirds of students are **interested in hearing from CALS over the summer**. Most of those students would like biweekly emails with ways to get involved, job and internship opportunities, and important COVID and return to campus updates.

Stress levels in the past two weeks

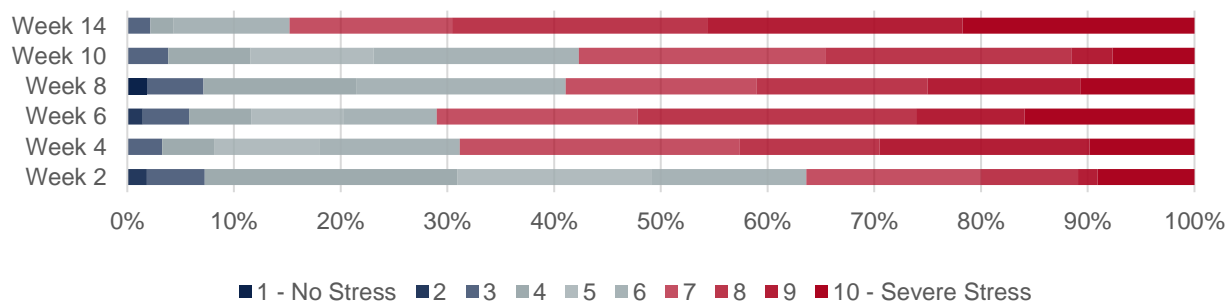


Week 13 – Stress Management Resources

54 Responses – All undergraduate students from 16 different majors.

After a pause in CALS Pulse to alleviate survey fatigue, the survey focused on stress management resources. **Only 20% of students had heard of Wildcats R.I.S.E.**, a peer-based program to talk out stressors. Students who had not heard of Wildcats R.I.S.E. were sent a personalized email about the program and encouragement to participate.

Stress levels in the past two weeks



Students reporting high levels of stress continue to request support from the CALS Life Management Counselor with **over one-third of students asking to be connected**. Some students reporting high levels of stress have taken CALS Pulse previously and thus may already be connected to services.

Over **15% of students responding asked for additional support**. Each were followed up with to learn more about their needs and provide appropriate resources. Comments revolved around asking for more support for black students, check-ins like CALS Pulse to be regular, mental health concerns, and flexibility with extensions due to having COVID-19.

Week 10 – Summer Plans, Course Registration, and eSMS

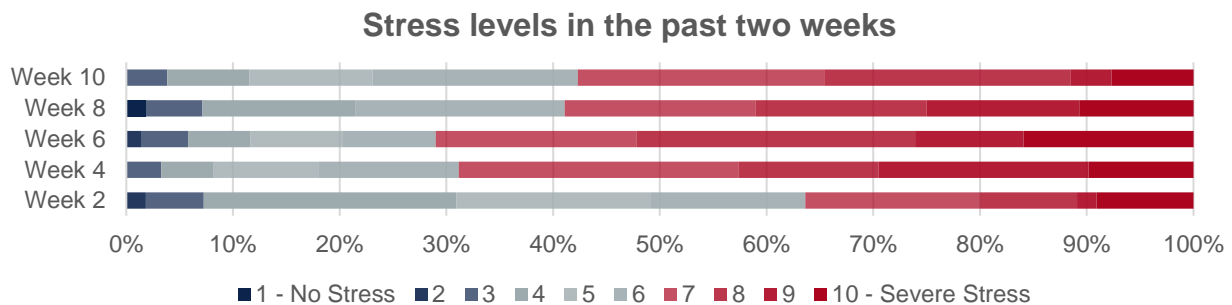
32 Responses – All undergraduate students from 18 different majors.

Most students have summer plans that will further their career experiences and preparation, though 10% requested guidance from the CALS Career Center to gain guidance.

- 20% of students plan to take summer classes
- 19% will be working a part-time job, 14% a full-time job
- 17% will be completing an internship or practicum experience
- 17% are planning to volunteer

All but one student reported **plans to register for Fall 2021 courses as soon as registration opens**. Compared to the previous survey, many more students (62% vs. 27%) have scheduled appointments to meet with their advisor to plan summer and/or fall courses. Half of students responding have now logged in to eSMS. Navigation ratings are very similar to the previous CALS Pulse survey with **most students feeling that it is easy**.

Students reporting high levels of stress continue to request support from the CALS Life Management Counselor with **nearly a quarter of students asking to be connected**. Some students reporting high levels of stress have taken CALS Pulse previously and thus may already be connected to services.

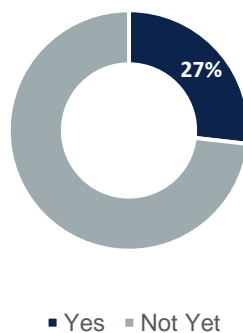


Week 8 – Fall Enrollment Prep and eSMS

69 Responses – Undergraduate students and one graduate student from 21 different majors.

The schedule of classes for Summer and Fall of 2021 was released to students on March 1. Priority registration appointments begin on April 5 and continue throughout the month.

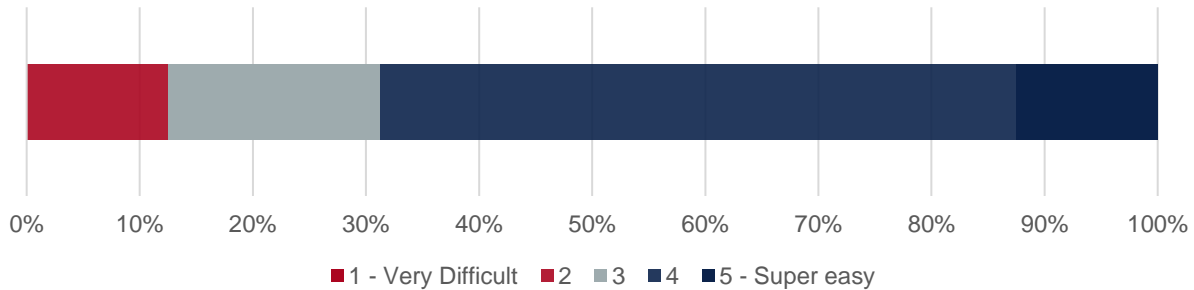
Have you scheduled to meet with your advisor to talk about classes yet?



CALS launched eSMS, a web-based electronic student management system that brings student services such as academic advising, life management counseling, career center, event RSVP,

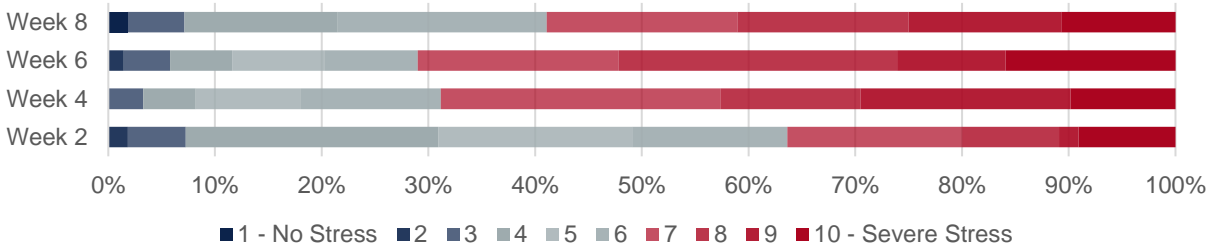
and so much more, on February 22. After only a week and a half of being on the new system, **nearly 30% of students had logged in.**

How would you rate navigating through eSMS?



Students who responded with 3 or less elaborated on their challenges. Most said that it was difficult to locate their advisor. Several system changes have already been put in place to make this process smoother for students and advisors.

Stress levels in the past two weeks



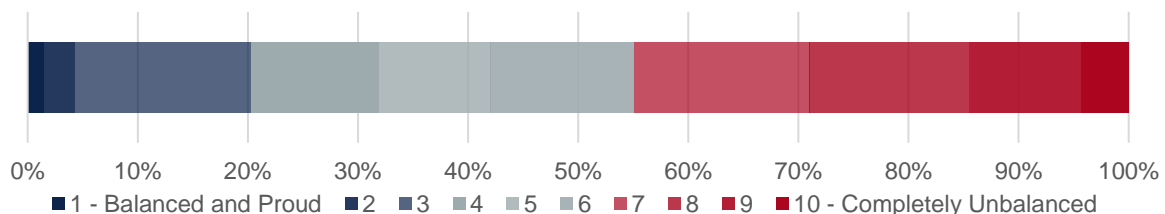
Of the students who reported high stress levels, **nearly 20% requested referral to the Life Management Counselor.**

6 – Basic Needs and Stress Management

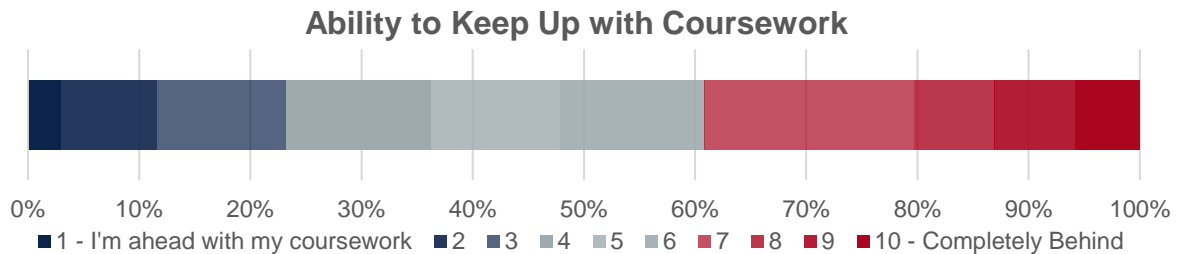
89 Responses – All undergraduate students from 21 different majors.

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.

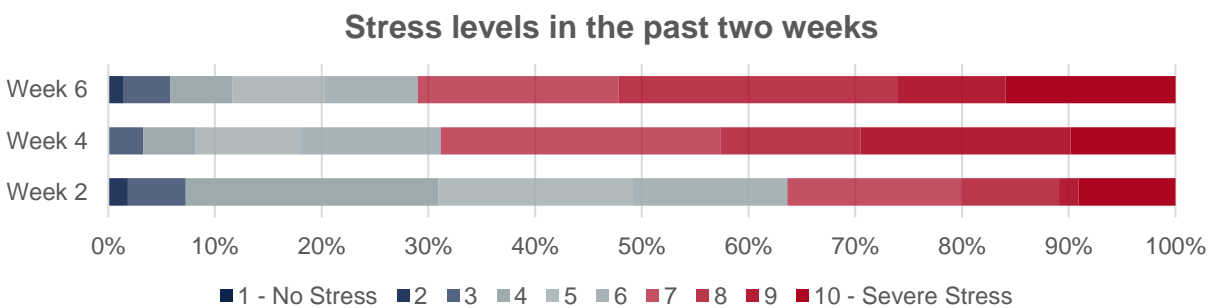
School and Life Balance



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.



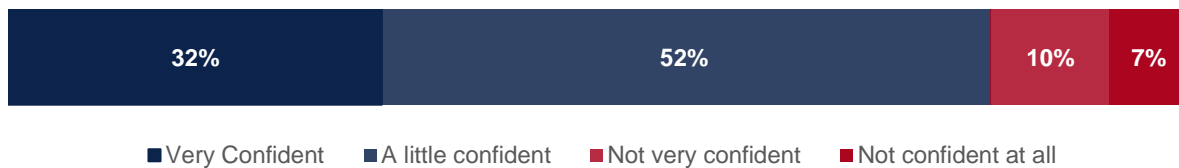
Students who are struggling with staying on top of coursework were referred to connect with their instructors, advisor, and to upcoming time management workshops through the Thrive Center as well as tutoring.



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.

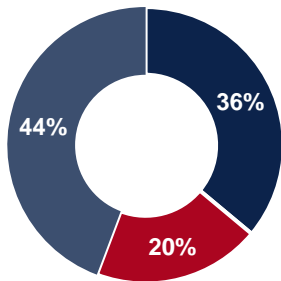
Those who felt uncomfortable reaching out to instructors were provided with tips on making the most out of office hours and communicating with instructors. Students reported similar comfort levels in Fall 2020.

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



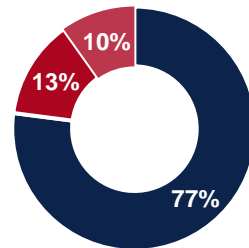
In preparation for the upcoming campus-wide career fair, the CALS Career Center wanted to connect with students to prepare them for a successful event.

Do you have an updated resume or CV?



■ Yes ■ No ■ Working on it!

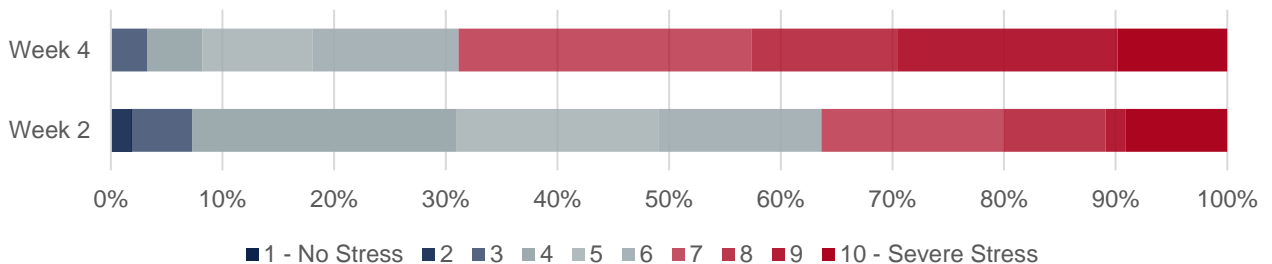
Do you have access to the professional attire required for a job or internship?



■ 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.

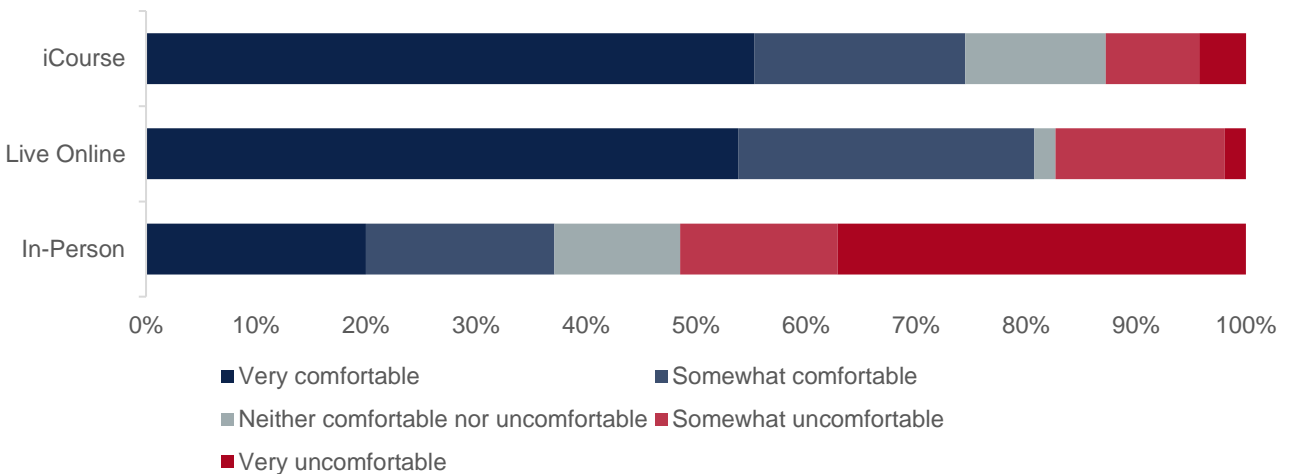
I feel part of the University of Arizona community



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.

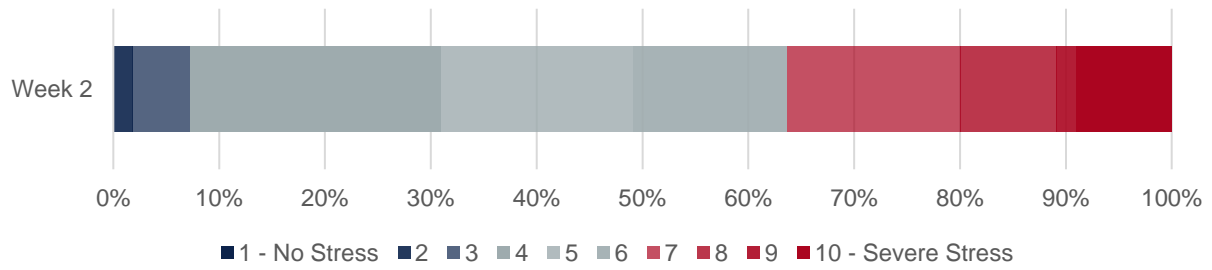
Students are becoming more comfortable with digital learning. Three-quarters report being comfortable with Live Online courses compared to 63% during the fall term. More than 70% of students are comfortable with an iCourse, compared to 59% sharing comfort during the fall term. Student **discomfort with 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



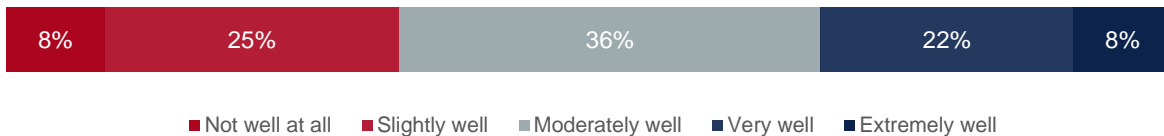
Students were also asked how CALS can support them in the next few weeks. 37% of students indicated that they feel supported at the moment. Over half of students (51%) said that they were not sure what support they wanted to see. Of those who had suggestions, most revolved around **wanting to meet people**.

Week 9 – General Check-In, Spring Enrollment Plans

91 Responses – All undergraduate students, new and returning students from 15 different majors.

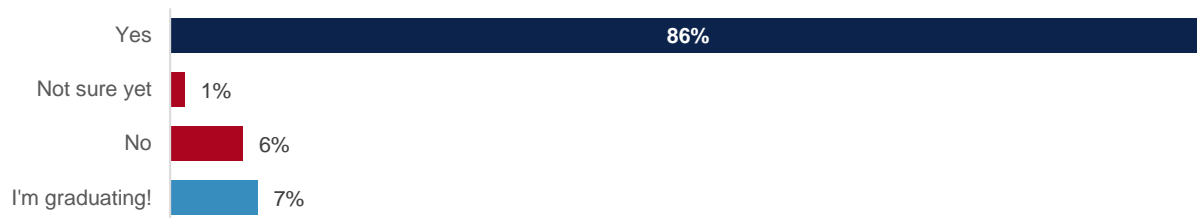
Nearly all students (99%) reported that their **basic needs (housing/food) are currently being met**. The student with needs unmet was reached out to for more information so that they can be properly referred.

How well would you say the semester is going for you academically?



Students who indicated that they were doing “slightly well” or “not well at all” were connected with tutoring, peer support, or other resources to aid in their academic success.

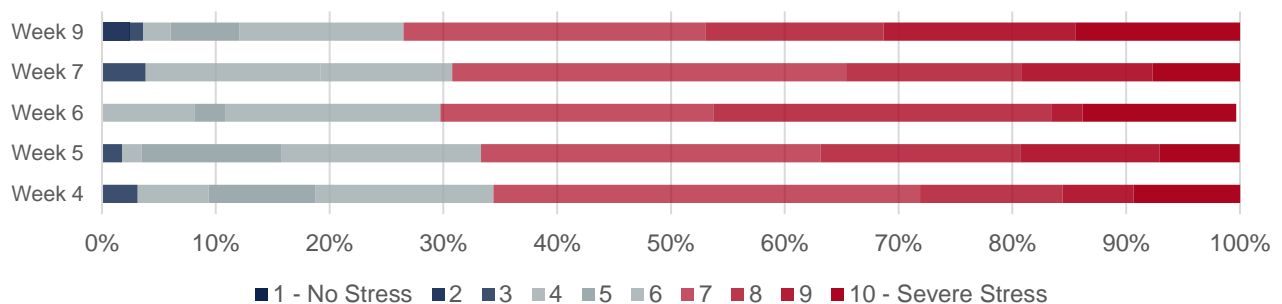
Do you plan to enroll for classes for the Spring 2021 Semester?



Any student indicated uncertainty or that they would not be registering for classes next semester received follow up from their Academic Advisor.

Over 14% of respondents who rated their stress as a 5 or above asked to be connected with the CALS Life Management Counselor this week. A few students noted that they were already in touch with the Life Management Counselor or had a therapist they were seeing. Three students noted that they would like tips on time management.

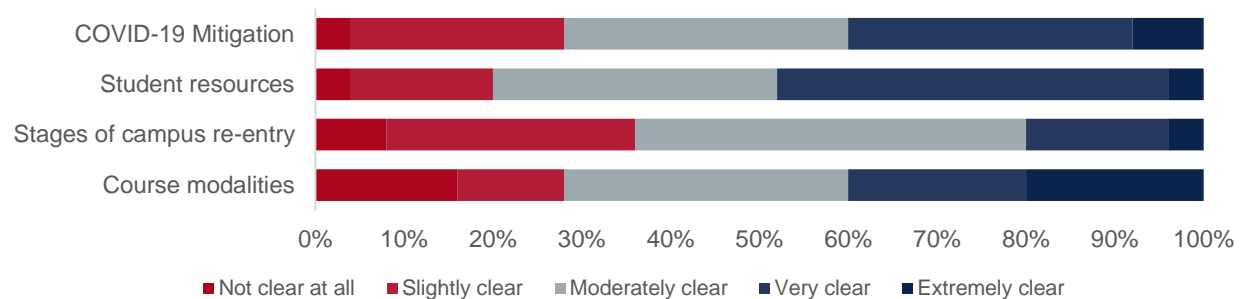
Stress levels in the past two weeks



Week 7 – Communications, Spring Course Modalities

28 Responses - All undergraduate students, new and returning students from 10 different majors. Returning students have a higher response rate.

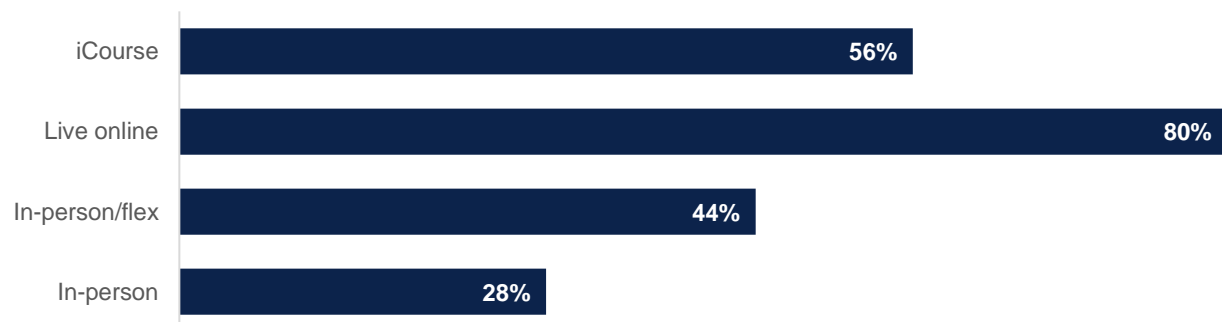
How clearly has the University of Arizona communicated about the following topics?



Nearly all (96%) students prefer to learn about updates related to campus re-entry by email. Almost **half (44%)** of students indicated they would like to learn about campus re-entry **through D2L Announcements**. Less than 10% of students are interested in learning about updates from social media.

Students feel that CALS is doing well with communications. Students did express a desire for the University of Arizona as an institution to communicate **more clearly and directly** about changes. One student suggestion was to have instructors provide regular modality updates about their courses.

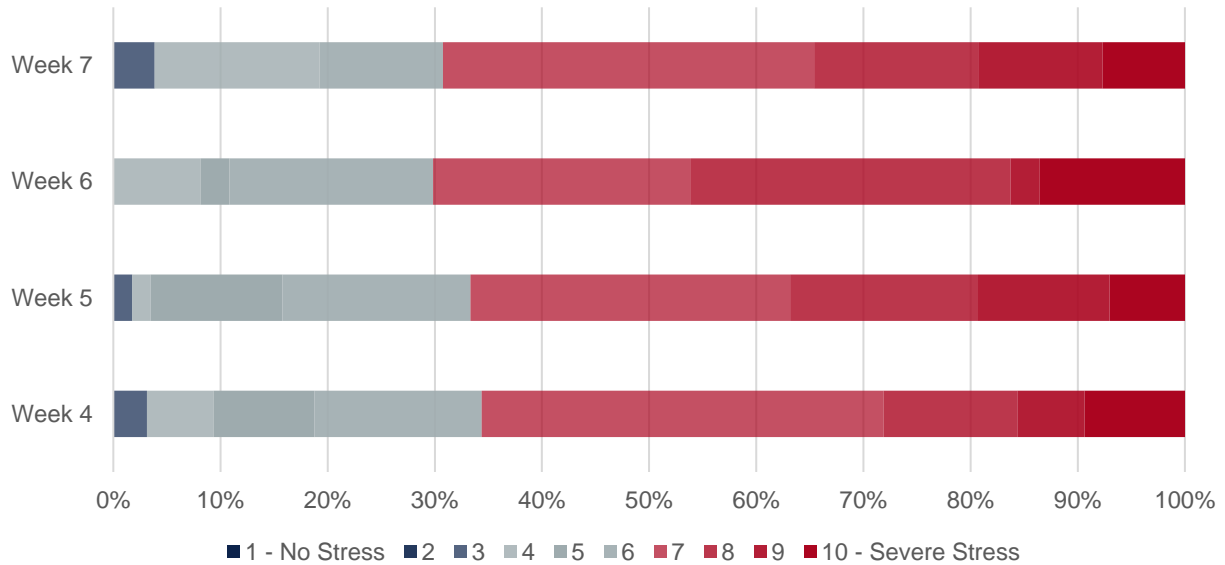
Student course modality preferences for Spring 2021



Factors driving student decisions about modality revolve around COVID-19. Most mentioned being afraid, needing more safety precautions to be in-person, and wanting to see a drop in cases. Students also mentioned liking the flexibility that online has provided. For example, one

student said, "How many confirmed cases there are. Also, online classes work better for my schedule."

Stress levels in the past two weeks



Week 6 – Engagement, Connection, Loneliness

48 Responses - All undergraduate students, new and returning students from 12 different majors. New students have a higher response rate.

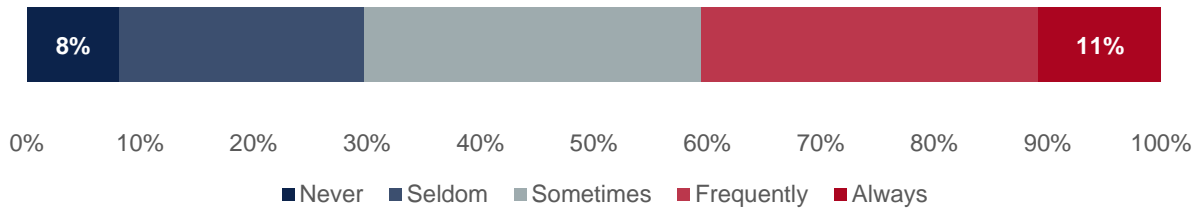
Nearly **three-quarters** of students have met someone at the University of Arizona that **shares aspects of their identity that are important to them**. Over **half** of students who responded **desire to be more involved in campus activities**.

I feel part of the University of Arizona community



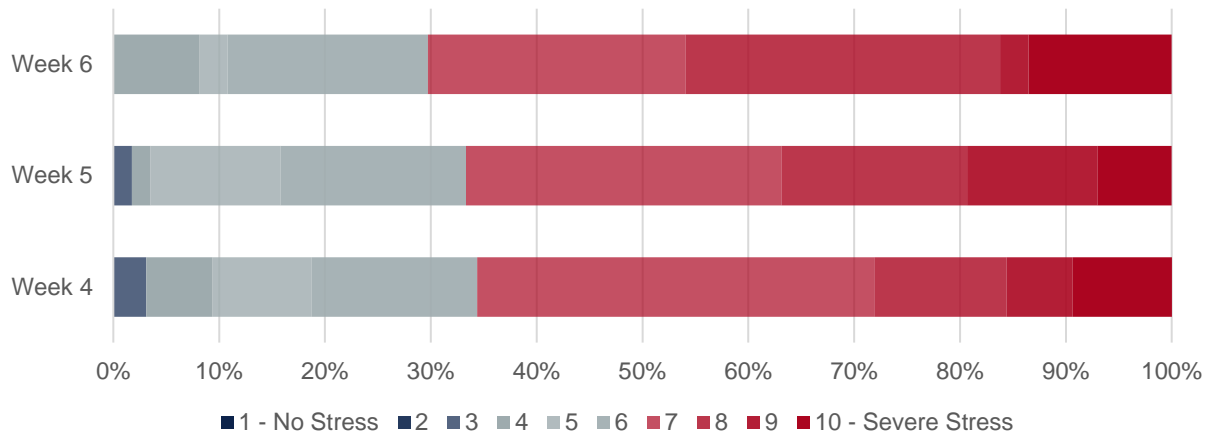
The students who responded during week six demonstrate an **increased connection** to the University of Arizona.

How often have you felt lonely at the University of Arizona?



Students continue to report higher amounts of stress with 12% requesting to be connected to the CALS Life Management Counselor. Students who responded in previous weeks did not ask to be reconnected to the counselor.

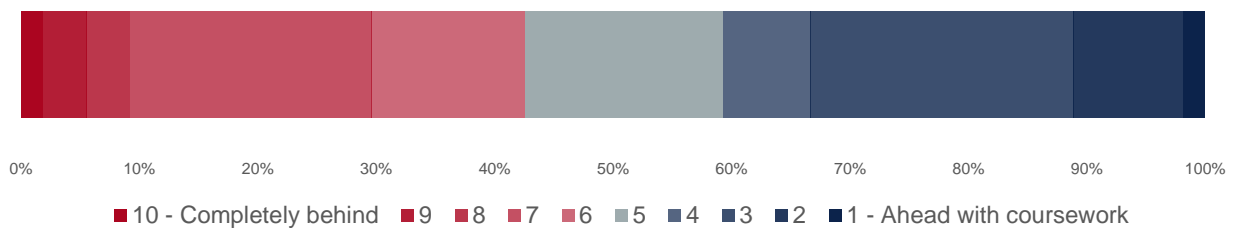
Stress levels in the past two weeks



Week 5 – Time Management, Instruction, and Stress

61 Responses – All undergraduate students, new and returning students from 14 different majors. New students have a higher response rate.

How would you rate yourself on your ability to keep up with your coursework this semester?



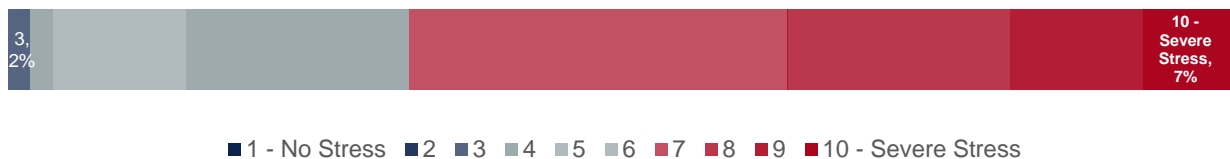
Students report that their **instructors are accessible** under the current conditions, with 35% saying they are very accessible. Further, two-thirds of students are **comfortable reaching out to instructors for guidance**.

To assess common course struggles, students were asked if they are taking any math, chemistry, or writing intensive courses:

- Of the 40% of responding students taking **math** this semester, **74% are confident** in their ability to do well.
- Of the 28% of responding students taking **chemistry** this semester, **75% are confident** in their ability to do well.
- Of the 32% of responding students taking one or more **writing intensive** course this semester, **90% students are confident** in their ability to do well.

Despite overall stress levels looking like the previous week, fewer students (17% vs. 38%) requested to be connected to Life Management Counseling. This may be due to exams and assignments as we near the midpoint of the semester.

Stress levels in the past two weeks



Week 4 Results – Career Fair and Stress

34 Responses – All undergraduate students, new and returning students from 11 different majors. New students have a higher response rate.

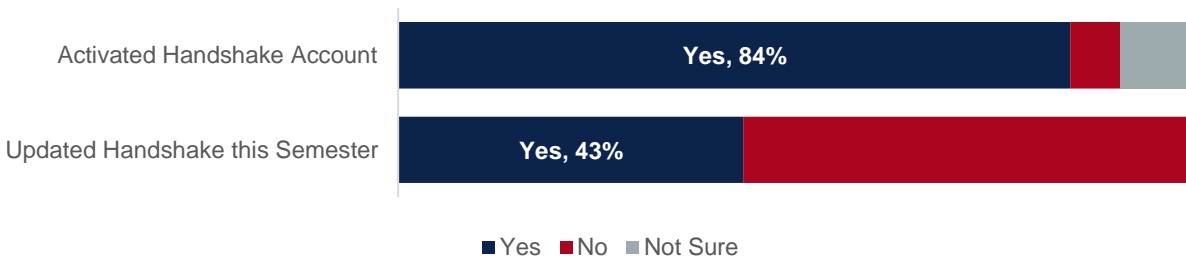
Do you have a resume or CV ready to apply for internships, jobs, research, volunteer, etc.?



Nearly **41% of students have applied for positions**.

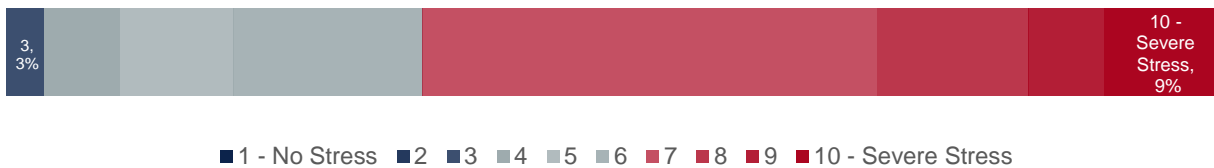
Nearly **two-thirds** of students **know where to RSVP** for Career Center events and **16% have RSVP'd** for the September 22nd Career Fair with an additional **47% planning to RSVP**.

Handshake Account Usage



Students were also asked about their stress levels. Institutional assessments such as Wildcat Well-check have shown student mental and emotional health to be a top concern. Students who ranked themselves with a stress level of 5 or above were asked if they would like to receive a consultation from the CALS Life Management Counselor. **38% of students indicated wanting follow-up.**

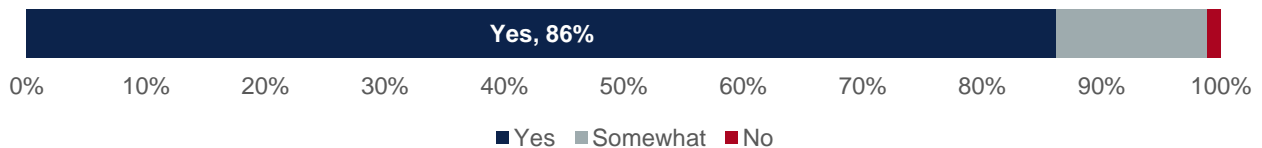
Stress levels in the past two weeks



Week 3 Results – Technology Barriers and Course Modalities

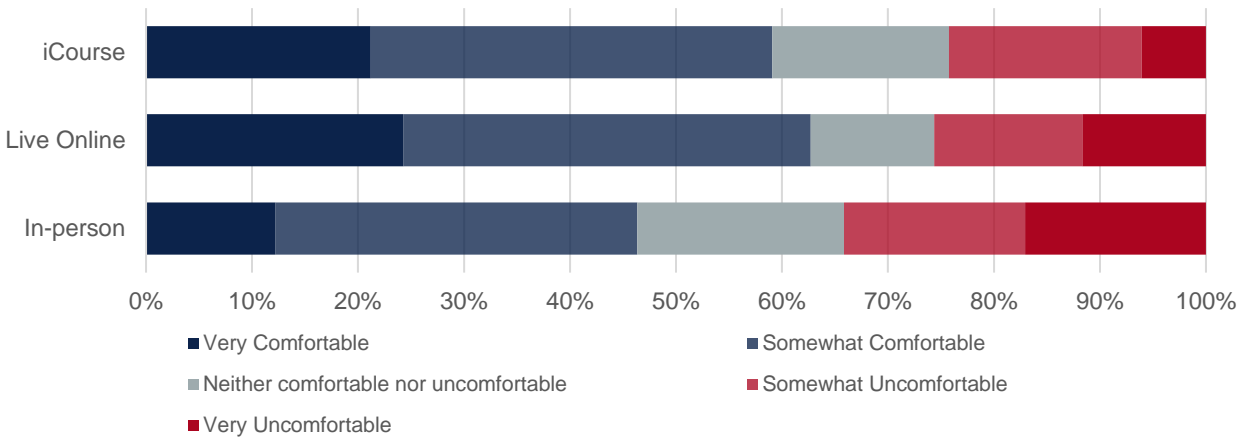
102 Responses – All undergraduate students, new and returning students from 16 different majors. New students have a higher response rate.

Do you have all the technology and equipment needed for your courses to be successful?



Students with technology and equipment barriers are experiencing **WiFi access and reliability issues most commonly**, followed by needing specific hardware and/or software for their courses. Laptop or desktop computers are the devices students use most often to attend class, however, **nearly 30% of students say that they regularly attend class using their phone**. On average, students are using 1.6 different types of devices to attend class. Most students are navigating two different course modalities, with 5% navigating all three.

What is your comfort level with each of your course modalities?



Week 2 Results – Connection and Basic Needs

19 Responses – All undergraduate students, new and returning students from 9 different majors. New students have a higher response rate.

- **35%** of students **do not plan to go on campus** this semester
- **18%** of students **work on campus**
- All students responding report their basic needs (food/housing) are currently being met

I feel part of the University of Arizona community.

