



Results Fall 2024 + Spring 2025

Updated April 15, 2025

CALES Pulse is designed for two purposes:

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

Quick surveys will be sent to students through email, social media, and shares from faculty and staff. Please connect with [Camille Andersen](#) to get your burning questions answered or to promote the survey to your students.

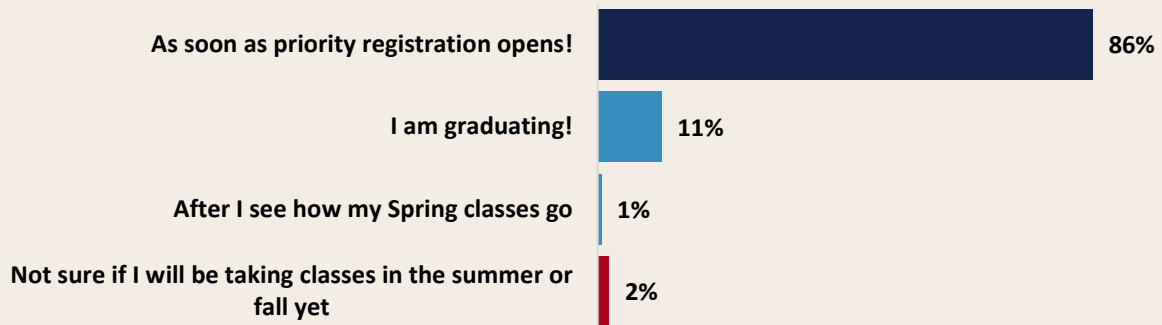
New Data

Spring 2025 Week 12 (Week of March 31)

153 Responses - All undergraduate students from 40 different majors. Students who are attending Main, Distance and AZ Online campuses responded. Those without CALES majors have a CALES minor and/or are taking CALES courses.

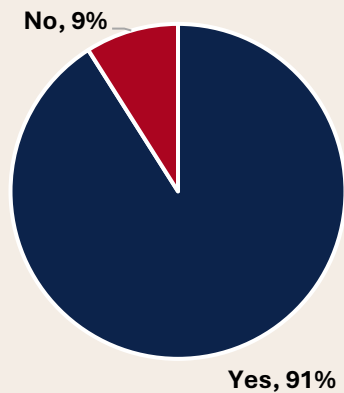
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When do you plan to enroll in Fall/Summer classes?



Encouraging numbers! CALES academic advisors reached out to the small number of students who were on the fence about registering for upcoming semesters.

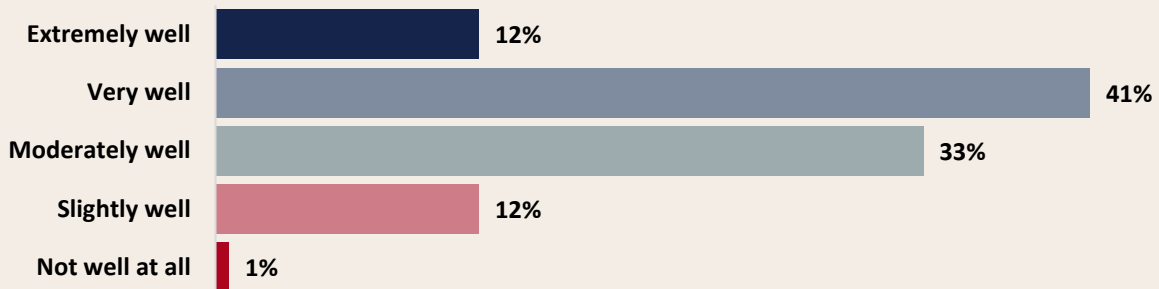
Do you have the support you need to finish the semester strong?



CALES academic advisors contacted students who answered that they did not have the support they needed.

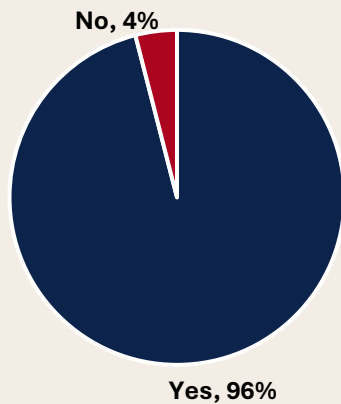
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How well would you say the semester is going for you academically?



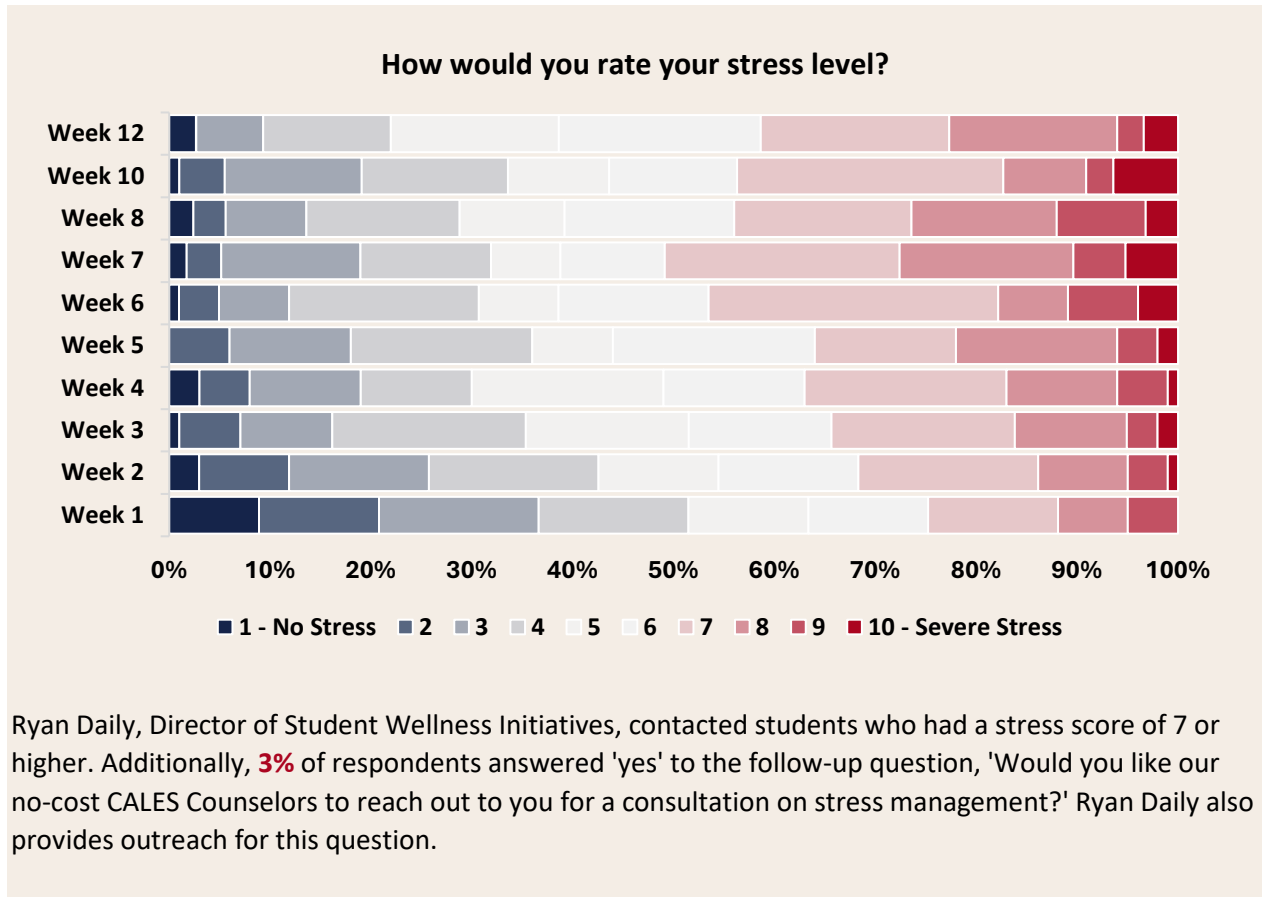
Students who expressed concerns about academic success were contacted by CALES Learning Lab coaches, Matt Swanson and Shawnda Garcia, with information on available support resources.

Are your basic needs (housing/food) currently being met?



4% of students do not have their basic needs met. Camille Andersen reached out to students with support from resources such as Campus Pantry and ASUA's Basic Needs website of resources.

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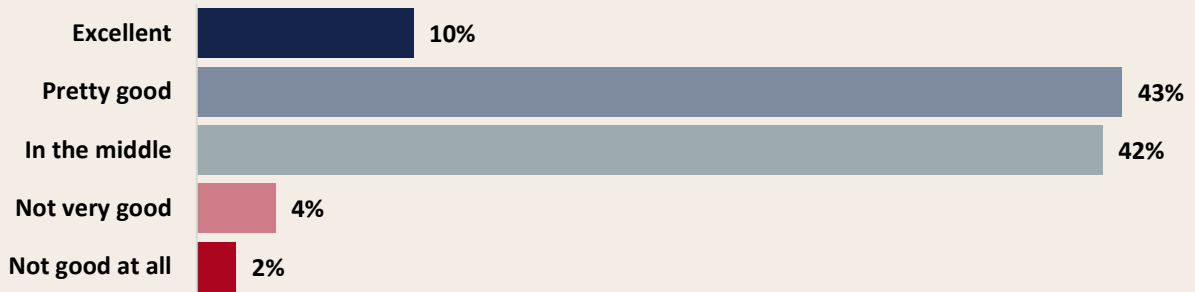


(end of new data)

Spring 2025 Week 10 (Week of March 17)

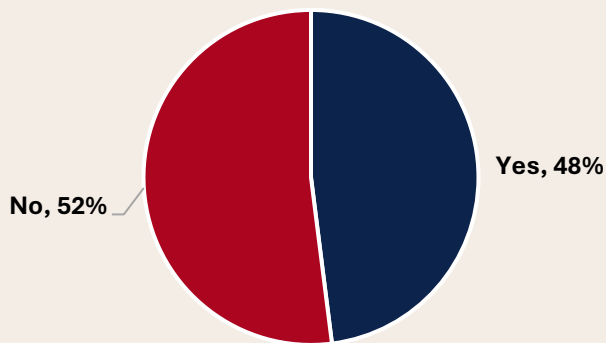
110 Responses - All undergraduate students from 36 different majors. Students who are attending Main and AZ Online campuses responded. Those without CALES majors have a CALES minor and/or are taking CALES courses.

How confident do you feel about your ability to answer job interview questions?



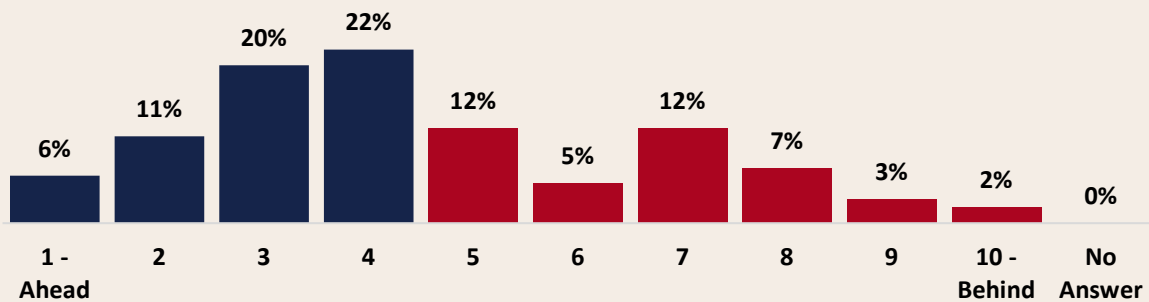
The CALES Career Center team—Colin Eischeid and Gabrielle Sykes-Casavant—reached out to students who lacked confidence in their interview answers.

Have you scheduled with your advisor to talk about summer and/or fall classes yet?



CALES academic advisors contacted students who haven't yet met with them about class registration.

**How would you rate yourself on your ability to keep up with your coursework this semester?
Please rate on a scale from 1 to 10, with 1 being "I'm ahead with my coursework" and 10 being "I'm completely behind".**

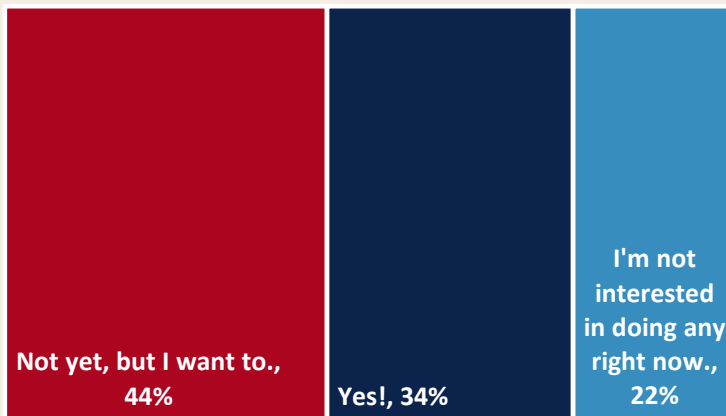


Ryan Daily, Director of Student Wellness Initiatives, contacted students who had a stress score of 7 or higher. Additionally, **5%** of respondents answered 'yes' to the follow-up question, 'Would you like our no-cost CALES Counselors to reach out to you for a consultation on stress management?' Ryan Daily also provides outreach for this question.

Spring 2025 Week 8 (Week of March 3)

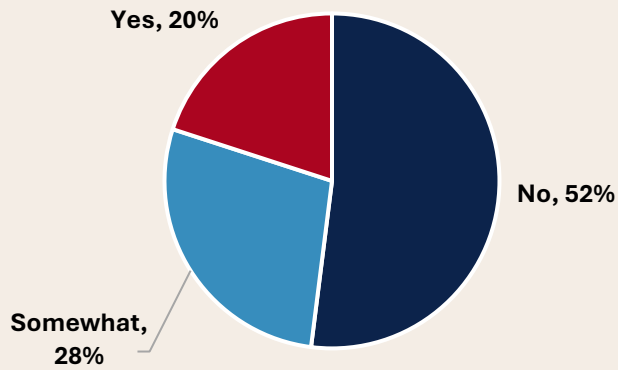
125 Responses - All undergraduate students from 38 different majors. Students who are attending Main, Distance and AZ Online campuses responded. Those without CALES majors have a CALES minor and/or are taking CALES courses.

Have you done any career networking yet this semester?



The CALES Career Center team—Colin Eischeid, Coordinator of Career Development, and Gabrielle Sykes-Casavant, Director of Undergraduate Strategic Initiatives—contacted students who indicated interest in participating in career networking.

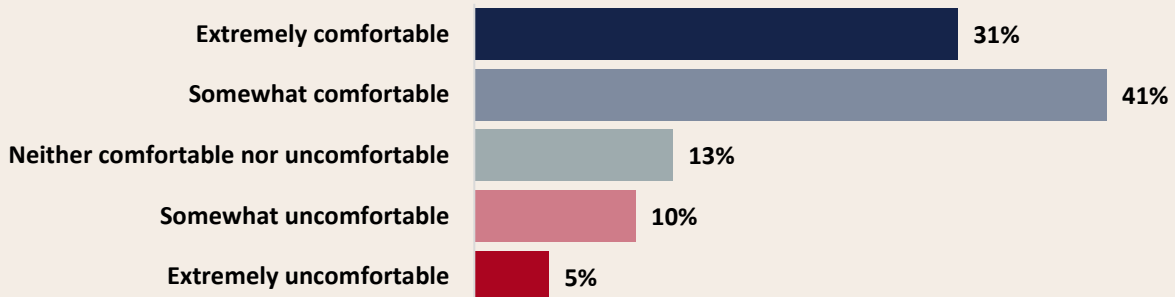
Is there a specific course you are struggling in?



Students who indicated that they were struggling in a course were contacted by CALES Learning Lab coaches, Matt Swanson and Shawnda Garcia, with information on available support resources.

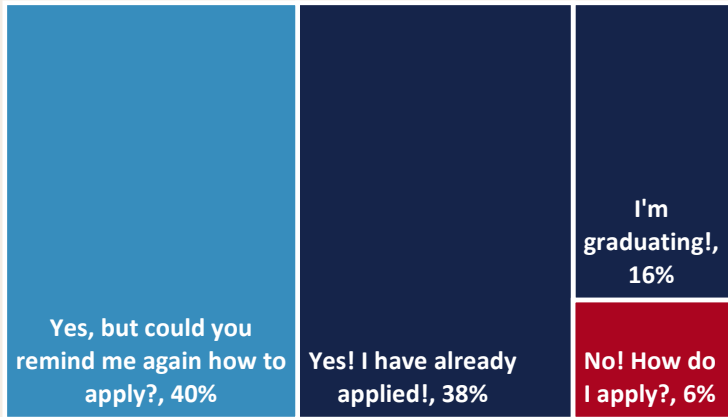
Extra detail- Students were invited to type in the name of the courses where they were struggling. Here are the courses as written by the students: “ACBS 445 (2 students), Advanced Sports Nutrition 415L, Agriculture Systems Management, ALC 422, AREC 239, AREC 479, 450, Arec239, Rsss102, Biochem, bnad 301, Chem 151, Chem 152, Chem 152 lab. Specifically the lab reports , CHEM 162, chem 241A, Chem lab, Chemistry 162, Comm 119, Consumer Behavior, Ecol 182 R/L, ECOL 182R, econ/ math 112, ENGL 101, fits 100, FITS 110, HDFS 257 , HECL 202, HECL201, Math 100, Math 112, Math122B, MCB 181L, Micro-Bio, microbio-chem, Nutrition and Japanese literature , PHYS 103, PHYS182, Physics 181, Pollution Science, PSIO 201, RAM 382, RCSC 361, RNR200, SIE 305 engineering statistics, Spanish, Spanish 102.”

How comfortable are you reaching out to and talking with your instructors?



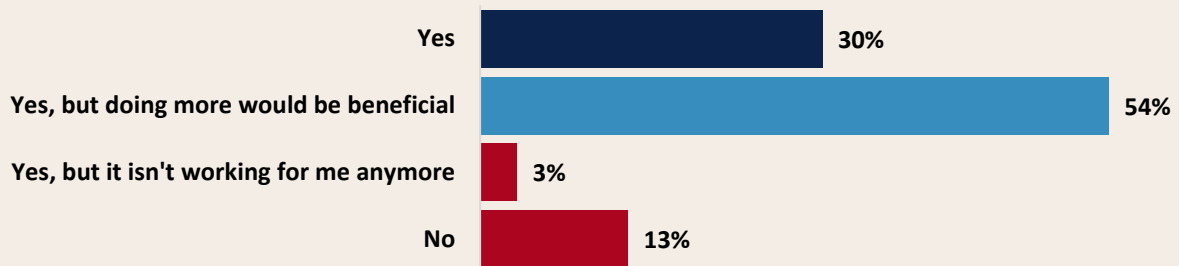
CALES Learning Lab coaches, Matt Swanson and Shawnda Garcia, provided outreach to students who noted discomfort in reaching out to their professors.

Did you know that every single CALES student is eligible to apply for our scholarships?



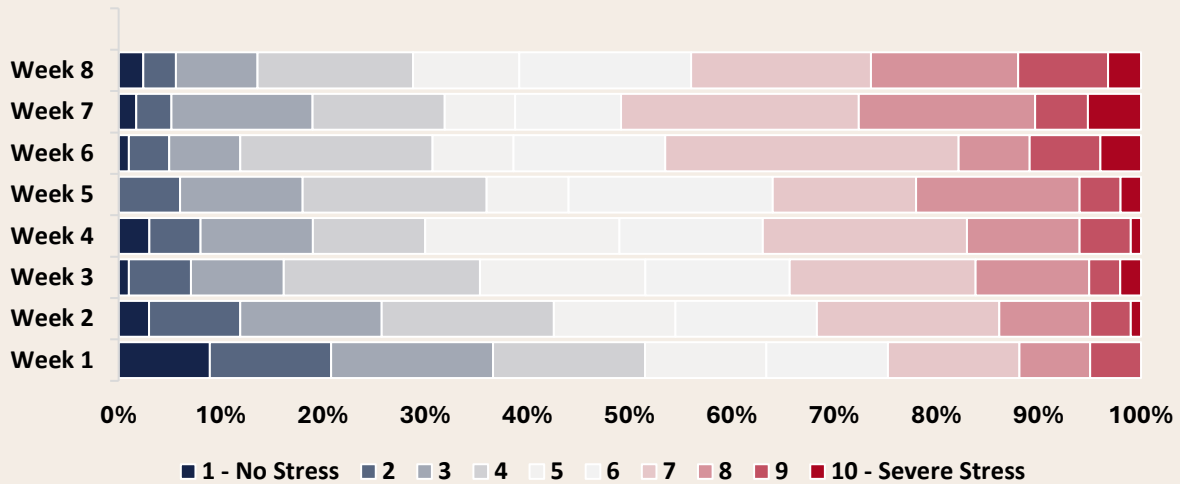
Camille Andersen, Director of Student Initiative Analysis and Scholarship Administration, provided how-to-apply steps for students that asked for more info, and those that were unaware of their scholarship eligibility.

Have you been practicing self-care?



Students who could benefit from self-care ideas and guidance were contacted by Ryan Daily, Director of Student Wellness Initiatives.

How would you rate your stress level?

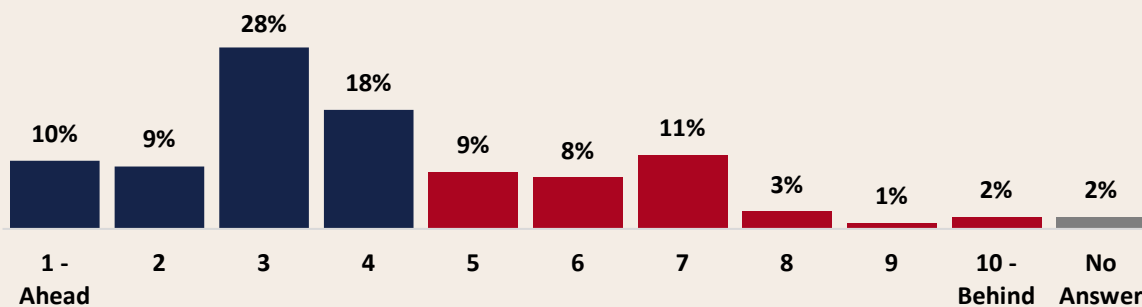


Ryan Daily, Director of Student Wellness Initiatives, contacted students who had a stress score of 7 or higher. Additionally, **7%** of respondents answered 'yes' to the follow-up question, 'Would you like our no-cost CALES Counselors to reach out to you for a consultation on stress management?' Ryan Daily also provides outreach for this question.

Spring 2025 Week 7 (Week of February 24)

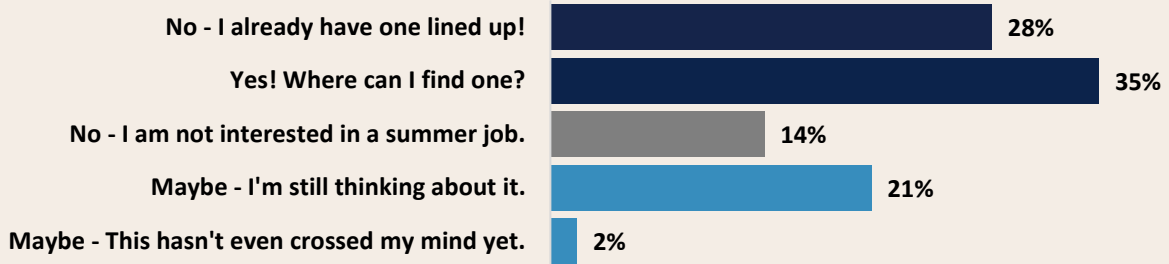
116 Responses - All undergraduate students from 34 different majors. Students who are attending Main, Distance and AZ Online campuses responded. Those without CALES majors have a CALES minor and/or are taking CALES courses.

How would you rate yourself on your ability to keep up with your coursework this semester? Please rate on a scale from 1 to 10, with 1 being "I'm ahead with my coursework" and 10 being "I'm completely behind".



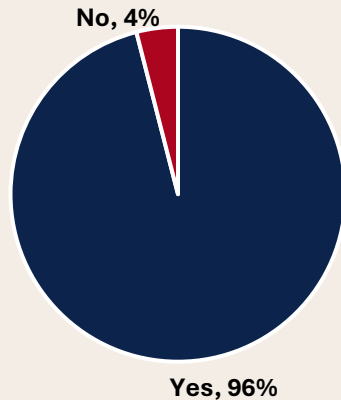
Students who expressed concerns about their ability to keep up with coursework (score of 5+) were contacted by CALES Learning Lab coaches, Matt Swanson and Shawnda Garcia, with information on available support resources.

Are you looking for a job this summer?



The CALES Career Center team—Colin Eischeid, Coordinator of Career Development, and Gabrielle Sykes-Casavant, Director of Undergraduate Strategic Initiatives—contacted interested students to provide resources to help in their summer job search.

Are your basic needs (housing/food) currently being met?



4% of students do not have their basic needs met. Camille Andersen reached out to students with support from resources such as Campus Pantry and ASUA's Basic Needs website of resources.

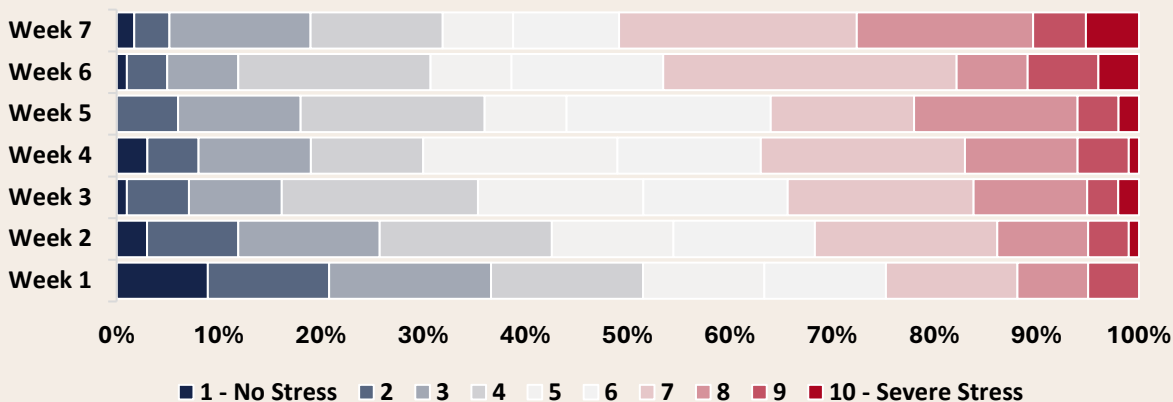
How confident are you in managing your personal finances?



- Completely confident ■ Fairly confident ■ Somewhat confident
- Slightly confident ■ Not confident at all

Camille Andersen, Director of Student Initiative Analysis and Scholarship Administration, emailed students who indicated lower confidence with some possible resources to learn more about personal finance, budgeting, and financial aid.

How would you rate your stress level?

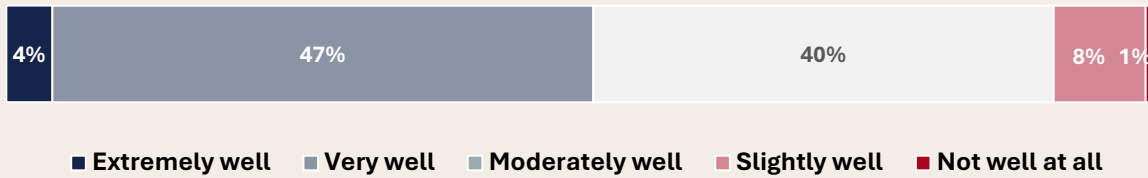


Ryan Daily, Director of Student Wellness Initiatives, contacted students who had a stress score of 7 or higher. Additionally, **3%** of respondents answered 'yes' to the follow-up question, 'Would you like our no-cost CALES Counselors to reach out to you for a consultation on stress management?' Ryan Daily also provides outreach for this question.

Spring 2025 Week 6 (Week of February 17)

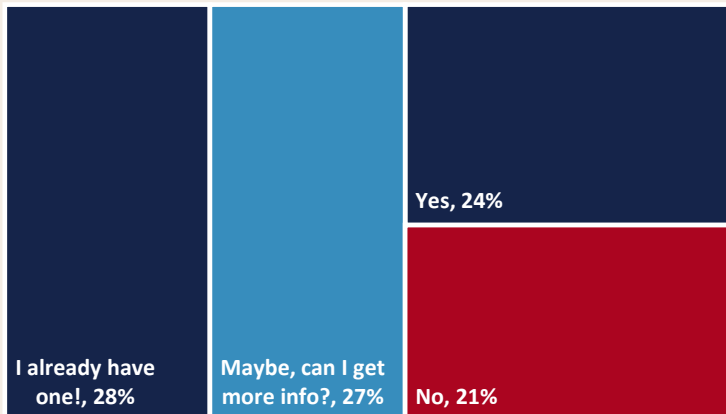
75 Responses - All undergraduate students from 24 different majors. Students who are attending Main and AZ Online campuses responded (no Distance submissions this week). Those without CALES majors have a CALES minor and/or are taking CALES courses.

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



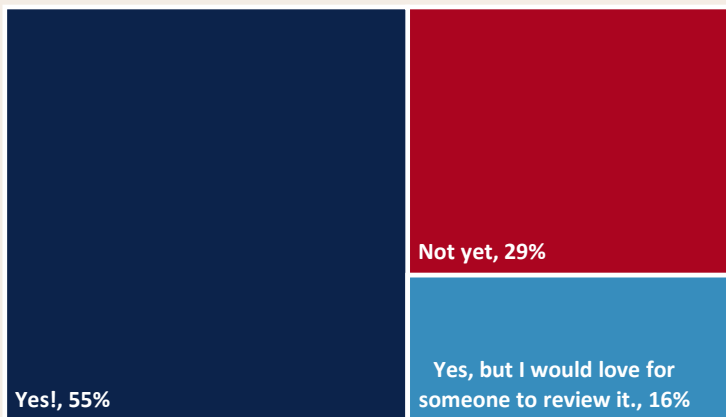
Students who expressed concerns about their academics were contacted by CALES Learning Lab coaches, Matt Swanson and Shawnda Garcia, with information on available support resources.

Are you interested in declaring a minor or adding a certificate?



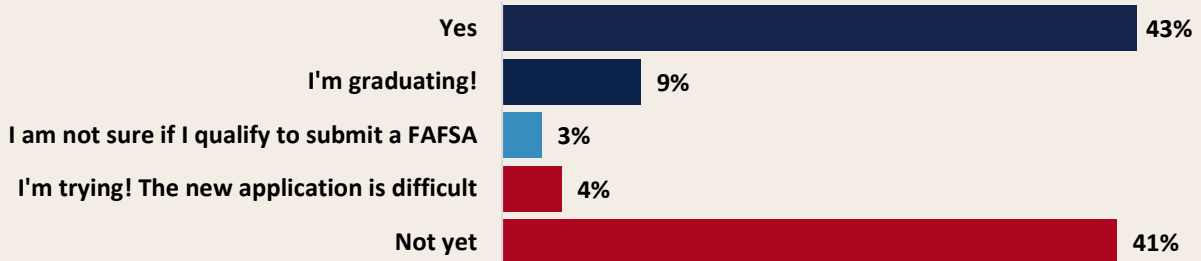
CALES academic advisors contacted students who expressed interest in learning more about adding a minor.

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



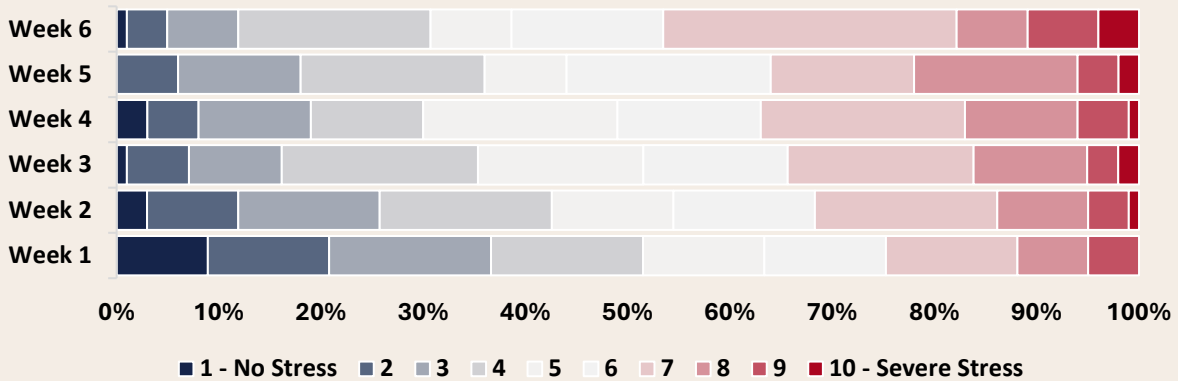
The CALES Career Center team—Colin Eischeid, Coordinator of Career Development, and Gabrielle Sykes-Casavant, Director of Undergraduate Strategic Initiatives—contacted students who did not yet have a resume or CV, as well as those who expressed interest in having theirs reviewed.

Have you completed your FAFSA for the 2025-2026 academic year?



Camille Andersen, Director of Student Initiative Analysis and Scholarship Administration, provided students with guidance from the Department of Education and the UA Office of Scholarships and Financial Aid based on their responses of 'Not yet,' 'Not sure if I qualify,' or 'Difficult.'

How would you rate your stress level?

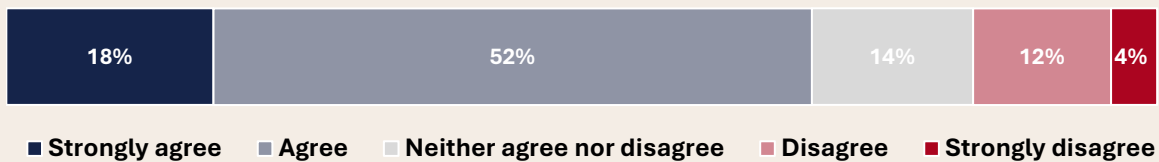


Ryan Daily, Director of Student Wellness Initiatives, contacted students who had a stress score of 7 or higher. Additionally, **8%** of respondents answered 'yes' to the follow-up question, 'Would you like our no-cost CALES Counselors to reach out to you for a consultation on stress management?' Ryan Daily also provides outreach for this question.

Spring 2025 Week 5 (Week of February 10)

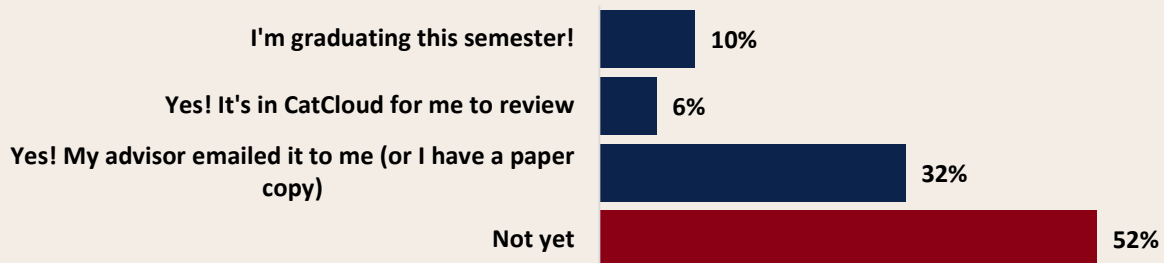
50 Responses - All undergraduate students from 17 different majors. Students who are attending Main and AZ Online campuses responded (no Distance students this week). Those without CALES majors have a CALES minor and/or are taking CALES courses.

I know how to study for college-level exams.



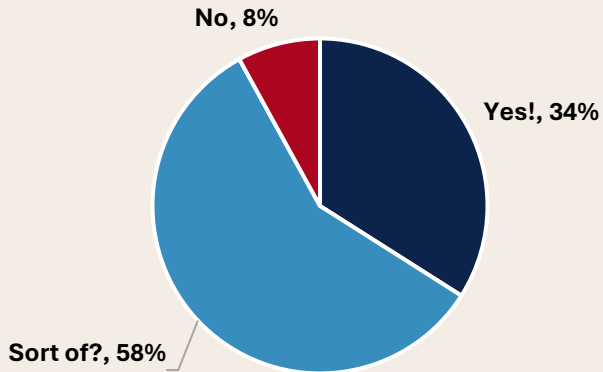
Students who disagreed with this statement were contacted by CALES Learning Lab coaches, Matt Swanson and Shawnda Garcia with more information on where to go for support.

Have you and your Academic Advisor co-created a graduation plan?



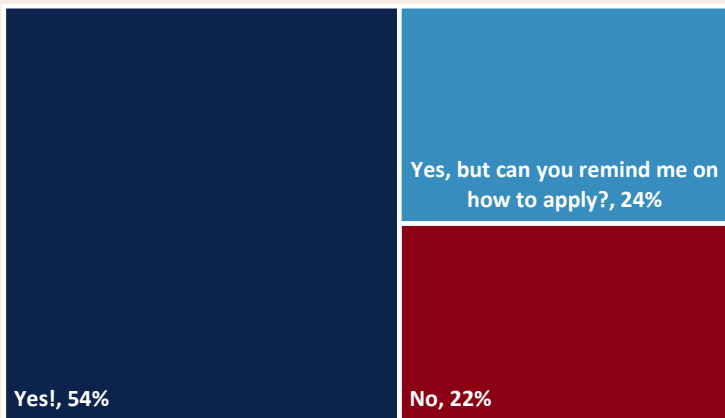
Academic advisors reached out to students that still needed to co-create a graduation plan.

Do you know how to find internship opportunities?



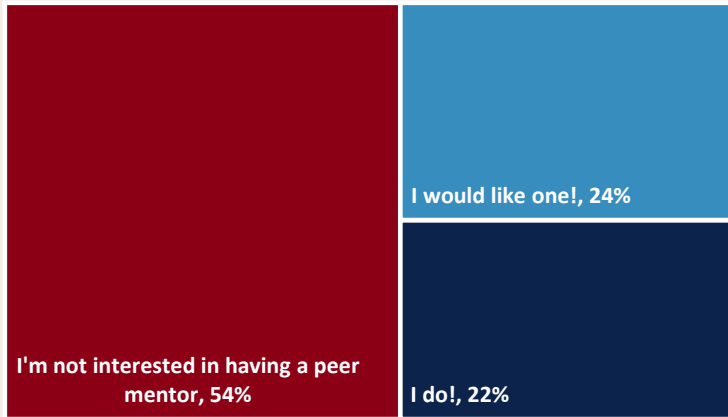
The CALES Career Center team (Colin Eischeid, Coordinator of Career Development and Gabrielle Sykes-Casavant, Director of Undergraduate Strategic Initiatives) contacted the students that were unsure of where to find internship opportunities.

Did you know that you can only have to submit one application to be considered for all CALES scholarships?



Camille Andersen, Director of Student Initiative Analysis and Scholarship Administration, contacted “No” and “Remind Me” students with more information on where and how to apply for CALES scholarships.

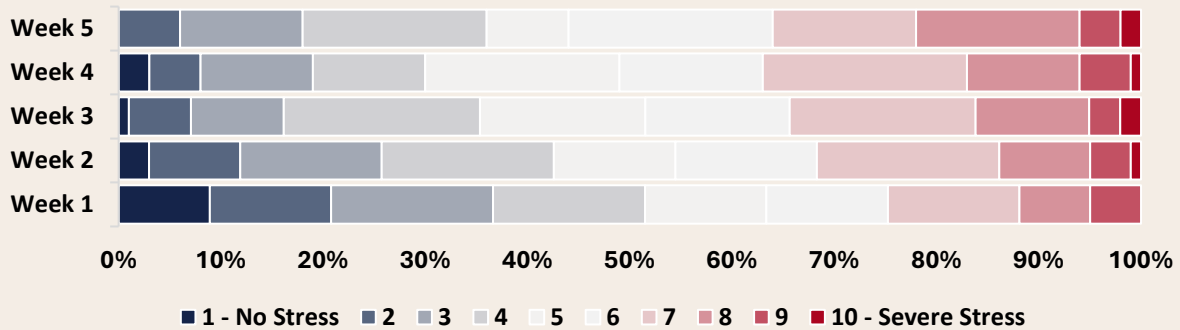
Do you have a peer mentor at the U of A?



Students who indicated interested in getting a Peer Mentor were contacted by Arianna Buchanan, CALES Academic Advisor and Peer Mentor Program Coordinator.

Note: The 54/24/22 percentage splits are not a duplication of the graph above. The data has been double checked. This happened last week, too!

How would you rate your stress level?

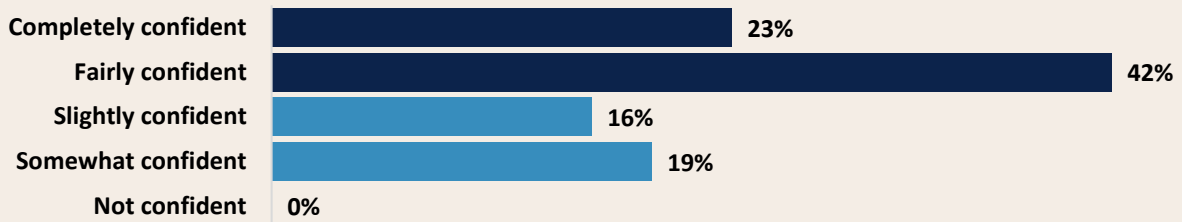


Students with a stress score of 7 or greater were contacted by Ryan Daily, Director of Student Wellness Initiatives. **4%** of respondents marked yes to the follow-up question “Would you like our no-cost CALES Counselors to reach out to you for a consultation on stress management?” Outreach for this question is also provided by Ryan Daily.

Spring 2025 Week 4 (Week of February 3)

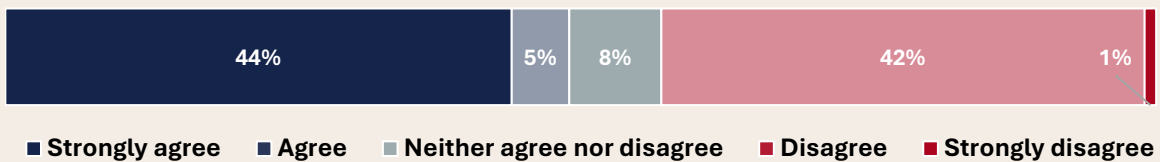
64 Responses - All undergraduate students from 22 different majors. Students who are attending Main, Distance and AZ Online campuses responded. Those without CALES majors have a CALES minor and/or are taking CALES courses.

How confident do you feel about the courses you are enrolled in?



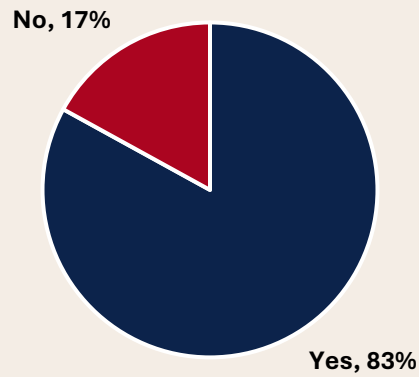
Students who noted lower confidence were contacted by CALES Learning Lab coaches, Matt Swanson and Shawnda Garcia with learning resources. The student’s academic advisor also reached out with encouragement.

I know where to go if I need academic support or help in a class.



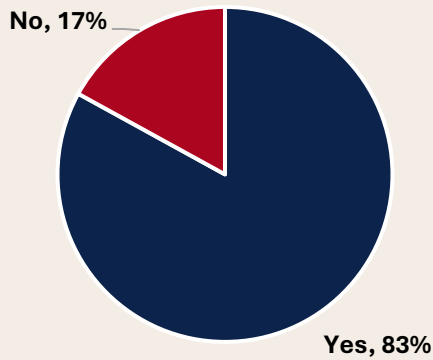
Students who disagreed with this statement were contacted by CALES Learning Lab coaches, Matt Swanson and Shawnda Garcia with more information on where to go for support.

Have you met someone at the University of Arizona who shares aspects of your identity that are important to you?



Students who marked “No” were contacted by their academic advisor.

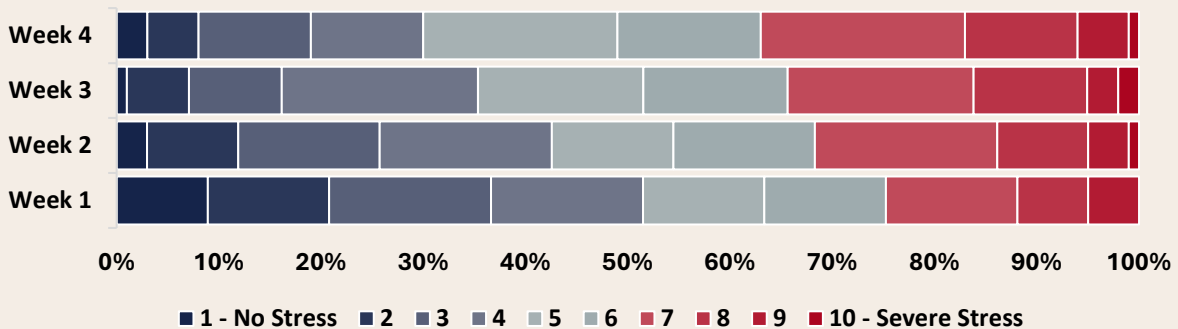
Are your basic needs (housing/food) currently being met?



17% of students do not have their basic needs met. Camille Andersen reached out to students with support from resources such as Campus Pantry and ASUA’s Basic Needs website of resources.

Note: This question and the one above it both have 83% / 17% splits. This is not a typo, the data has been double checked.

How would you rate your stress level?



Students with a stress score of 7 or greater were contacted by Ryan Daily, Director of Student Wellness Initiatives. **6%** of respondents marked yes to the follow-up question “Would you like our no-cost CALES

Counselors to reach out to you for a consultation on stress management?" Outreach for this question is also provided by Ryan Daily.

Spring 2025 Week 3 (Week of January 27)

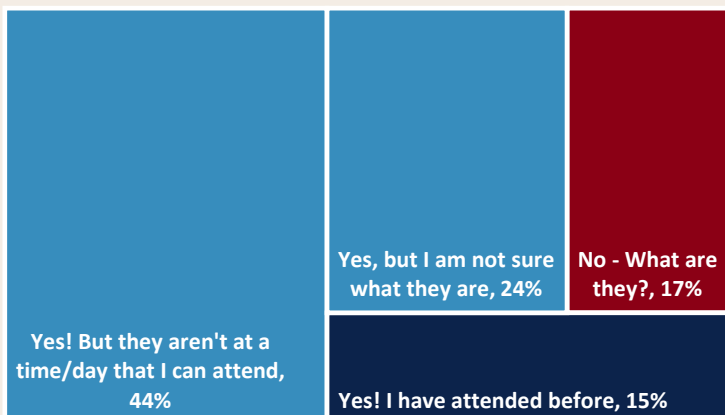
150 Responses - All undergraduate students from 34 different majors. Students who are attending Main, Distance and AZ Online campuses responded. Those without CALES majors have a CALES minor and/or are taking CALES courses.

How clear do you feel about your future career?



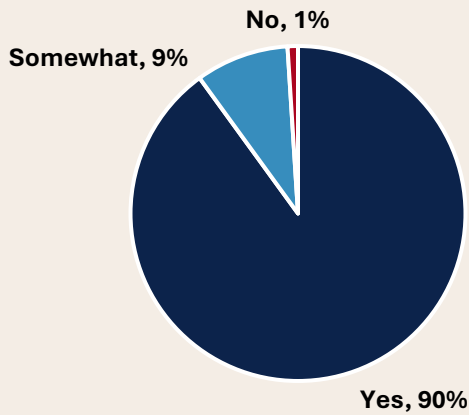
The CALES Career Center team (Colin Eischeid, Coordinator of Career Development and Gabrielle Sykes-Casavant, Director of Undergraduate Strategic Initiatives) contacted students that were concerned about their future career.

Have you heard about CALES Career Talks?



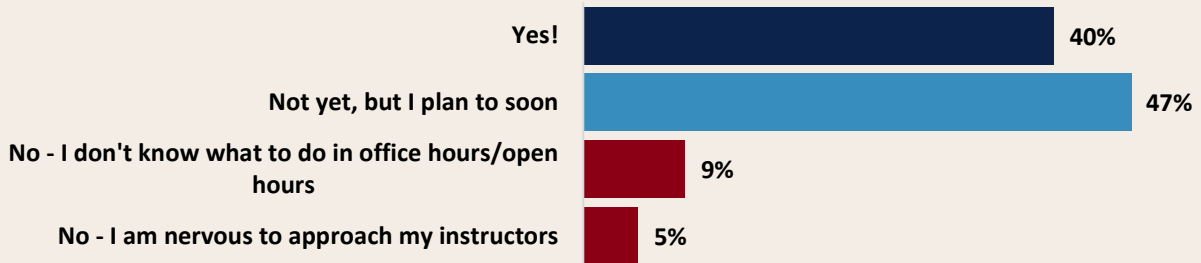
The CALES Career Center team also contacted students with more information on the CALES Career Talks that they offer. Want more info yourself? [Visit this link.](#)

Do you have the technology needed to be academically successful?



Students who marked “No” or “Somewhat” were contacted by their academic advisor.

Have you visited at least one instructor this semester?

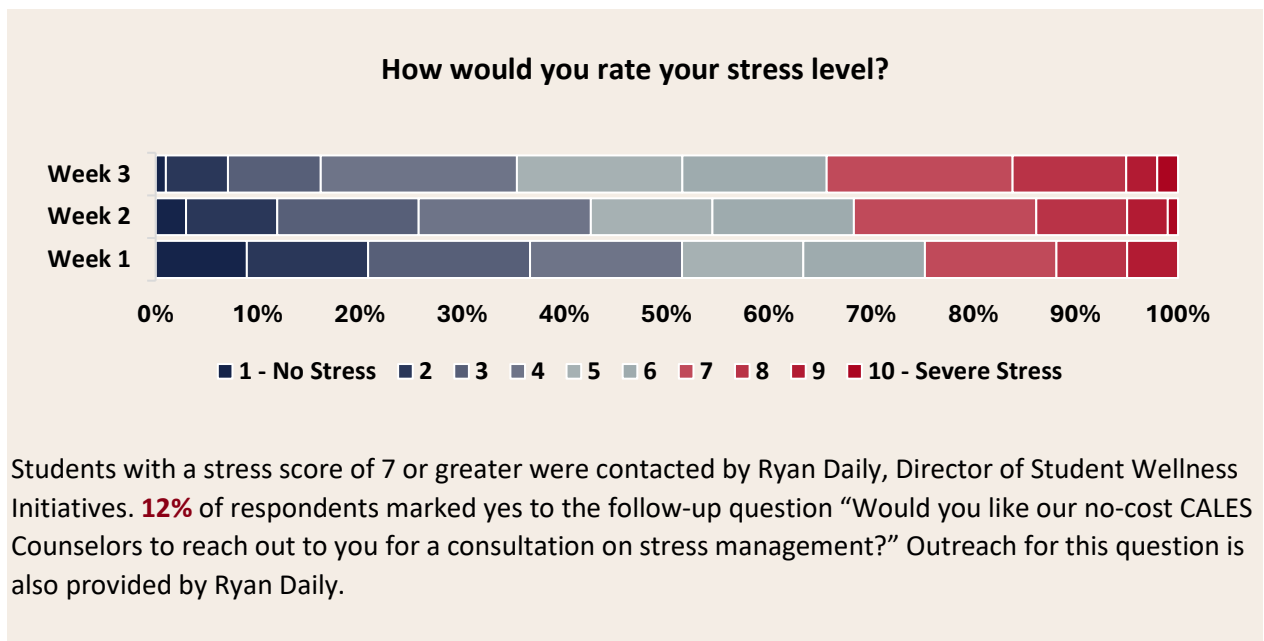


Students that had not met with an instructor contacted by CALES Learning Lab coaches, Matt Swanson and Shawnda Garcia to offer encouragement and guidance. The student’s academic advisor also reached out with encouragement.

What are you most concerned about this semester?



Just like the hopes our students shared last week, their worries are also diverse, but center around common themes. The word cloud above summarizes their individual responses into general topics. Academic advisors sent encouragement to their students.

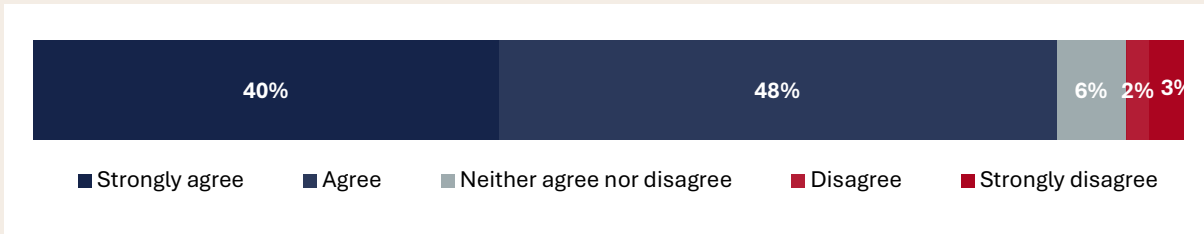


Students with a stress score of 7 or greater were contacted by Ryan Daily, Director of Student Wellness Initiatives. **12%** of respondents marked yes to the follow-up question “Would you like our no-cost CALES Counselors to reach out to you for a consultation on stress management?” Outreach for this question is also provided by Ryan Daily.

Spring 2025 Week 2 (Week of January 20)

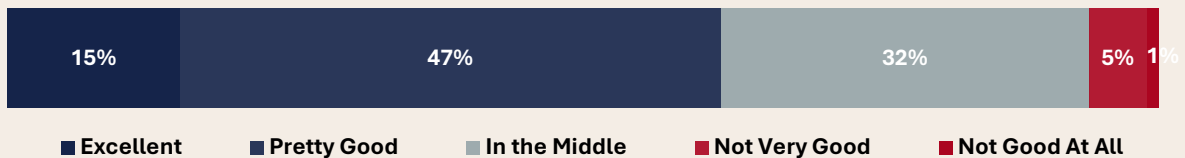
146 Responses - All undergraduate students from 33 different majors. Students who are attending Main, Distance and AZ Online campuses responded. Those without CALES majors have a CALES minor and/or are taking CALES courses.

Do you feel that you have adequate help with your academics to be successful?



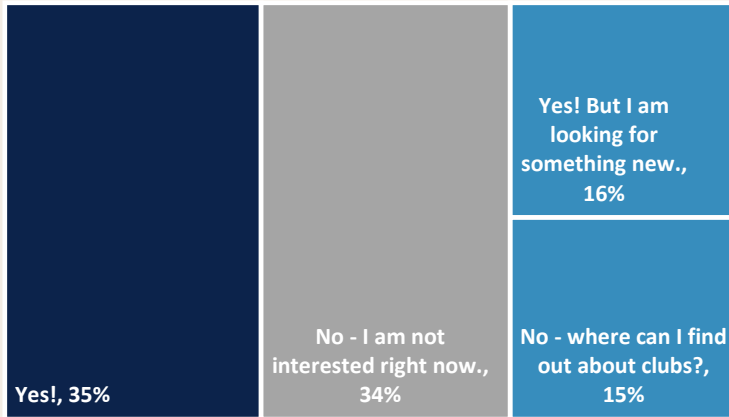
Students that did not feel that they had adequate help were contacted by CALES Learning Lab coaches, Matt Swanson and Shawnda Garcia.

How would you rate your time management skills?



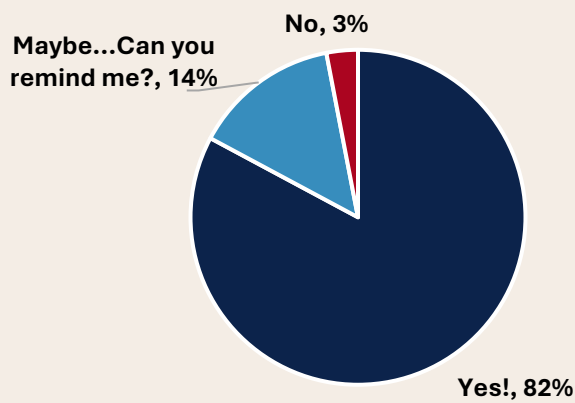
The CALES Learning Lab coaches (Matt Swanson and Shawnda Garcia) also reached out to students that indicated concern about their time management skills.

Are you involved with any student clubs and organizations?



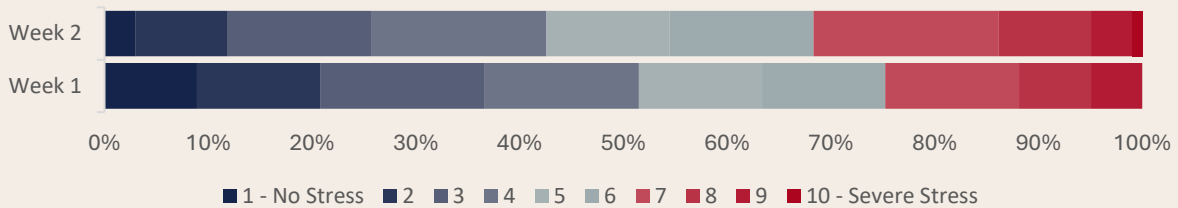
Students who were interested in joining new or more clubs were contacted by Leslie Grignon, Manager of Student Experience.

Do you know where you can find scholarships?



“No” or “Maybe” students were sent information on where to find scholarships by Camille Andersen, Director of Student Initiative Analysis and Scholarship Administration.

How would you rate your stress level?

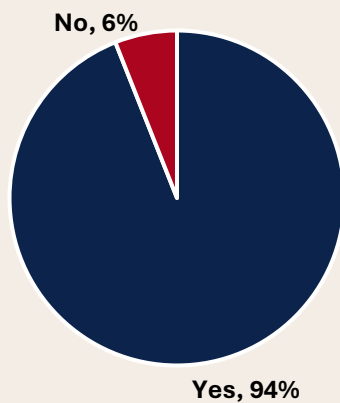


Students with a stress score of 7 or greater were contacted by Ryan Daily, Director of Student Wellness Initiatives.

Spring 2025 Week 1 (Week of January 13 – typo corrected from last week)

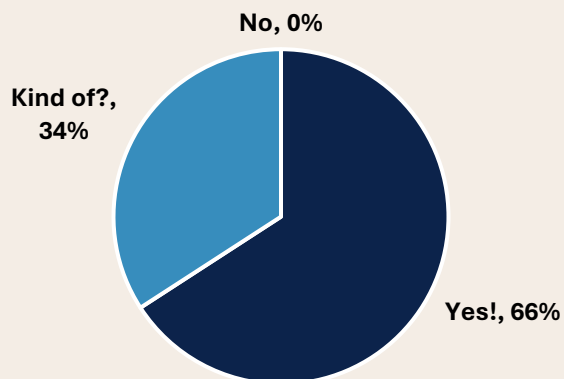
205 Responses - All undergraduate students from 45 different majors. Students who are attending Main, Distance and AZ Online campuses responded. Those without CALES majors have a CALES minor and/or are taking CALES courses.

Do you know where to get your questions answered?



Students who indicated they were unsure of who to contact for help were emailed by their academic advisor.

I have a clear path to graduation.



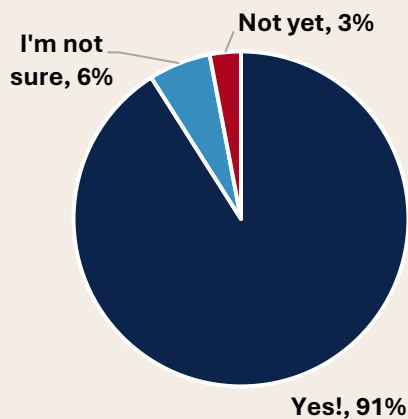
Students who indicated they were unsure of who to contact for help were emailed by their academic advisor.

What are you most excited about for this semester?



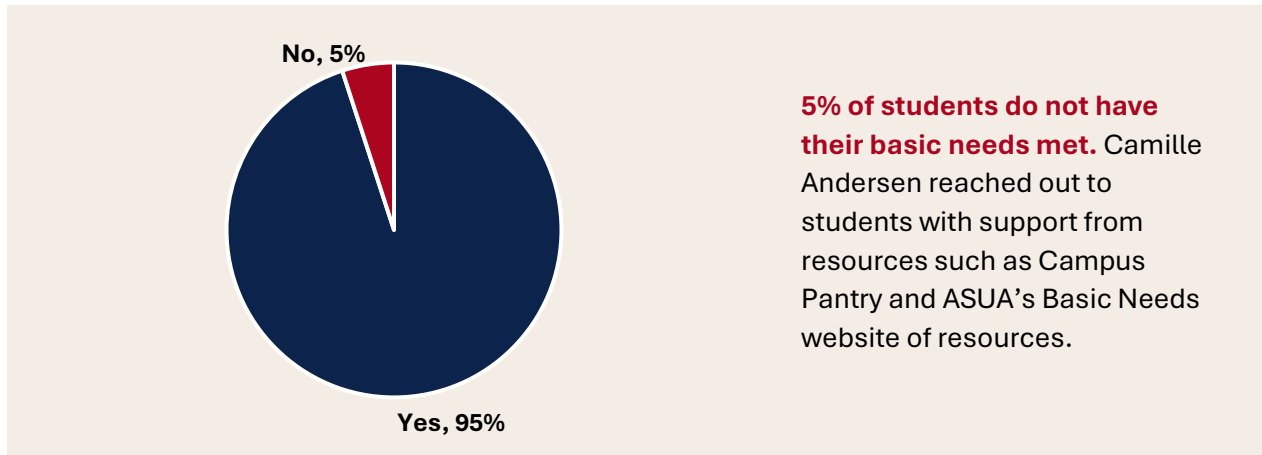
CALES students are so diverse in what motivates them, and what they had to look forward to this semester! The word cloud above summarizes their individual responses into general topics. A handful indicated some anxiety or trepidation about the semester. Academic advisors sent encouragement to their students.

Are you enrolled in all the units you need for this semester?



Academic Advisors reached out to students who were not in the units they needed.

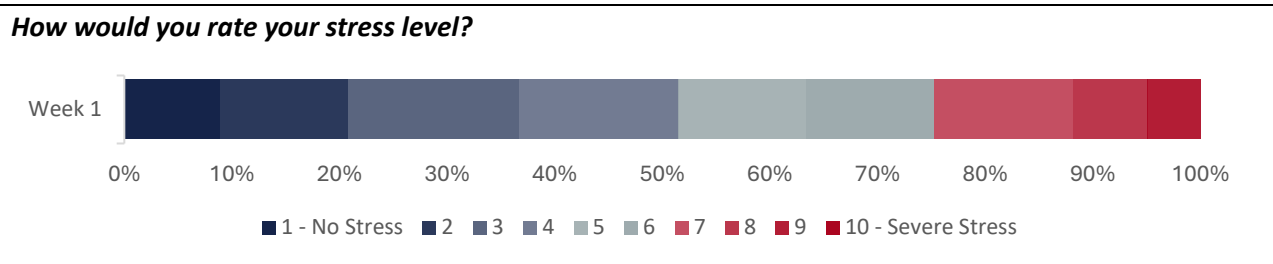
Are your basic needs (housing/food) currently being met?



Fall 2024 Week 15 (Week of December 2) – Spring 2025 Class Registration, Accomplishments, Next Steps for a Failed Course, How Can CALES Support Next Semester / After Graduation

4 Responses – Our students were busy this week and were not able to make time for our CALES Pulse survey! Below are some very quick notes in lieu of data visuals.

- Three students were already **registered for spring courses**, and one was in progress. Outreach provided by CALES advisors.
- Two knew what **options they had if they did not pass a required course**, and two did not. Outreach provided by CALES advisors.
- Three students said that there was nothing they **needed from CALES so far for spring or after graduation**. One student noted: “Help support when I need help.”
- Three students reported that they were experiencing **high levels of stress**. None requested an appointment to meet with our mental wellness team. Outreach to check in about their stress levels was provided by Ryan Daily, Director of Student Wellness Initiatives.
- Here’s a great one to read: What our four students **reported as wins during the fall semester**:
 - “Good Grades”
 - “Meeting new people and getting out of my comfort zone”
 - “I’m proud of my attendance this semester and not missing any class”
 - “Making it this far”
 - Students were encouraged and celebrated via outreach from their academic advisor.



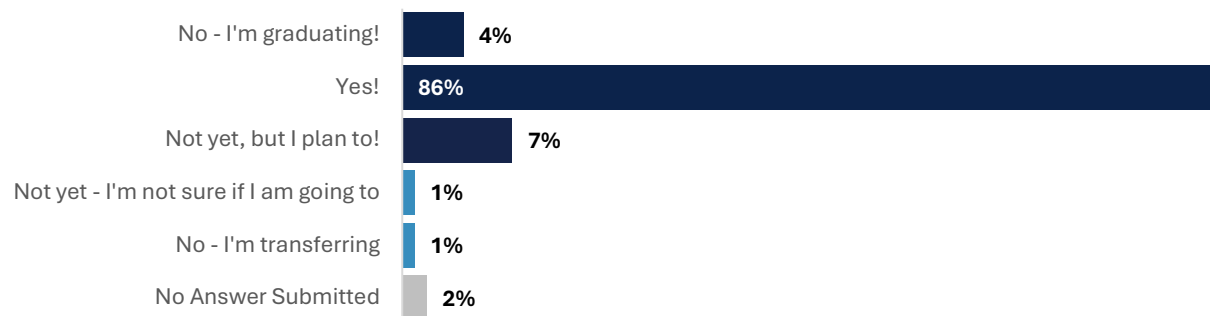
Students with a stress score of 7 or greater were contacted by Ryan Daily, Director of Student Wellness Initiatives.

No CALES Pulse During Week 14 (Week of Thanksgiving)

Week 13 (Week of November 8) – Spring 2025 Class Registration, Feeling of Community, Jobs for their Degree, Basic Needs

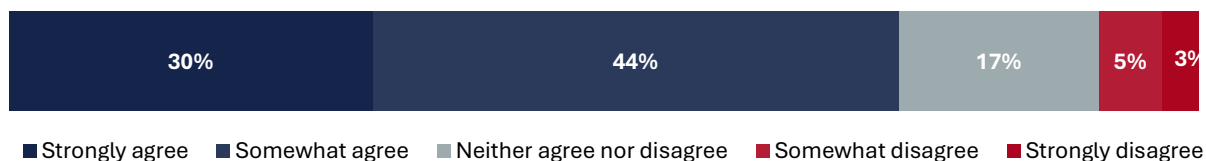
133 Responses - All undergraduate students from 38 different majors. Students who are attending Main, Distance and AZ Online campuses responded. Those without CALES majors have a CALES minor and/or are taking CALES courses.

Have you registered for Spring 2025 classes yet?



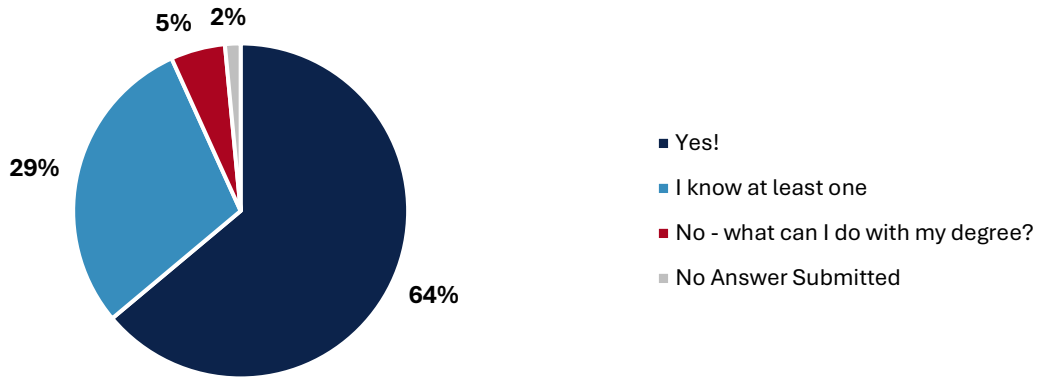
CALES advisors reached out to the students that indicated they were unsure if they would return, or if they were transferring.

I feel part of the U of A community.



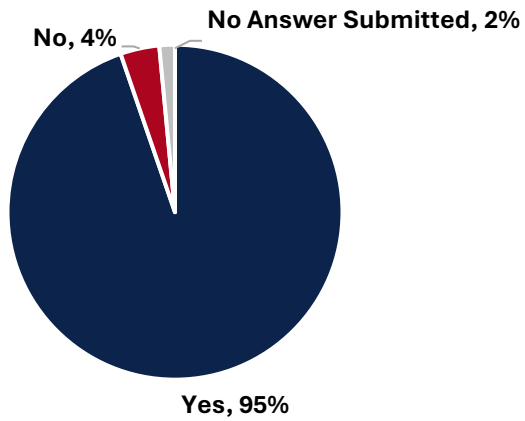
Leslie Grignon, Manager of Student Experience, reached out to students that disagreed with this statement. Leslie's bio in the CALES website says it all: "Looking for ways to get involved here in CALES? Meet with me to discuss involvement opportunities!"

Do you know what types of jobs you can get with your degree?



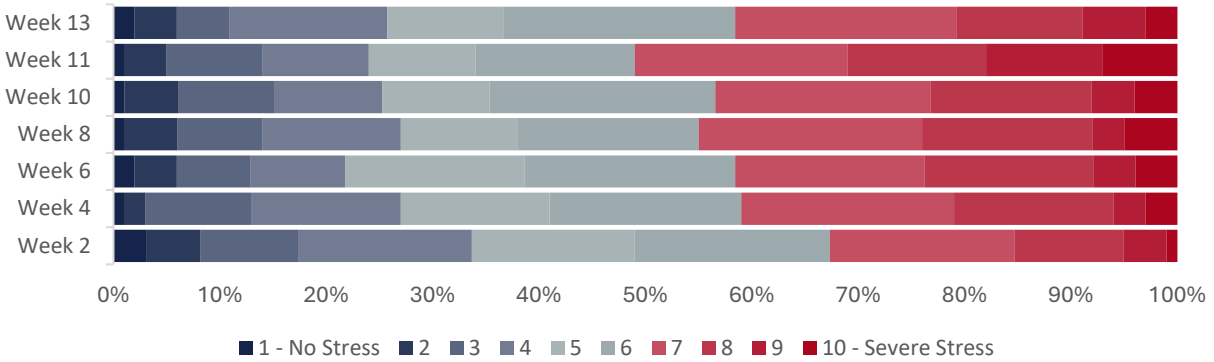
The CALES Career Center team (Colin Eischeid, Coordinator of Career Development and Gabrielle Sykes-Casavant, Director of Undergraduate Strategic Initiatives) contacted unsure students with information about possible job fields that tie into their degree.

Are your basic needs being met?



4% of students do not have their basic needs met. Academic Advisors reached out to students with support from resources such as Campus Pantry and ASUA's Basic Needs website of resources.

How would you rate your stress level?



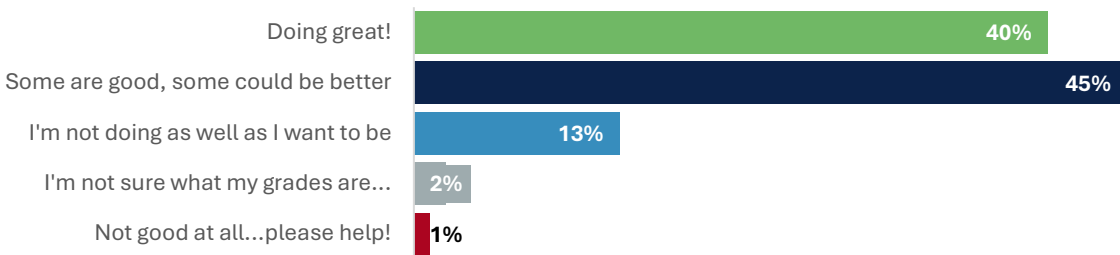
Students with a stress score of 7 or greater were contacted by Ryan Daily, Director of Student Wellness Initiatives.

No CALES Pulse During Week 12 (Week of November 11)

Week 11 (Week of November 5) – Grades, Academic Preparation, Difficulty in Paying for Tuition, Scholarships

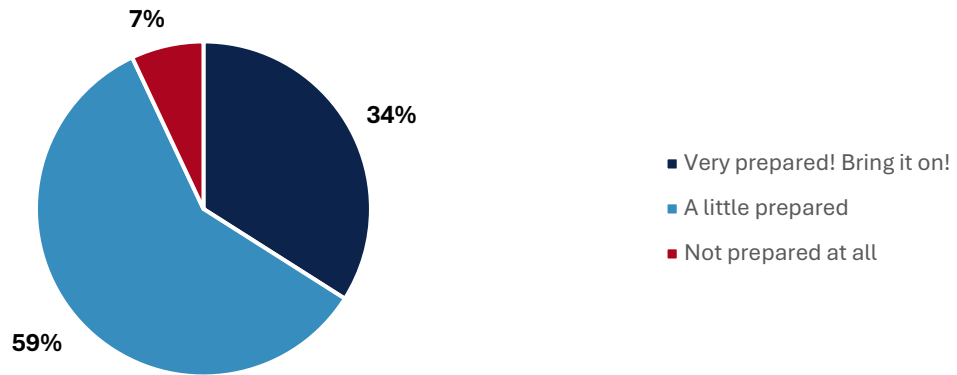
110 Responses - All undergraduate students from 29 different majors. Students who are attending Main, Distance and AZ Online campuses responded. Those without CALES majors have a CALES minor and/or are taking CALES courses.

How are your grades, so far?



Students who were unaware of their grades or asked for help were contacted by CALES Learning Lab coaches, as well as their major advisor.

How well prepared are you for final exams, papers, and presentations?



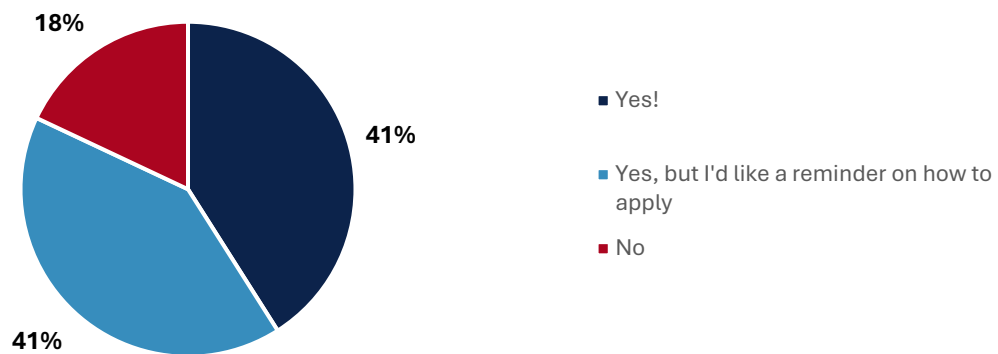
Students who indicated that they were not prepared were contacted by the CALES Learning Lab coaches.

How difficult is it for you to pay tuition and expenses relating to being a student?



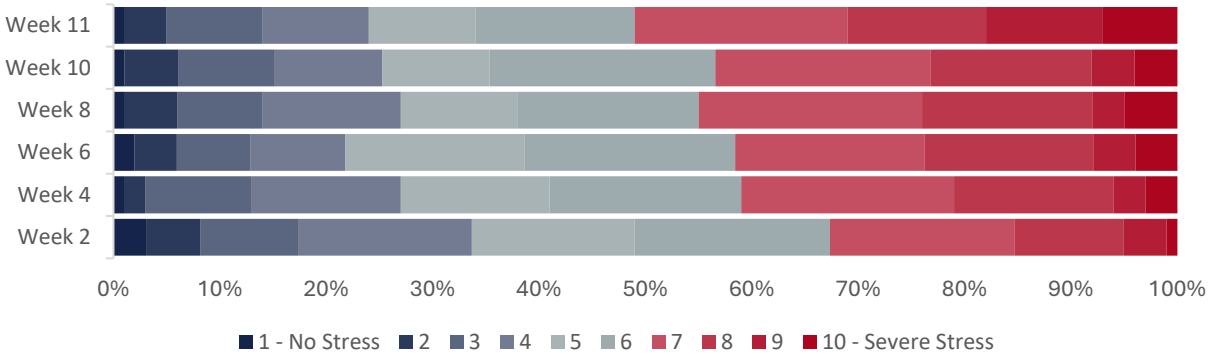
Students who indicated difficulty in paying for tuition and education expenses were contacted by Camille Andersen, and possibly contacted by their advisor based on severity. Ideas for possible funding sources were shared, including CALES scholarships, other UA scholarships, and the UA emergency fund when it is available.

Did you know that you can apply for over \$1.1m in CALES Scholarships this spring?



Students who were unaware of CALES scholarships, and those that could use a refresher were contact by Camille Andersen with information on how to apply for 25/26 scholarships starting in January.

How would you rate your stress level?



Students with a stress score of 7 or greater were contacted by Ryan Daily.

Week 10 – Academic Support Awareness, Finding Courses, Shared Identity, Basic Needs

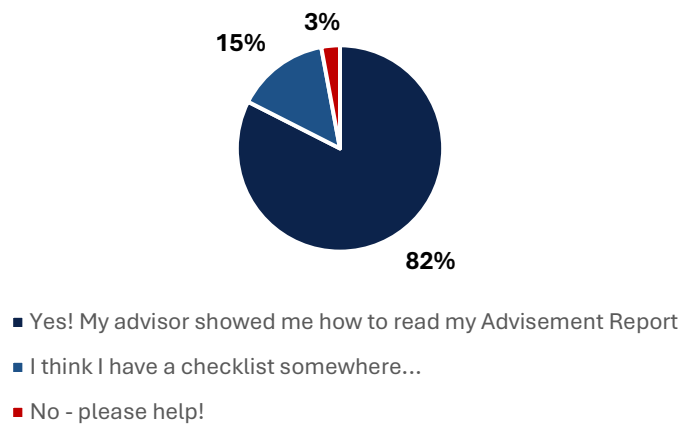
137 Responses - All undergraduate students from 37 different majors. Students who are attending Main, Distance and AZ Online campuses responded. Those without CALES majors have a CALES minor and/or are taking CALES courses.

I know where to go if I need academic support or help in a class.



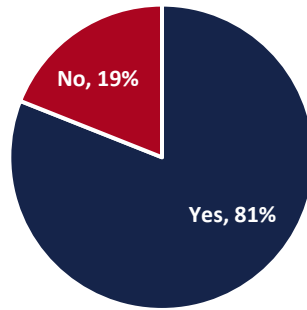
Students who do not know where to find academic support were contacted by the CALES Learning Lab coaches.

Do you know where to find what courses are required for your major?



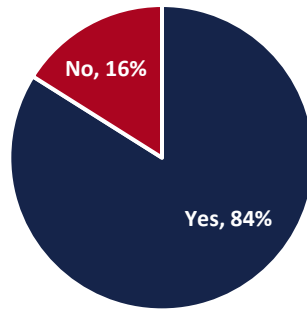
Students who were unsure of where to find required courses were contacted by their academic advisor.

Have you met someone at U of A who shares an aspect of your identity that is important to you?



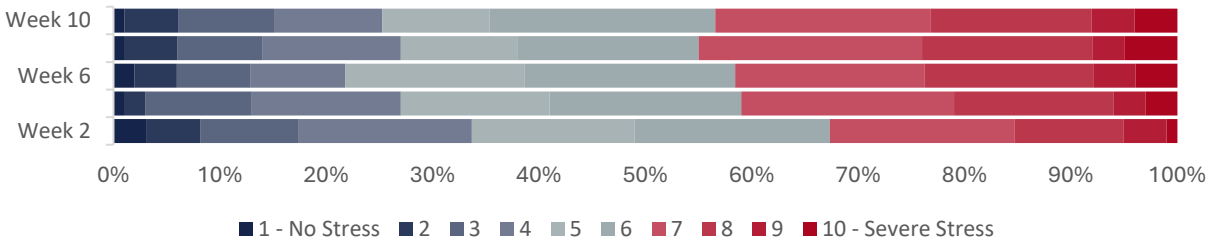
Students who marked “No” received support and possible resource links from their academic advisor. Resources could vary by student based on their participation and interests.

Are your basic needs being met?



16% of students do not have their basic needs met. Academic Advisors reached out to students with support from resources such as Campus Pantry and ASUA’s Basic Needs website of resources.

How would you rate your stress level?

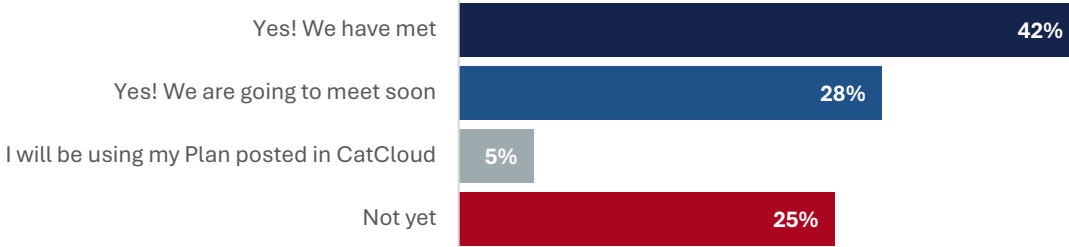


No CALES Pulse During Week 9

Week 8 - Meet with Advisor, Resume, Internship, Success Share

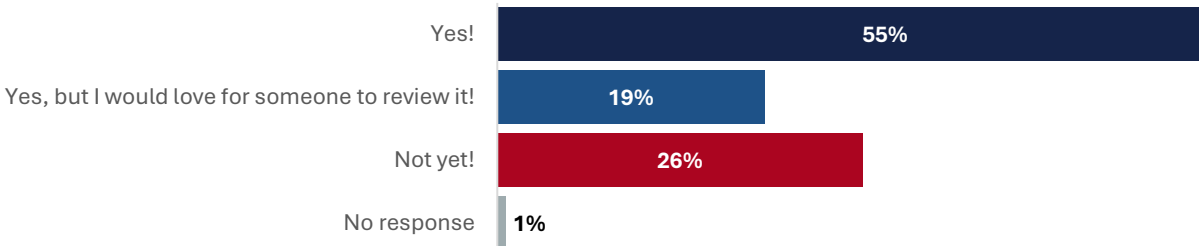
159 Responses - All undergraduate students from 36 different majors. Students who are attending Main, Distance and AZ Online campuses responded. Those without CALES majors have a CALES minor and/or are taking CALES courses.

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



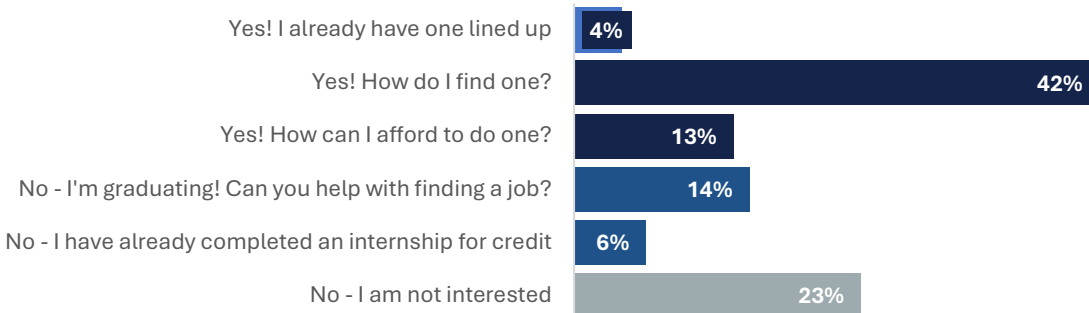
CALES advisors connected with students to encourage a meeting.

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



CALES Career Center staff reached out to students that indicated interest in getting their resume reviewed.

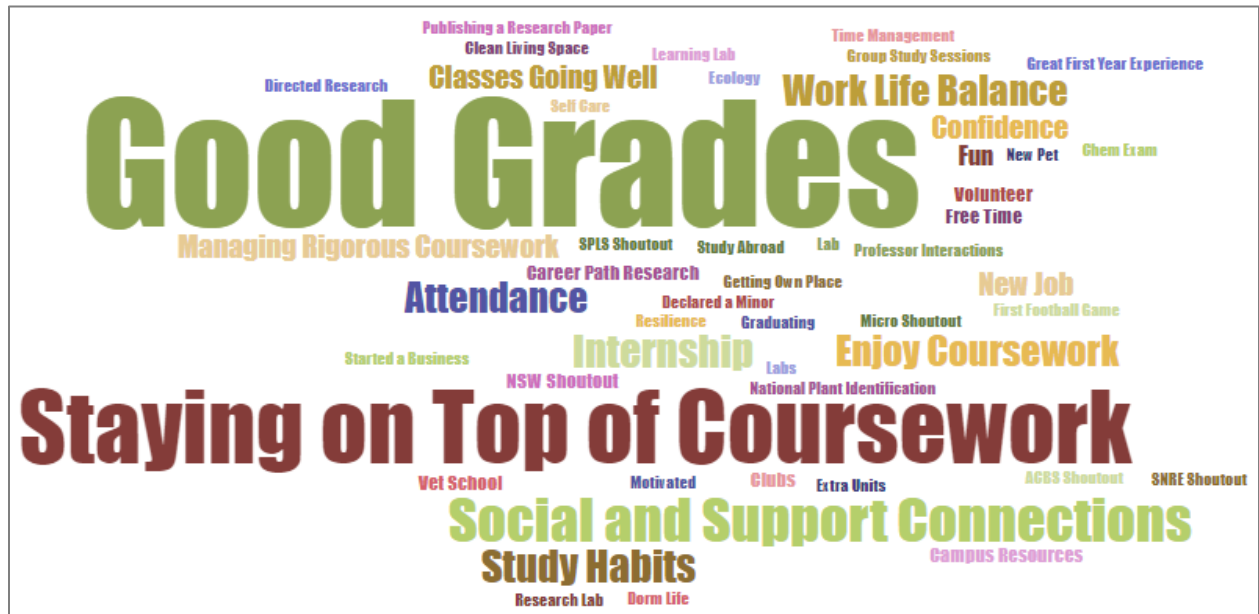
Are you interested in doing an internship in Summer 2025?



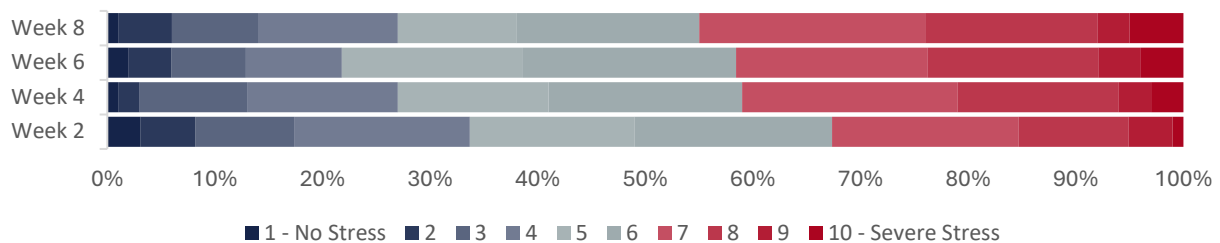
CALES Career Center sent messaging to students that were tailored for their internship goals, or resources for finding a job.

What successes have you experienced so far this semester?

129 students shared success stories with us! The word cloud below notes key topics mentioned by students, and their frequency of occurrence in the success notes. What might be even more powerful? Reading the student’s comments as written. Navigate to the end of this document to hear from the students in their own words.



How would you rate your stress level?

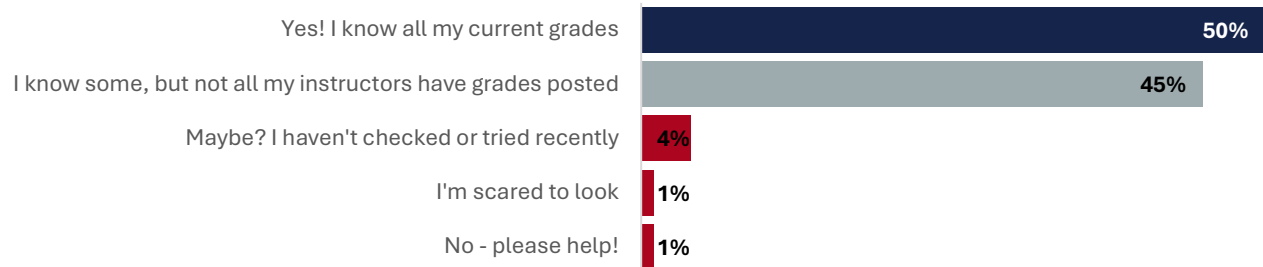


The CALES Wellness Director reached out to students to provide support for 1:1 Wellness Check-Ins and promoted upcoming wellness events and programs. 12% of students experiencing stress asked to be connected for consultations (the same rate as our previous Pulse).

Week 7 – Grades, Office Hours, Networking, Spring Classes

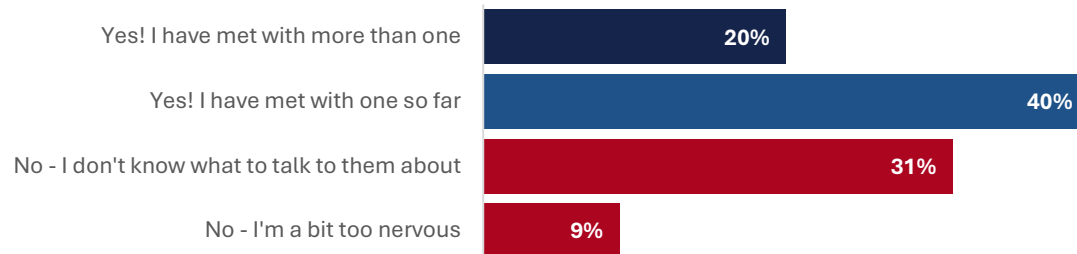
157 Responses - All undergraduate students from 34 different majors. Students who are attending Main and AZ Online campuses responded. Those without CALES majors have a CALES minor and/or are taking CALES courses.

Do you know how to find your current grade in D2L or calculate your grade in each of your classes?



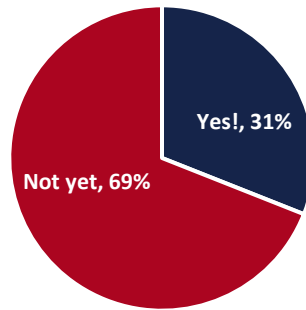
Students who do not know all their grades or are scared to look at their grades were contacted by the CALES Learning Lab coaches as well as their Academic Advisors or Student Success and Retention Specialist with encouragement for self-advocacy, attending office hours, and calculation support.

Have you met with at least one of your professors this semester?



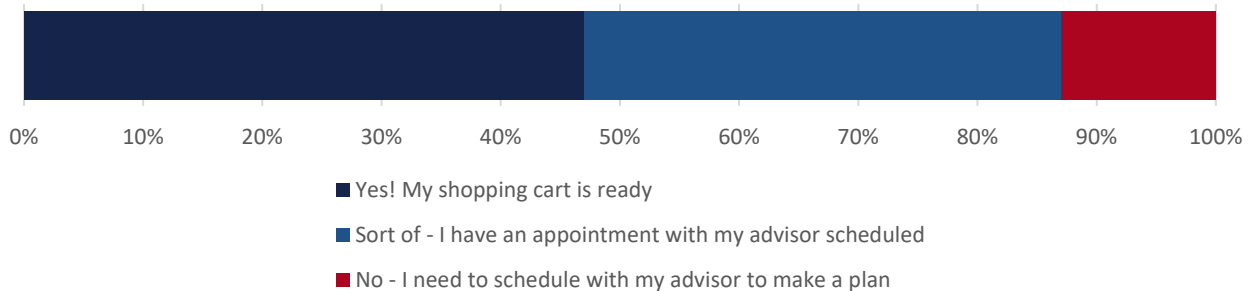
The CALES Learning Lab Coaches, Academic Advisors, and the Student Success and Retention Specialist connected with students who have yet to meet with an instructor this semester. Greater awareness of what office hours can do for students could be shared by instructors with encouragement to attend can help first-generation students as well as those who struggle with advocacy or social confidence.

Have you done any career networking this semester?



The CALES Learning Lab connected with students who have yet to do career networking this semester. Career Talks and other opportunities were promoted to students.

Do you know what classes you need to take next semester?



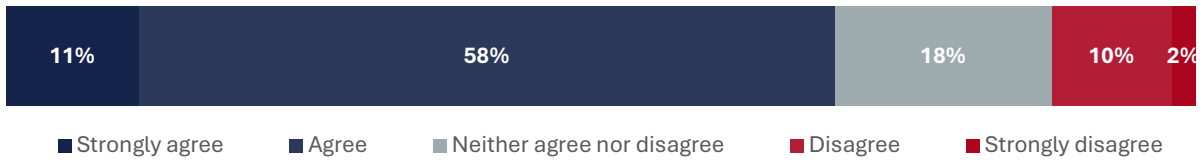
Students who need to make an appointment were contacted by their advisor or the Student Success and Retention Specialist with information and encouragement to make an appointment. Priority registration begins in early November.

3% of students do not have their basic needs met. Academic Advisors reached out to students with support from resources such as Campus Pantry and ASUA’s Basic Needs website of resources.

Week 6 – Exam Prep, Student Illness, UAlerts

180 Responses - All undergraduate students from 36 different majors. Students who are attending Main, AZ Online, and Yuma campuses responded. Those without CALES majors have a CALES minor and/or are taking CALES courses.

I know how to effectively study for college-level exams

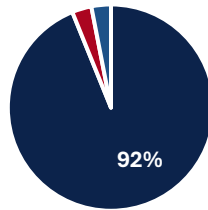


CALES Learning Coaches contacted students who could use support and tips on exam preparation.

97% of students know who their academic advisor is and how to schedule with them. Students who were unsure of who their advisor was or how to schedule with them received information from their advisor or the Student Success and Retention Specialist.

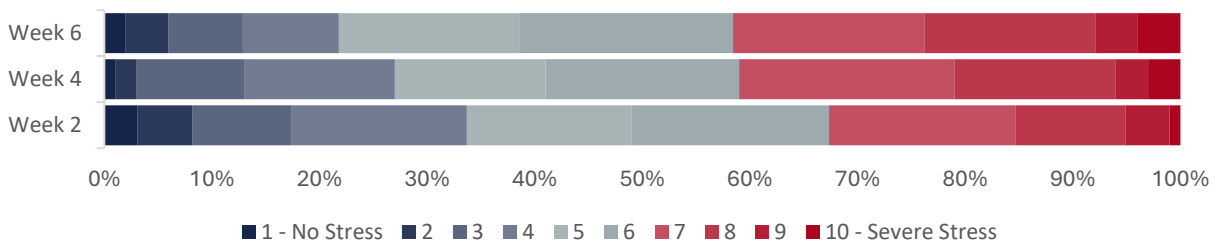
68% of students know what to do if they are sick and unable to attend class or keep up with their coursework. Just over 25% of students thought they knew, but wanted information and 8% of students had no idea what they should do in the event that they get sick. Academic Advisors and the Student Success and Retention Specialist shared information, tips, and resources from the Dean of Students to educate students on how to engage with instructors proactively if they fall ill.

Have you double-checked that you are enrolled in UAlert for emergency notifications?



- I recently checked and am all set!
- No - how do I do that?
- I am an Arizona Online student and don't need alerts

In the last two weeks, how would you rate your stress level?

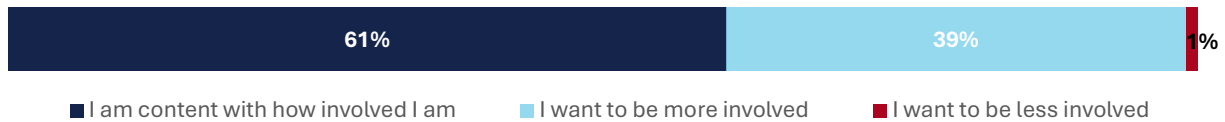


The CALES Wellness Director reached out to students to provide support for 1:1 Wellness Check-Ins and promoted upcoming wellness events and programs. 12% of students experiencing stress asked to be connected for consultations.

Week 5 – Involvement, Time Management, Support Systems

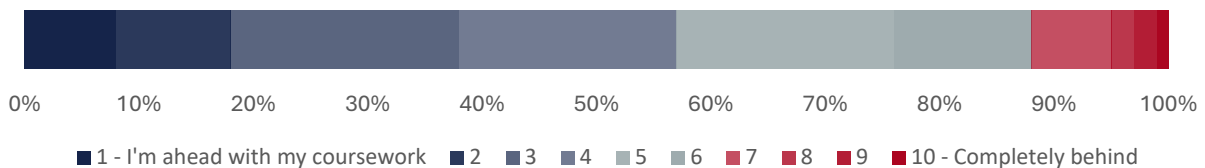
184 Responses - All undergraduate and graduate students from 37 different majors. Students who are attending Main, AZ Online, and Yuma campuses responded. Those without CALES majors have a CALES minor and/or are taking CALES courses.

Are you as involved with campus activities (events, clubs, Cultural & Resource Centers) as you would like to be?



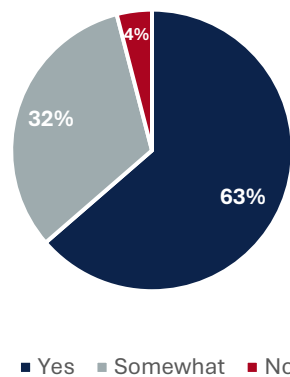
CALES Student Experience Manager and academic advisors connected with students who are interested in becoming more involved and those who would like to be less involved. Ideas for clubs, organizations, and resource centers were provided for those interested.

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



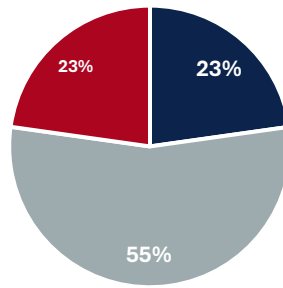
The CALES Learning Lab connected with students who were falling behind in their coursework with time management tools and encouraged them to meet with a learning coach.

Are you able to connect to a support system regularly?



CALES Wellness Director and Academic Advisors connected with students who do not have a regular support system to connect with to provide resources for building or maintaining supporters in their lives.

Do you have a peer mentor at the University of Arizona?



■ I do! ■ I'm not interested ■ I would like one!

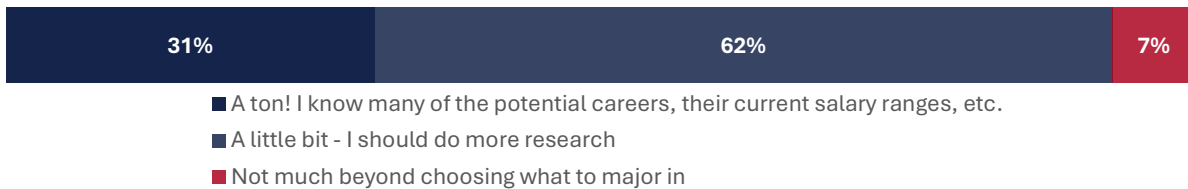
Academic Advisors and the Advisor who coordinates the CALES Peer Mentor program connected with students who were interested in having a peer mentor with how to sign up.

5% of students do not have their basic needs met. Academic Advisors and the Student Success and Retention Specialist connected with students whose needs are not being met to provide resources such as Campus Pantry.

Week 4 – Careers, Confidence, Concerns

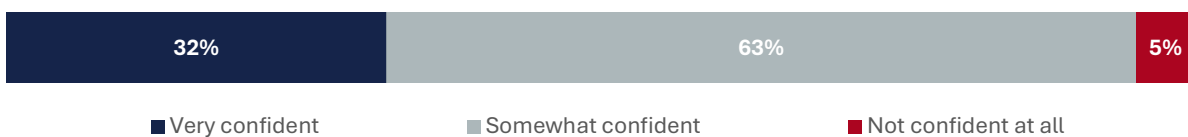
211 Responses - All undergraduate students from 42 different majors. Students who are attending Main, AZ Online, and Yuma campuses responded. Those without CALES majors have a CALES minor and/or are taking CALES courses.

How much research have you done on potential careers related to your major?



Students who would benefit from additional research received outreach from the CALES Career Center.

How confident are you feeling with your academic performance this semester?



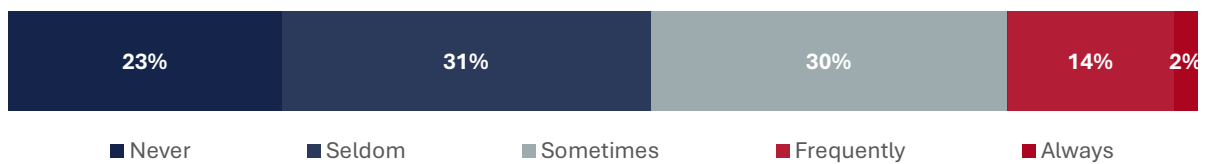
The CALES Learning Lab: Powered by the SALT Center connected with students who aren't feeling very confident.

Students were asked about their **concerns for the semester**. The top response themes are:

1. **Academic Skills:** Time management, studying for exams, text anxiety, etc.
2. **Specific Classes:** Courses such as organic chemistry, math, languages, etc.
3. **Academic Performance:** Earning good or passing grades this semester.
4. **Balancing:** School/work/life balance, heavy courseloads, club involvement, etc.
5. **Health:** Mental and physical health concerns.
6. **Finances:** Affording college, covering bills, finding scholarships, etc.

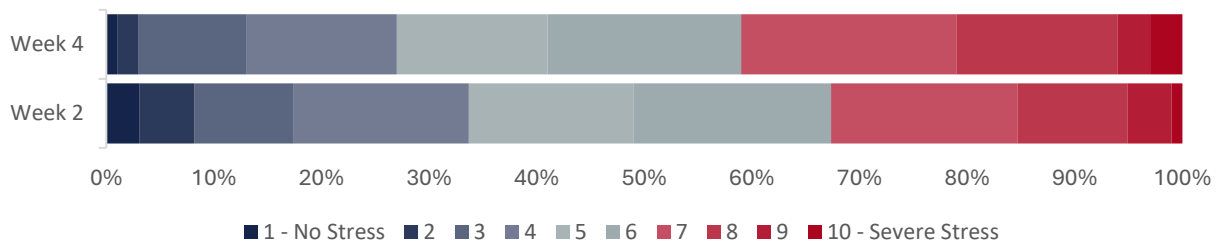
Academic Advisors and the Student Success & Retention Specialist connected to each student who listed concerns to provide relevant resources and support.

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



The CALES Wellness Director connected with students who are experiencing loneliness with support and resources.

In the last two weeks, how would you rate your stress level?



The CALES Wellness Director reached out to students to provide support for 1:1 Wellness Check-Ins and promoted upcoming wellness events and programs. 12% of students experiencing stress asked to be connected for consultations.

Week 3 – Checking In

247 Responses - All undergraduate students from 37 different majors. Students responded who are attending Main, AZ Online, and Yuma campuses. Those without CALES majors have a CALES minor and/or are taking CALES courses.

Are you happy with your current major?

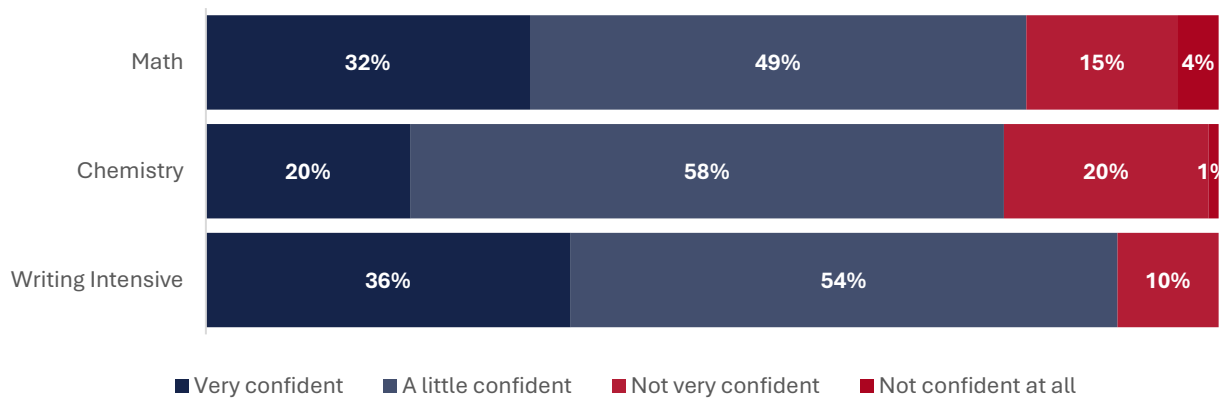


- Yes! It's the best
- Kind of - there are some things I wish were different
- I'm thinking about changing majors
- I plan to change my major

Students who wish for changes, are thinking about changing majors, or planning to change their major received outreach from Academic Advisors of the Student Success & Retention Specialist.

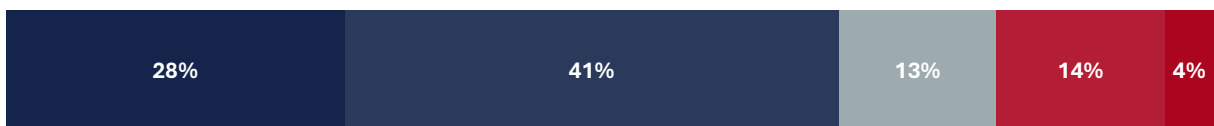
Almost half (**49%**) of students participating in CALES Pulse are enrolled in a **chemistry** course this semester. **41%** are enrolled in a **math** course, and **34%** are enrolled in a **writing intensive** course.

How confident are you in your ability to do well in your chemistry/math/writing intensive courses?



The CALES Learning Lab: Powered by the SALT Center connected with students who aren't very confident. The Learning Lab offers 1:1 academic coaching and workshops to help students succeed in their academics.

How confident are you in reaching out to and talking with your instructors?



- Extremely comfortable
- Somewhat comfortable
- Neither comfortable nor uncomfortable
- Somewhat uncomfortable
- Extremely uncomfortable

Students who are uncomfortable received tips for self-advocacy from the CALES Learning Lab and their Academic Advisors.

Have you considered Study Abroad for Spring or Summer?



Interested students were provided with information about the upcoming Study Abroad Fair, if they attend main campus. All students were provided with information from the Study Abroad website.

The thing I am most excited about this semester is...

Students were asked an open ended question about their excitement. Academic Advisors and the Student Success & Retention Specialist responded to students to help encourage them and provided resources, as appropriate.

The six top responses included themes such as:

- Meeting new people
- Being involved as a student through clubs, events, and sports
- Learning new content
- Making progress toward graduation
- Being enrolled in major-related coursework
- Graduating

Sample quotes:

"Making new friends and having fun while learning about things I am interested in."

"Getting back into college life and learning more about nutrition and how it affects the body."

"Continuing to meet new people and learn new things about our plant!"

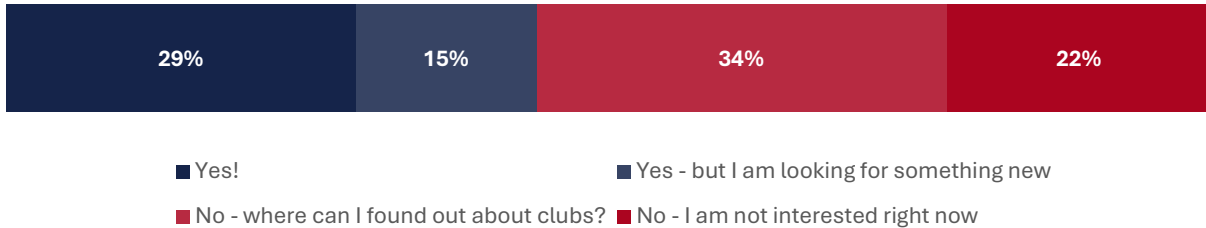
"Getting one semester closer to my degree, finding internship opportunities."

"The thing I am most excited about this year in college is completing most of my pre-requisites so I can start doing the hands-on part of my major!"

Week 2 – Getting Connected

297 Responses - All undergraduate students from 40 different majors. Students responded who are attending Main, AZ Online, and Yuma campuses. Those without CALES majors have a CALES minor and/or are taking CALES courses.

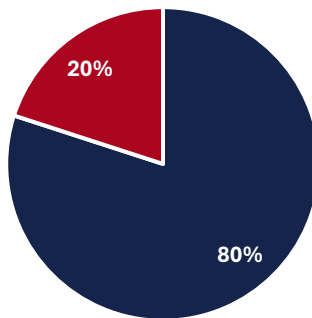
Are you involved in any student clubs and organizations?



CALES Student Experience Manager and Academic Advisors connected students who are interested with resources for finding clubs and student organizations.

93% of students have been able to connect with advisors, instructors, and other university support staff. Those who have not been able to connect were provided with tips on connecting or were directly connected to those they were seeking.

Are you content with your current classes?



■ Yes! So far, so good ■ Mostly - there are one or two I'm not sure of yet

Students who were unsure of there current classes heard from their academic advisors who provided guidance and support.

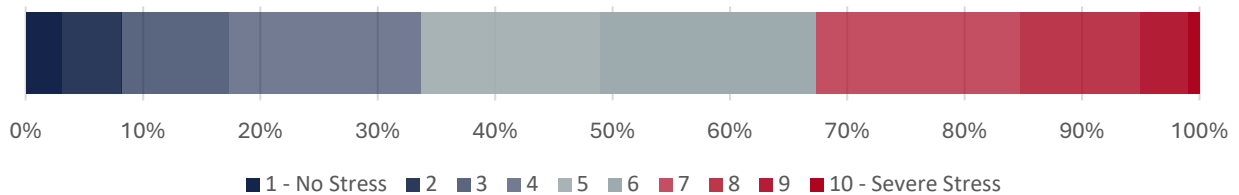
Have you found a time management tool that helps you balance your needs and commitments?



- Yes! I'd be lost without it
- Kind of? I need to use it more regularly
- No - what's available to me?
- Honestly, I just need more hours in the day

CALES Learning Lab: Powered by the SALT Center reached out to students who need to use their tools more regularly, those who aren't sure what is available to them, and those who need more hours in their day. Workshops and 1:1 coaching appointments were promoted to students to help them find time management tools and strategies.

In the last two weeks, how would you rate your stress level?

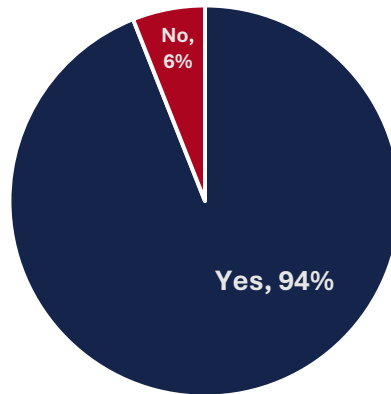


The CALES Wellness Director reached out to students to provide support for 1:1 Wellness Check-Ins and promoted upcoming wellness events and programs. 14% of students experiencing stress asked to be connected for consultations.

Week 1 – Starting the semester strong

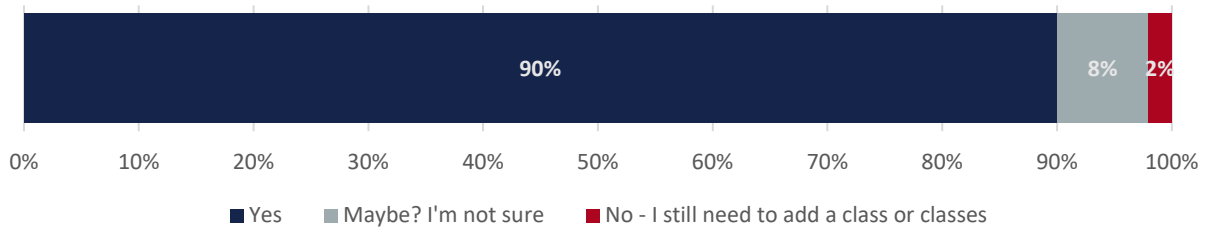
445 Responses - All undergraduate students from 48 different majors. Students responded who are attending Main, AZ Online, and Yuma campuses. Those without CALES majors have a CALES minor and/or are taking CALES courses.

Do you know where to get your questions answered?



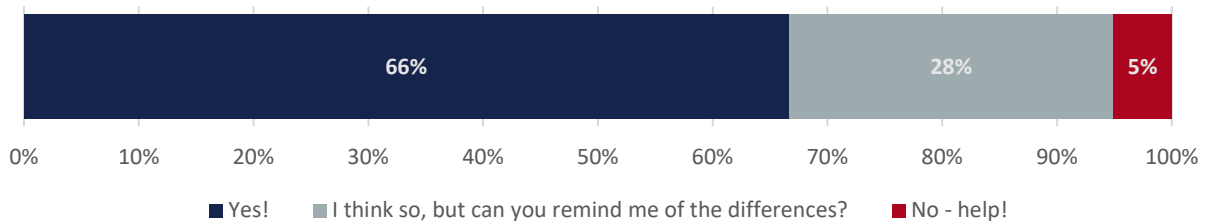
Most students knew how to get their questions answered, an increase from last Fall semester. Those who were unsure or did not know were reminded of how to connect with their advisor, encouraged to use SOS, and to engage their instructors and TAs during office hours.

Are you enrolled in all the units you need for Fall semester?



Students were connected with Academic Advisors to ensure they are enrolled for all the necessary units for Fall semester.

Do you feel knowledgeable about when to contact the Office of Scholarships and Financial Aid versus the Bursar's Office for questions?



The differences were explained to students who weren't sure of or did not know the difference. Sharing these differences helps students feel confident about where to go for what questions and demystifies some of the hidden curriculum in higher education.

Over 8% of students do not have their basic needs met. Students were provided immediate follow-up encouraging them to look into Campus Pantry, Campus Closet, and the UArizona Basic Needs website.

Those who are not located in Tucson were also provided with information on local resources such as a food bank or pantry as well as local libraries who are often experts in community resources.

87% of responding students have no technology barriers. Areas of need include:

- Calculator for a specific course (8%)
- Specific software for their courses (6%)
- Laptop or computer (3%)
- Specific hardware for their courses (2%)
- WiFi (2%)

Students were provided with links and information relating to UArizona Libraries lending programs and software options on and off campus as well as the UITS free licensing information.

Fall 2024 Week 8 Appendix: Student’s submissions for the open-ended question “What successes have you experienced so far this semester?”

<p>I have been doing really well in being able to identify grasses, and other Plants by family, tribe, genus, and species and knowing if they're native/introduced and if they're annual/perennial. I am preparing for the national plant identification exam that will be held in Spokane Washington. Hopefully I do well and get a placement score !</p>	<p>I am a return student, so learning to learn again is my biggest battle, and this semester I have continued to learn and regain confidence that I can be a good student and simply learn again.</p>
<p>Strange in the way that I'm still getting used to things, and in my next classes I'm a little uncomfortable with the hours since they are at night and I don't have private public transportation to be at the university at night.</p>	<p>My labs have been going really well, and I really enjoy going to these classes. I passed my first organic chemistry lab midterm which I was really proud of myself for.</p>
<p>I have been able to fit in the 15week course much better into my schedule than the 7.5 week courses. It feels much less rushed. I am able to plan out when to complete my school work in a way that makes sense for me.</p>	<p>My studying habits have definitely improved from last year! I have also been getting fairly good grades on my exams and quizzes throughout all of my HDFS classes!</p>
<p>Keeping up in my classes, pretty much. Managing to balance class and on-campus job, though this is harder now that I live off campus. Had some setbacks with some homework, but I think I'm getting back on it.</p>	<p>I have been doing surprisingly well in my MATH 263 course! I am so pleased with my instructor and the department compared to my first semester MATH 112 course!</p>
<p>I believe I have been adapting to college life fairly well and I am proud that I have been remembering to eat on a regular and consistent</p>	<p>I have been landing A's so far! It has been a lot for work with taking this many credits. I am</p>

<p>basis and have completed all assignments in and out of class.</p>	<p>learning a lot and really hoping to get another internship soon.</p>
<p>I have turned in all of my assignments thus far this semester. Showing up to class and doing work at school instead of home has been particularly helpful.</p>	<p>I have been enjoying my classes and have had lots of motivation. I have been staying on top of my assignments and my grades are good.</p>
<p>I have found a few other classes mates to talk with in a few classes. This helps me feel connected and also feels like I'm actually in class on campus.</p>	<p>Some success so far is staying active and trying to go more things outside of school, while still being active within my school work</p>
<p>Handling multiple difficult courses at once after completing a full summer semester with not much of a break has been challenging but fulfilling.</p>	<p>I have been staying on top of my work for all of my courses beside Math100 and I am confident with keeping up the momentum!</p>
<p>I am taking a MCB class this semester that has been a little challenging, but I am doing great and all my test are coming out wonderfully.</p>	<p>I am lining up opportunities in the field I am aiming to work in, and finding internships that I can do during the summer!</p>
<p>I have experienced actually liking my classes, I enjoy going to them & learning rather than last semester when I dreaded going to class</p>	<p>Some successes I have experienced is going to class everyday. Getting my work done on time and managing my time perfectly!</p>
<p>I have been progressing very well in my research and will hopefully be publishing a paper on my findings very soon.</p>	<p>I think I've been able to FINALLY make a balance between work and school and doing the things I want to do!</p>
<p>I am doing well in most of my classes in terms of keeping up with the pace and I've been able to start a new job!</p>	<p>Sustainable Earth has been a really great class. Intro to animal Science Stockmanship rotation was awesome.</p>
<p>I have met lots of new people within CALES (students and faculty), and I have stayed on top of all my classes.</p>	<p>I have been scoring better on exams than I have expected and have turned every assignment in on time. :)</p>
<p>I've been doing well in my classes so far! Feeling confident in my abilities despite being somewhat stressed.</p>	<p>My classes have been going very well, I've been working on getting ahead of my work and it is paying off.</p>
<p>I have been able to keep my place of living clean and it has been able to help me feel on top of something.</p>	<p>I am learning a lot about awesome career paths that I have never heard of before! So many possibilities.</p>
<p>I have succeeded in my classes and my sport while getting enough sleep and maintaining a social life.</p>	<p>I have been able to complete fast paced classes and been able to finish them with good grades.</p>
<p>I currently have straight A's and I'm working with one of my professors to get into a research lab.</p>	<p>Attendance has been great and I really love plant sciences (and the cool ponds on campus)</p>

I was able to meet with Shawnda and change the course of the semester even while I was struggling.	Getting an 89 on my chem 151 exam, my first football game. My scores have been going well
I have experienced success in building new friendships and connections with people this semester!	Getting out of the dorms and into an apartment has been so much better for my well-being!
I think my classes have been going well, I've made friends and get along well with my classmates.	I got a part time job. Applying to AZ Ambassadors. Dorm life and meeting new friends.
I have gotten a job, not stressing about exams, and I am caught up with assignments.	Success in creating and starting a business. Personal life has been going well.
Making progress on career recruitment. Learning some cool fashion and finance stuff!	I have been exploring and using more of the campus resources available to me.
Enjoyed representing my Study Abroad experience to prospective students recently!	studying has been going well overall! i'm happy with my grades at the moment
Got a 80 on my math 112 midterm and am doing good in 5/6 classes I'm enrolled in.	Not much is going good but it could be worse. I'm not failing anything yet.
I have been doing well in all of my courses and will strive to continue doing so.	Anatomy has been going well. Exam wise nothing else has been going well.
I am completing an internship this semester that has been very rewarding!	I have not skipped any classes yet and I am staying on top of my work!
I have secured an internship this semester and I'm getting credit for it.	I've had good attendance and have done well on all my exams so far.
I haven't missed any classes yet and have been able to maintain my grades	Have been really involved in my clubs and other extracurriculars
So far my interactions with professors and peers has been the most fun!	My nutrition class is going great and MIC 205 Lab was really fun!
I enjoyed my English 101 class as well as my nutrition NSC 396 class.	I am passing a class that I failed spectacularly last semester.
Assignments are going amazing but the tests are messing me up	I have been submitting all of my assignments on time!!!
I have been doing well in my classes and my extracurriculars.	I've been interning with TEP which has been going well
I'm doing well in my classes so far. I adopted three kittens!	My internship has been very insightful and rewarding!
I finished my 7-week class and I am getting more free-time	Been staying on top of my work and have good grades.
I got into vet school!!!! Just need to pass my classes now.	Didn't do anything this semester starting in spring

balancing work, internship, volunteering, and 18 credits	I feel more confident in my decision of this major.
Finding more connections that will help me in the future!	I watched both of the live action Scooby Doo movies
I'm doing well in my classes and am prepared to graduate!	Finished my half-semester online lab! it went well
Doing well in most of my classes and passing all of them	I've been able to have fun even while I'm so busy!
The thing going well for me is understanding my classes	Just overall having a great first year experience
Planning out my weekly schedule to stay on track.	I have a great grade in organic chemistry.
Staying on top of homework and time management	Not falling behind on homework/life tasks.
I have been keeping up with my courses so far	I have been getting good grades so far.
I've been doing pretty good at making friends	I have been doing well in my classes !
Study strategies, straight A's, class content	I got an 88% on my first genetics exam.
So far, I have gotten all A's in my classes.	I have been doing good in my classes.
I've been generally doing well in my classes	Directed research has been going well
ive been keeping up with all my assignments	Getting a decent grade on a chem exam
My classes have been going relatively well.	learning who and who to reach out to
Nothing really. Everything's been mediocre.	Having more free time in general.
Aced my biochem test on Tuesday!	group sessions for studying
Good grades and tuition is paid!	I finally declared a minor!
Staying on track with deadlines	Passing most of my courses
Getting vet school interviews!!	classes have been great
I have been getting good grades	Classes are going well!
just people being there for me	Keeping up with grades.
Joined Student Advisory Board!	My classes, and my job.
Keeping up with the classes.	Being more motivated
Advising, library resources	I do volunteer work.
Ecology has been going well	homework completion
I have had fun	Making Dean's List.
ochem!!	A's in my classes

Note for the student comments: A few student's success shares have been omitted from the text grid above to ensure their privacy. Their excellent success stories were specific enough in nature that CALES Pulse Results readers may be able to identify the specific student.