



Results: Fall 2025

Updated September 16, 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

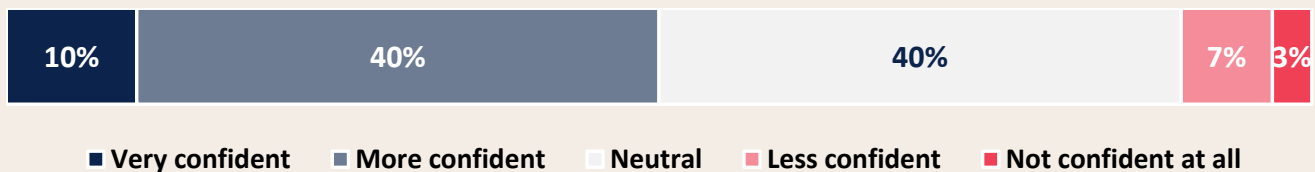
Quick surveys will be sent to students through email, social media, and shares from faculty and staff. [Can you help us spread the word? Use the draft email, PPT and JPG templates located here to encourage your students to participate.](#) Questions? Contact [Camille Andersen](#).

Fall 2025 Week 3 (Week of September 8)

210 Responses – Undergraduate and graduate students from all ten CALES Schools and Academic Units. Students who are attending Main, Distance and AZ Online campuses responded. Those without CALES majors have a CALES certificate or minor, and/or are taking CALES courses.

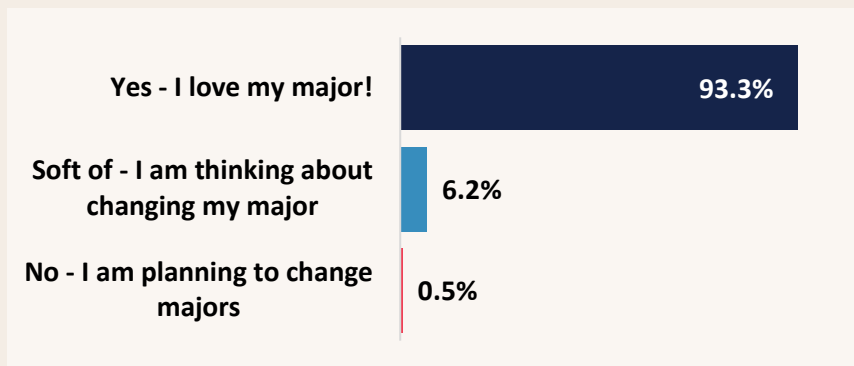
How confident are you in your writing, math and/or chemistry courses?

CALES Learning Lab coaches, Matt Swanson and Shawnda Garcia, reached out to students who expressed lower confidence in their writing, math and/or chemistry classes with possible options to help increase their confidence and study skills.



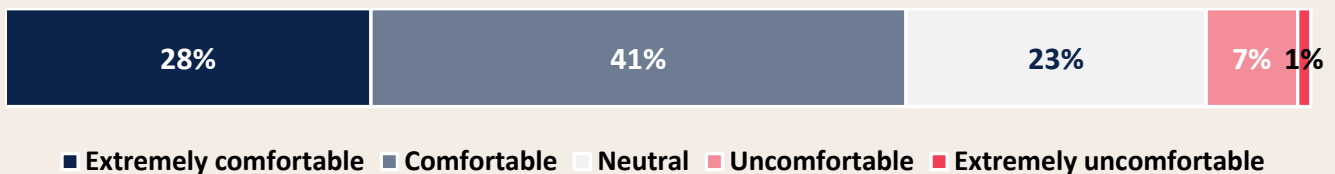
Are you satisfied with your current major?

For students that were dissatisfied, CALES advisors check in to identify the students' personalized concerns.



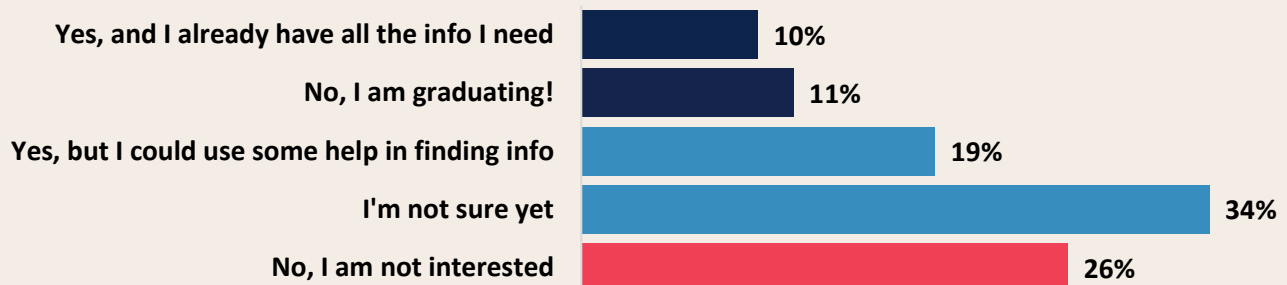
How comfortable are you reaching out to and talking with your instructors?

Similar to the confidence question asked this week: CALES Learning Lab coaches, Matt Swanson and Shawnda Garcia, contacted students who were uncomfortable talking with their instructors.



Have you considered Study Abroad for Spring or Summer?

A student's advisor is the first stop when exploring how study abroad might fit into their studies. CALES advisors contacted their students who expressed interest or were unsure where to start.



Free answer: What are you most excited about for this semester?

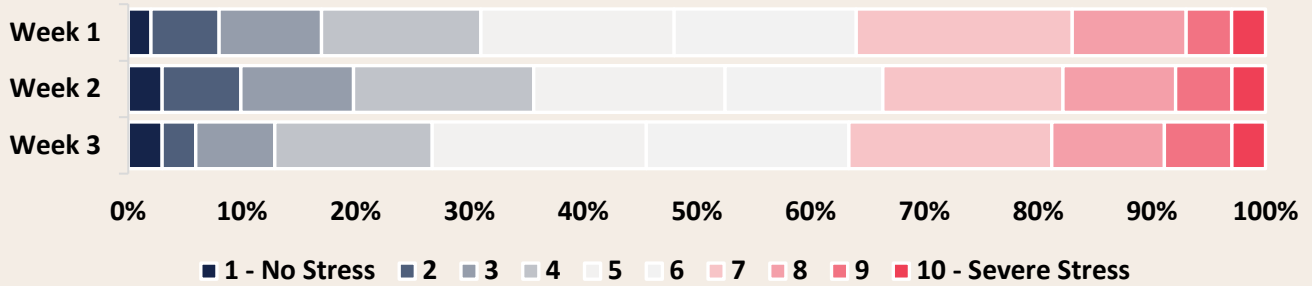
Student's free answers were summarized to create the word cloud below – A lot for our students to be excited about! Don't miss the text grid below the word cloud: Some courses and labs were even called out by name!



I am most excited about learning more about fashion and textile design . Also learning how to sew from the cutting edge sew club	Learning about eating disorders and weight-inclusive healthcare . Not taking math.	I just started my school community garden workshop internship and I am excited to see how I grow in that environment.
I'm most excited about working with the cows, sheep, and horses in my Animal Science lab class.	To continue learning in my HDFS 117 course! I am super excited about that course.	Different opportunities for internships in nutrition and Human performance field.
I'm really excited to learn more about the human development process!	My lifespan development class! It has been so fun and I'm very interested in it	My nutrition class!! (not a duplicate – a second student wrote in the same thing!)
I am excited to learn plant species and interactions of animals .	My ACBS Lab at the campus farm .	Working with the animals on the farm during my animal sci lab
I am excited for the animal science lab!	My nutrition class!!	Plant biology classes & Labs!
Soil sciences	Learning about nutrition	My environmental micro lab!
My biotechnology lab!	Ms. Shawnda's class	Taking my mammalogy course!
food science lab (NSC351L)	My HDFS courses and winter break	

How would you rate your stress level?

Ryan Daily, Director of Student Wellness Initiatives, contacted students who had a stress score of 7+. Additionally, 9% 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.



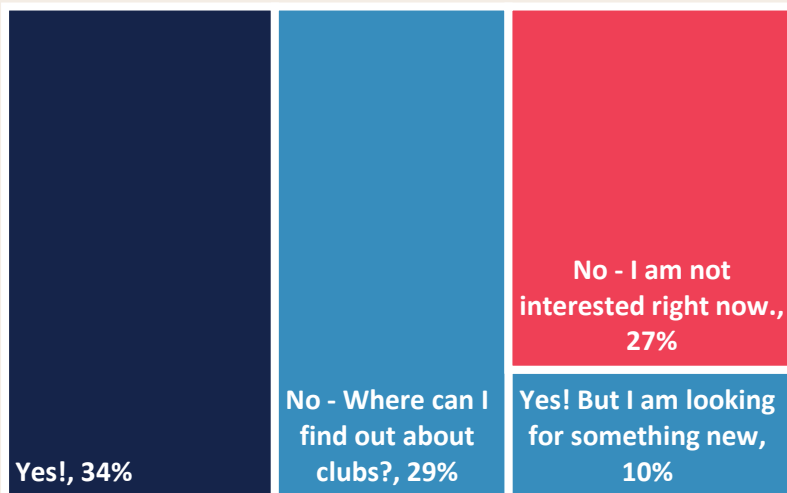
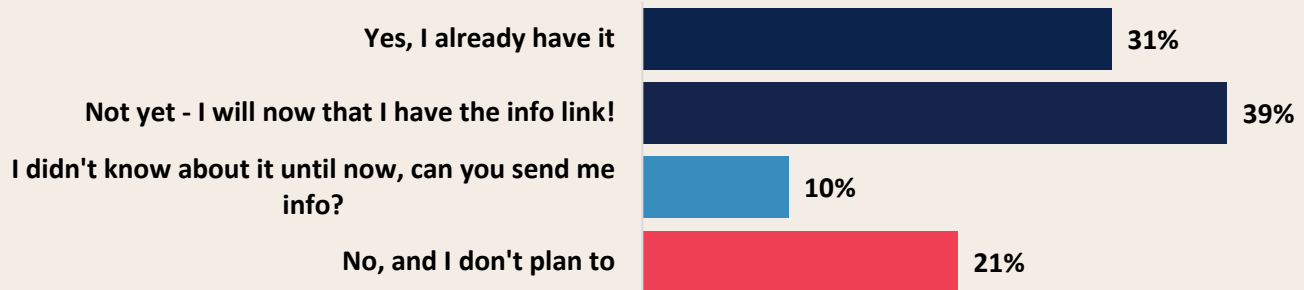
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Fall 2025 Week 2 (Week of September 1)

197 Responses – Undergraduate and graduate students from all ten CALES Schools and Academic Units. Students who are attending Main and AZ Online campuses responded. No respondents from Distance campus this week. Those without CALES majors have a CALES certificate or minor, and/or are taking CALES courses.

Have you downloaded the new SafeCats emergency notification app yet? Push notifications through the app reach you faster than email or cell service.

Camille Andersen sent information on how to download the app to any students that requested follow-up. Don't forget to download the app for yourself! Find info [here](#).

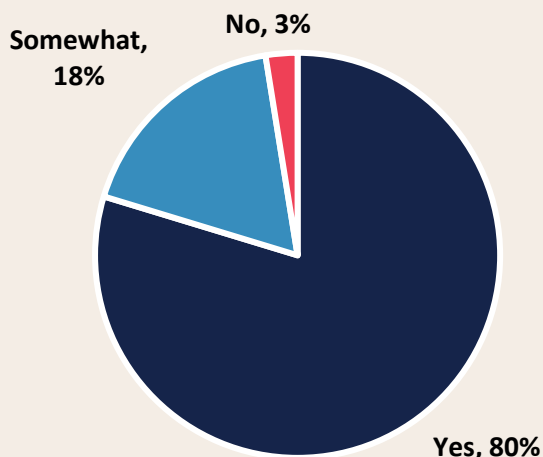


Are you involved with any student clubs and organizations?

Students who were looking for more information in student clubs and orgs were contacted by Leslie Grignon, Manager of Student Experience.

Have you been able to connect with advisors, instructors, and other U of A support staff?

If a student has had issues connecting, CALES advisors provided personalized information based on exactly who the student was hoping to talk to.



Yes, I have everything I need

90%

Mostly, but I'm missing something small

9%

No, is there a place to borrow stuff?

1%

Do you have the computer, internet, and tech tools you need to do well in school?

Students who needed tech, or were unsure where to borrow items, received outreach by Camille Andersen with UA resource info.

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

CALES Learning Lab coaches, Matt Swanson and Shawnda Garcia, provided time management information and learning opportunities to students that expressed concern.

Yes - I have a tool or system that works well for me

55%

Somewhat - I've tried a tool, but I don't use it consistently

23%

No - I haven't found one that works yet

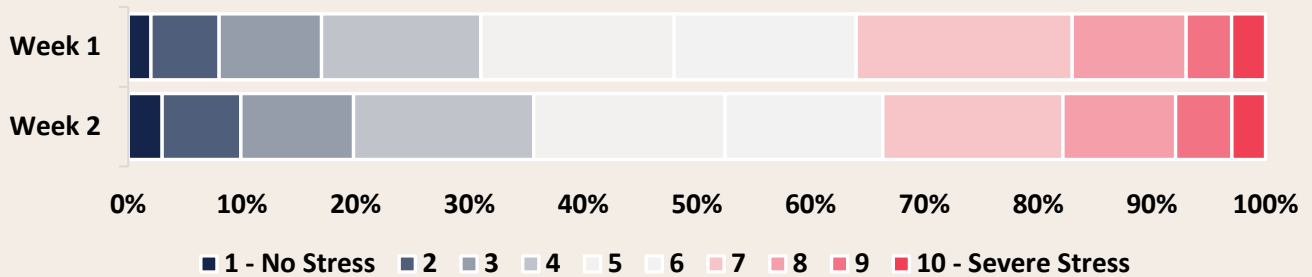
14%

I'm not sure what tools are available

8%

How would you rate your stress level?

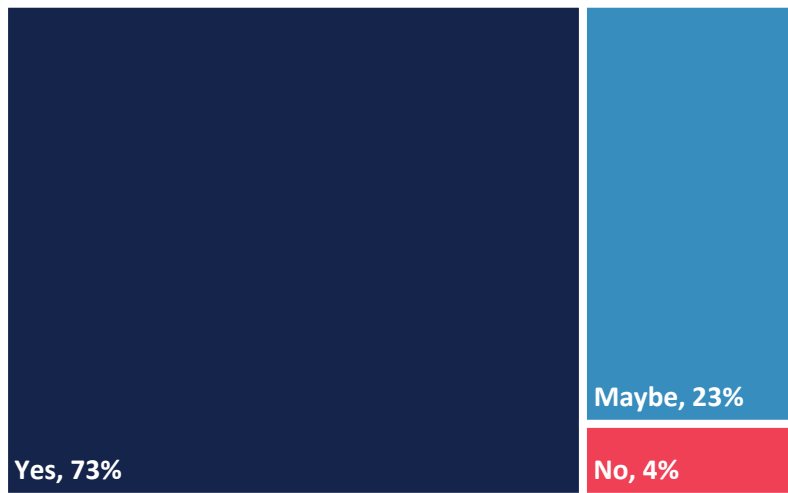
Ryan Daily, Director of Student Wellness Initiatives, contacted students who had a stress score of 7+. Additionally, **12%** of respondents answered 'yes' to the follow-up question, 'Would you like our no-cost CALES Counselors to reach out to you for a consultation on stress management?' Ryan Daily also provides outreach for this question.



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Fall 2025 Week 1 (Week of August 25)

383 Responses – Undergraduate and graduate students from all ten CALES Schools and Academic Units. Students who are attending Main, Distance and AZ Online campuses responded. Those without CALES majors have a CALES certificate or minor, and/or are taking CALES courses.

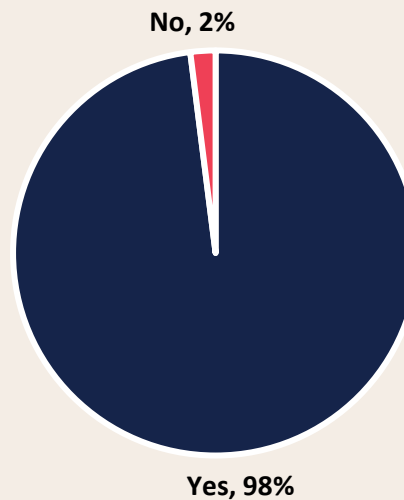


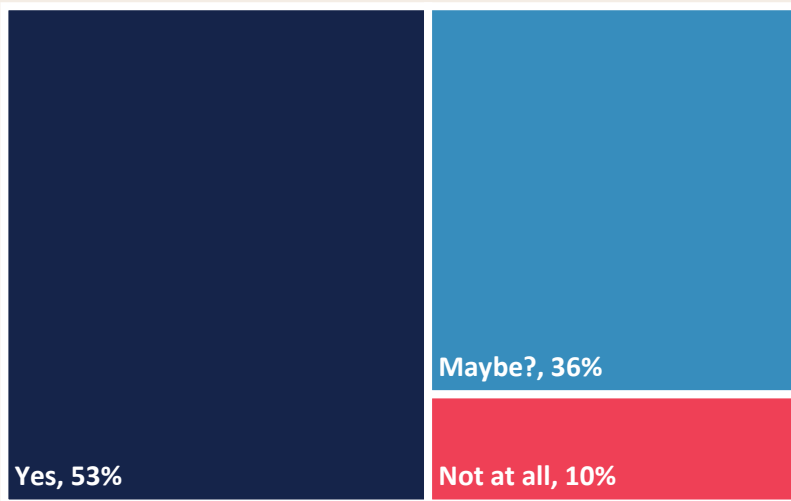
Do you know where to go to get your questions answered?

CALES advisors reached out to students with guidance on UA resources and where to go with questions. Spoiler alert: The UA Office of Student Success a wealth of referral links located [here](#) and [here](#).

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

Camille Andersen reached out to students with support from resources such as Campus Pantry and ASUA's Basic Needs website of resources.



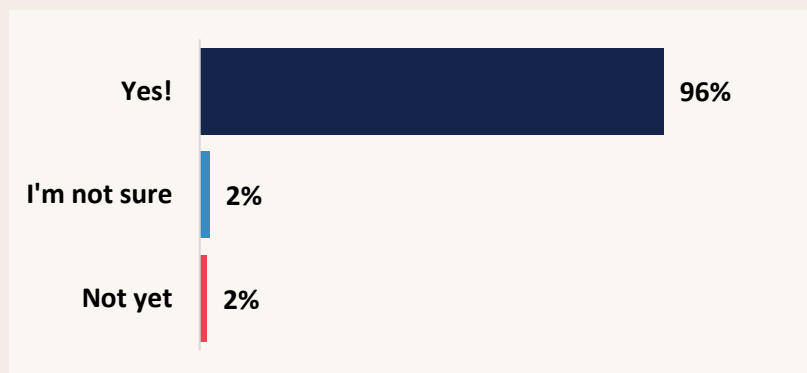


Do you know when to contact the Office of Scholarships and Financial Aid (OSFA) versus when to contact the Bursar's Office?

Students who were unsure who/when to contact with aid questions were contacted by Camille Andersen, Director of Student Initiative Analysis and Scholarship Administration.

Are you signed up for all your classes this semester? Reminder: Full-time is 12 units for undergraduate students.

CALES advisors reached out to students who were not yet enrolled in all of classes and those that were unsure.



How would you rate your stress level?

Ryan Daily, Director of Student Wellness Initiatives, contacted students who had a stress score of 7+. Additionally, 10% 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.

