



## Results: Fall 2025 Week 8

Updated October 29, 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](#).

New data!

### Fall 2025 Week 8 (Week of October 13)

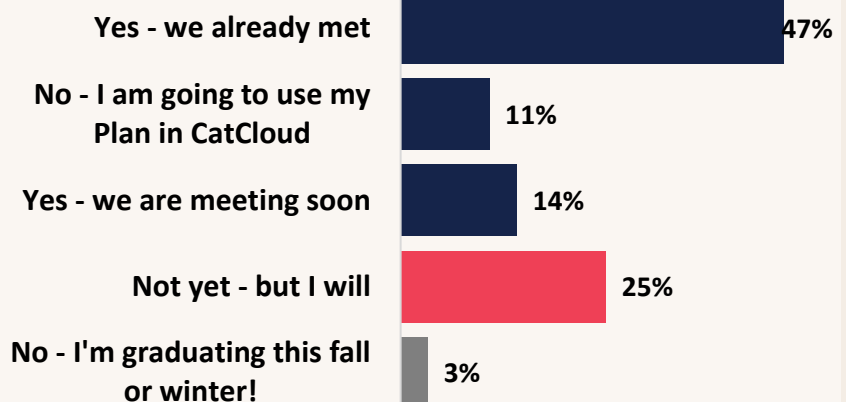
**120 Responses** – Undergraduate and graduate students from all ten CALES Schools and Academic Units. Students who are attending Main, Distance and AZ Online. Those without CALES majors have a CALES certificate or minor, and/or are taking CALES courses.



We reached out to students whose answers fell within the red categories.

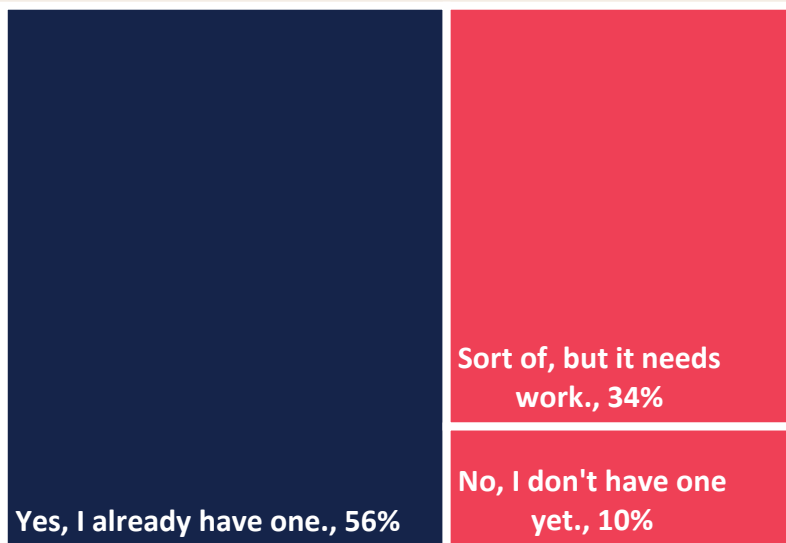
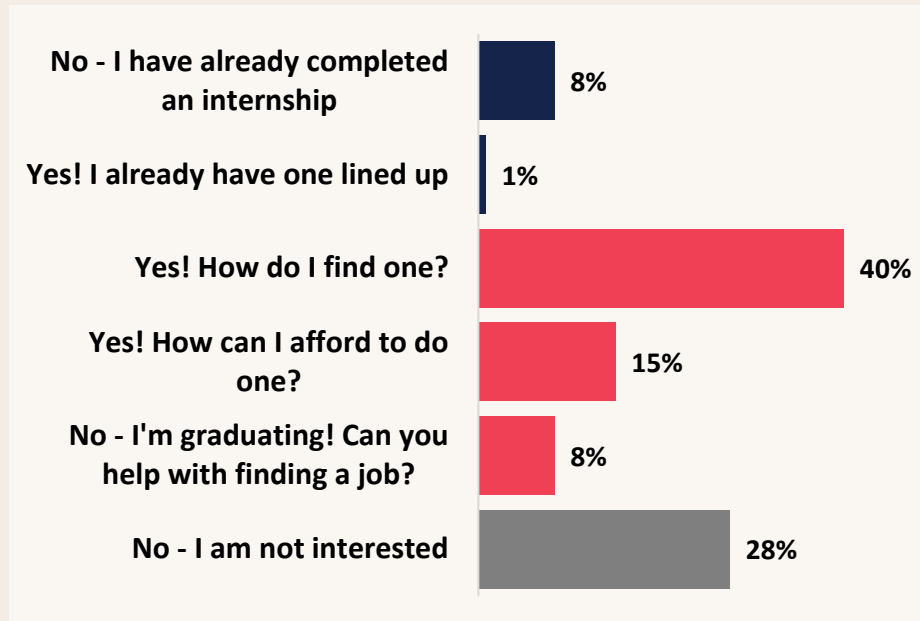
### Have you scheduled with your academic advisor to talk about spring classes yet?

CALES advisors reached out to the “not yet” students with a nudge of encouragement to schedule with them soon.



## Are you interested in doing an internship during the summer?

Students who were looking for more information were contacted by the [CALES Career Center](#) team, comprised of Gabrielle Sykes-Casavant, Director of Student Strategic Initiatives, and Colin Eisheid, Career Development Coordinator.



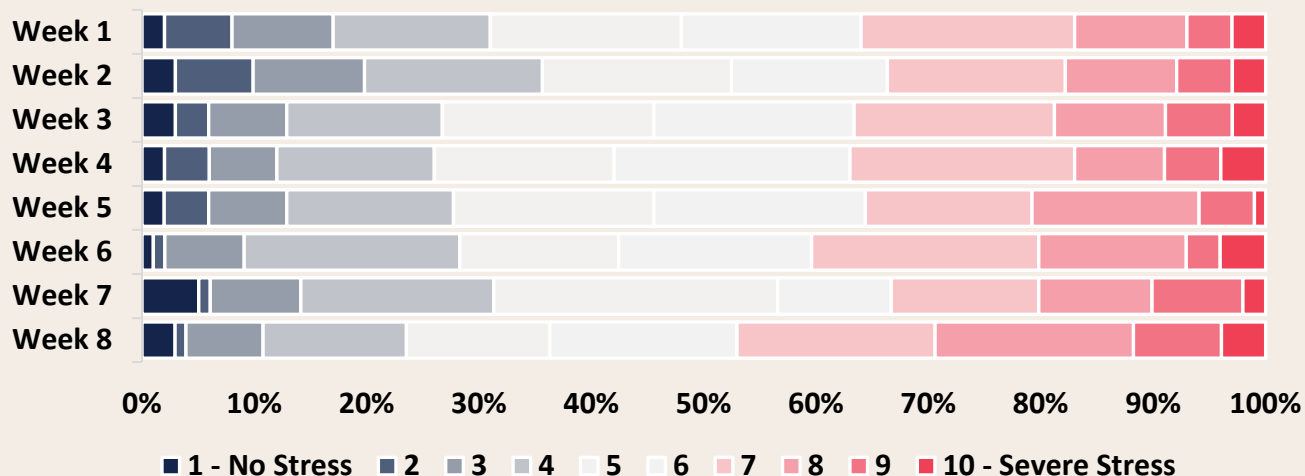
## Do you have a resume or CV ready for when you apply to jobs, internships, or research opportunities?

Students who could use resume/CV help were also contacted by the [CALES Career Center](#) team, Gabrielle Sykes-Casavant and Colin Eisheid.

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## 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 to those students. Learn more about CALES Wellness & Mental Health [here](#).



## Free answer: What successes have you had this semester? What's been going well for you?

Read below to see what is going great for CALES students this semester, in their own words (bolding added by Camille Andersen). CALES advisors contacted these students with encouragement and well wishes on their accomplishments!

<b>Work</b>	<b>Aced my class!</b>	<b>an A in Spanish!</b>
Using my <b>planner</b>	my <b>study habits</b>	My <b>time management</b> .
<b>Grades</b> have been good	I've made <b>new friends!</b>	Applying to <b>grad school</b>
Just started a <b>new job</b> .	Starting a <b>new program!</b>	Classes are <b>going great!</b>
<b>Studying</b> for everything	working with my <b>resources</b>	Writing my <b>thesis! Teaching!</b>
I got an <b>88 on my ochem exam</b> .	A <b>100% in animal nutrition exam</b>	<b>Doing well</b> so far in my classes
my <b>grades</b> have been good so far	been getting my <b>work done on time</b>	<b>completing</b> most of my assignments
I have a pretty <b>good routine</b> down	being able to <b>stay on track</b> , time	<b>Good grades</b> and having fun in <b>clubs</b>
I have been <b>doing well in my classes</b>	Been getting <b>work done</b> well and on time	I completed <b>my first round of midterms</b> .

I really enjoy <b>the campus and dorm life.</b>	first semester of <b>grad school</b> officially!	Being able to get into a <b>routine</b> that works!
I am newly accepted into a <b>dietetics program.</b>	<b>Just finished 2 courses</b> for Fall Session 1 :)	I have been <b>doing well</b> in my classes on exams.
Got an interview for an <b>internship</b> this summer.	<b>Grades and work/life balance</b> are going very well.	I have joined a <b>new club</b> that I am excited about.
I have <b>not turned in many things late</b> this semester!	I've <b>been improving my exam scores</b> in all my classes	Getting good grades and doing <b>really good at focusing.</b>
<b>Finished my first class of this program!</b> 7w1 is doneeee	I have <b>stayed on top of my homework</b> for the most part.	My in person class, I love my professor <b>Suzanne Olson.</b>
I have <b>only had one late assignment</b> the entire semester!	<b>Working in groups to study</b> for upper division classes :)	Balancing classes and multiple jobs and extracurriculars.
I have been <b>attending my classes</b> and doing well on exams.	I've done well in <b>getting work done</b> and performing in tests	Pretty great. I hadn't done calc for 2 years and <b>now I can.</b>
<b>I love my TA job!</b> It's so awesome, and I'm learning so much!	<b>Dropping an extra class that I didn't need</b> has been wonderful	I got <b>research assistant job</b> through the veterinary college!!
Got an amazing girlfriend and took charge of a <b>research project!</b>	I have been utilizing the <b>library</b> and my <b>academic advisor</b> a lot!	classes are going well, <b>professors are really good</b> this semester.
I haven't turned in anything late and have <b>passing grades</b> so far.	<b>Advising</b> has been amazing. I also appreciated the <b>MAT112 workshop.</b>	Finishing my 7 week class and starting a nee certification with <b>LVHM</b>
I have found a <b>better work-school schedule</b> to fit everything I want to do	I am just starting out with my <b>first class this semester.</b> Glad to be back.	I have been successfully completing <b>lab work relevant to my thesis project.</b>
<b>Meeting academic goals</b> with grades and still finding time for family/friends	I completed a <b>7wk class and passed it.</b> Ive been doing good at going to class.	I've been really enjoying my <b>internship</b> , as well as managing my time pretty well
Being able to keep track of all my assignments while being <b>more involved on campus.</b>	Finding <b>HDFS</b> and being able to now take classes I really enjoy and want to engage in.	I am <b>doing well in my classes</b> and going to class and turning in my assignment in on time
I have had <b>success in time management.</b> My grades and test scores have been going well for me.	I would say that <b>marking everything on my calendar</b> to keep track of everything has helped me.	Passed 2 of my 7 week classes with As. Also a <b>UA HSI Ambassador</b> and excited to keep growing.
Class Schedule, Classes, Living on campus, Friends and a good roommate, Campus events/ opportunities	Im pretty sure Im finishing my first 7 week class with an A and Im very happy because <b>I've worked hard.</b>	I got a <b>silver cord</b> , a 104% in a course this semester, and this semester marks one year since I began school.

<p><b>Graduate school applications</b> have been successful despite the worries of funding across the country's universities.</p>	<p>I have been able to obtain a <b>volunteer position at an emergency vet clinic</b> to help me get hours for veterinary school</p>	<p>I have been doing well in <b>time management</b> and keeping up with my classes as well as my commitments outside of classes</p>
<p>Keeping <b>on track with due dates</b> has been helpful. The classes are electives so more towards the area I want to study.</p>	<p>Im <b>enjoying my classes</b> and feel like im actually learning from them. I have also been getting better at writing notes.</p>	<p>I <b>paid off my medical debt!</b> And I achieved the sage scholarship award, and its looking like I'll still be able to maintain a 4.0</p>
<p>I have been handling my <b>two jobs</b> and <b>24 credits</b> well. I got a good grade on my ochem exam 1 and hope to do well on this next one</p>	<p>All of my classes so far have been going well! I really have been enjoying my <b>lab off campus</b> and look forward going to it every week.</p>	<p>I seem to be <b>getting decent grades</b> so far. I'm pretty stressed but i'm proud of myself for getting through my first semester of college so far.</p>
<p>I try finding <b>success in little things</b> such as completing assignments, knowing my way around campus, but my biggest one has been getting a <b>federal study job</b>.</p>	<p>Although I had a rocky start with the first round of exams, particularly with my Math and Chemistry Exams, I feel <b>more prepared for the second round of exams</b> coming up.</p>	<p>I have really enjoyed <b>my meat judging class ACBS 210</b> as it is pushing me to learn new terminology and apply it faster than I have ever before. I have also really enjoyed getting to <b>rush for Sigma Alpha</b> and all the fun activities they plan.</p>
<p>I have been able to get my assignments done well ahead of when they're due so I have had a very low amount of stress in my classes. I also have been doing very well in my <b>Biostatistics</b> class and I'm proud that I have gotten over a 90% on the two midterms we've taken so far!</p>	<p>I wanted to <b>add in animal nutrition</b> because it has always been fascinating to me. I did not know if it was weird to have a Speech Language and Hearing Sciences major and a FITS minor because they have nothing to do with each other, but I am absolutely loving it! I enjoy tapping into my hobbies and interests through educational practices and teachings.</p>	

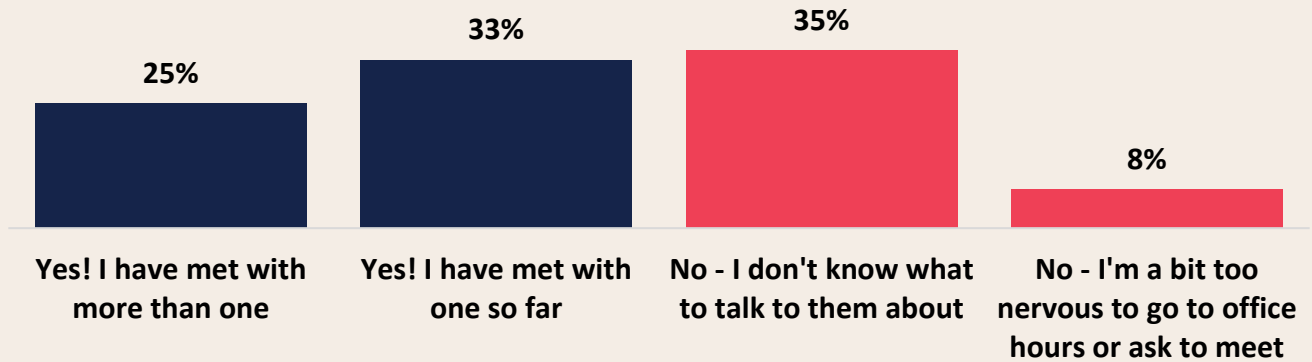
(end of new data)

## Fall 2025 Week 7 (Week of October 6)

**106 Responses** – Undergraduate and graduate students from all ten CALES Schools and Academic Units. Students who are attending Main and AZ Online campuses responded, there were no Distance responses this week. Those without CALES majors have a CALES certificate or minor, and/or are taking CALES courses.

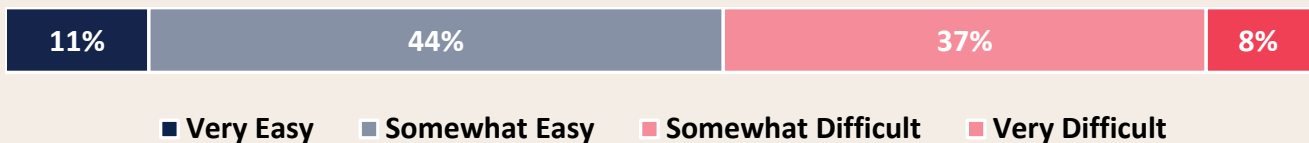
## Have you met with at least one of your professors this semester?

[CALES Learning Lab](#) coaches, Matt Swanson and Shawnda Garcia, provided encouragement and the offer of coaching if a student indicated concern about meeting with their professors.



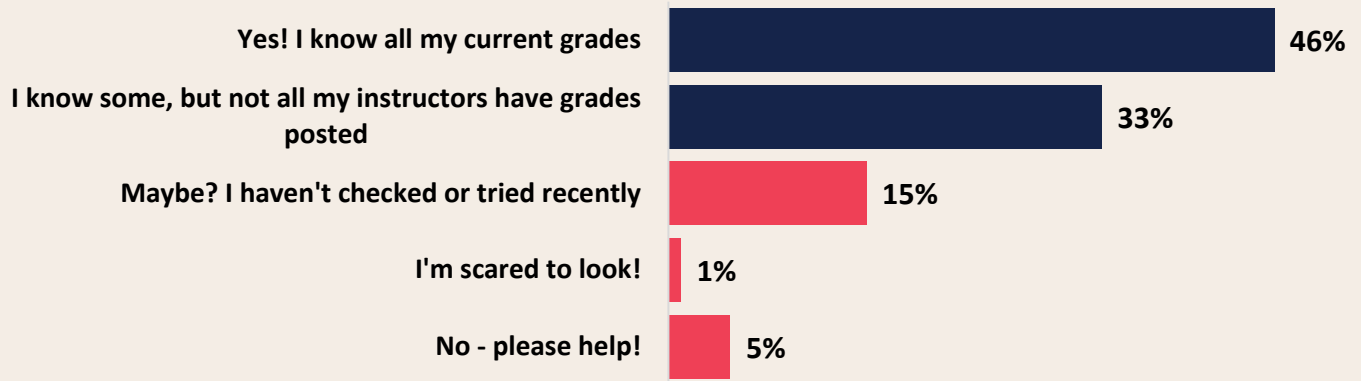
## How do you feel about your ability to balance academics and social life?

[CALES Learning Lab](#) coaches, Matt Swanson and Shawnda Garcia, also provided time management resources to students that are struggling with the balance between school and personal life.



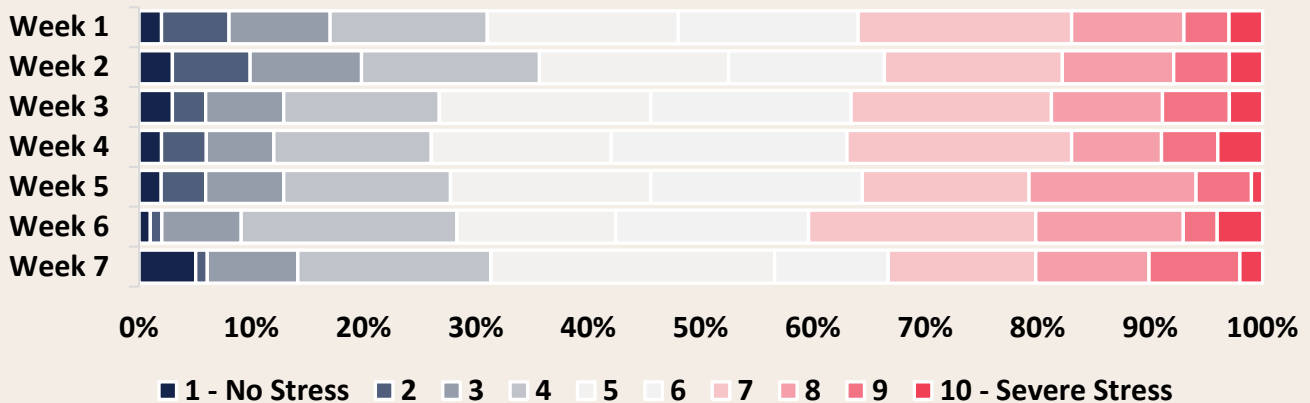
## Do you know how to find your current grade in Brightspace (formerly called D2L) or calculate your grade in each of your classes?

The [CALES Learning Lab](#) coaches, Matt Swanson and Shawnda Garcia, were busy this week! They also provided support to students who needed to find their grades on D2L.



## How would you rate your stress level?

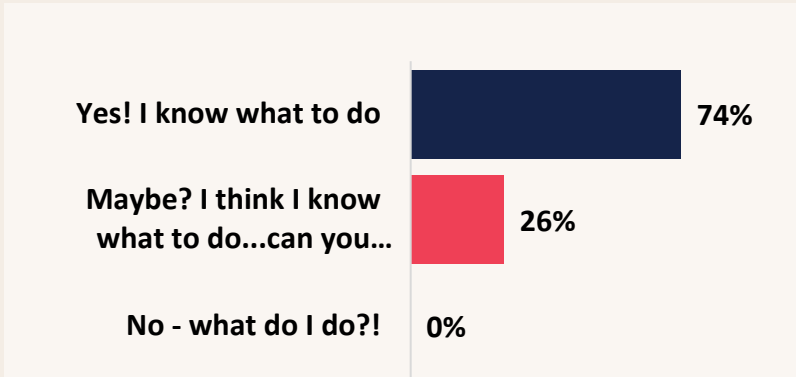
Ryan Daily, Director of Student Wellness Initiatives, contacted students who had a stress score of 7+. Additionally, **10%** of respondents answered “Yes” to the follow-up question: “Would you like our no-cost CALES Counselors to reach out to you for a consultation on stress management?” Ryan Daily also provides outreach to those students. Learn more about CALES Wellness & Mental Health [here](#).



## Fall 2025 Week 6 (Week of September 29)

**70 Responses** – Undergraduate and graduate students from all ten CALES Schools and Academic Units. Students who are attending Main and AZ Online campuses responded, there were no Distance responses this week. Those without CALES majors have a CALES certificate or minor, and/or are taking CALES courses.

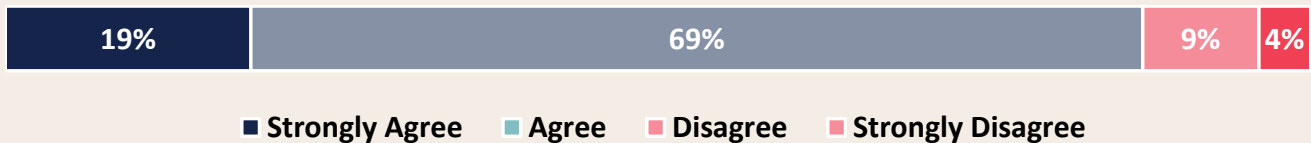
**Cold, flu, and COVID season is coming soon. Do you know where to get help if you get sick?**



For “Maybe” students: Camille Andersen shared CDC symptom guides, on-campus health and housing resources, and reminded students to check syllabi for attendance policies and keep instructors informed.

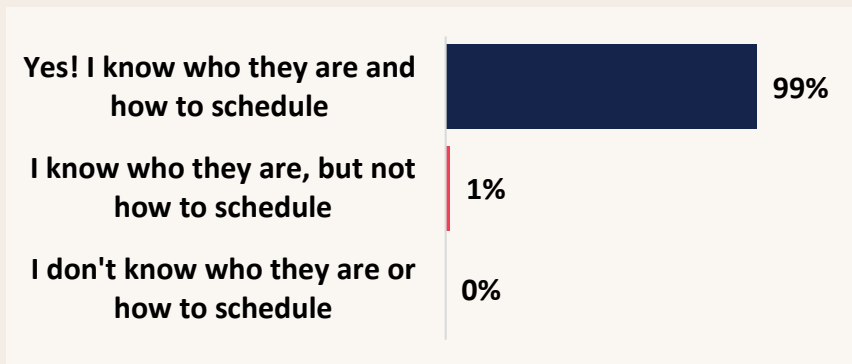
**I know how to study for college-level exams. (*percentages rounded*)**

[CALES Learning Lab](#) coaches, Matt Swanson and Shawnda Garcia, reached out to students who did not feel that they knew how to study for their UA exams.



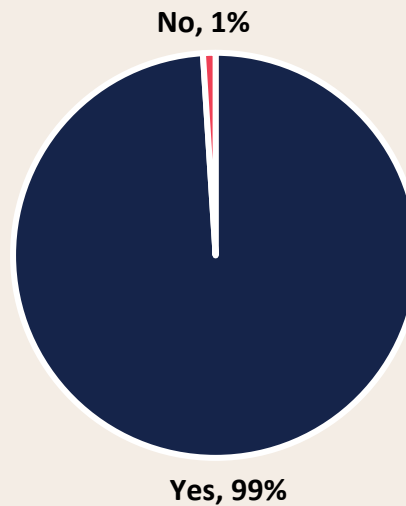
**Do you know who your academic advisor is and how to make an appointment with them?**

Only one student indicated they did not know where to schedule. Their academic advisor reached out with scheduling information.



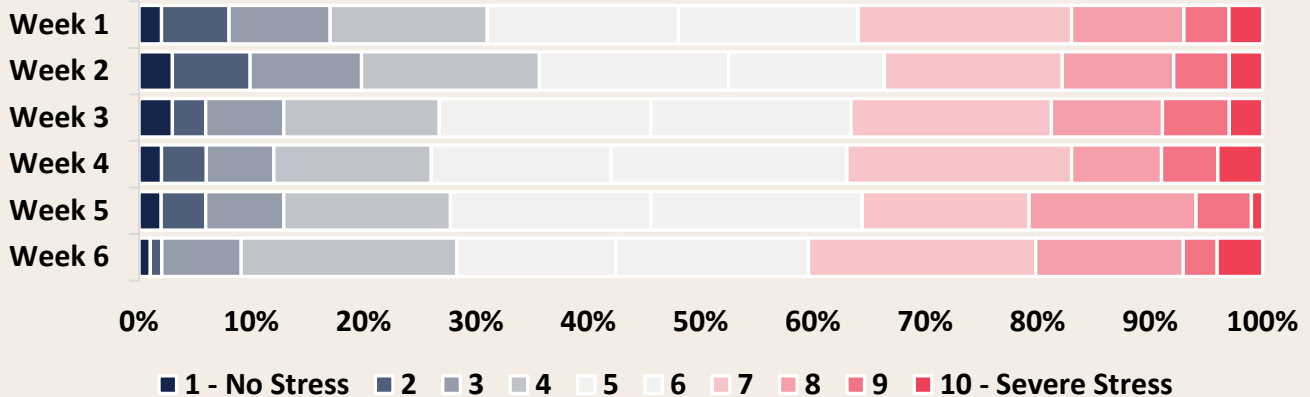
### Are your basic needs (housing/food) currently being met?

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



### 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 to those students. Learn more about CALES Wellness & Mental Health [here](#).

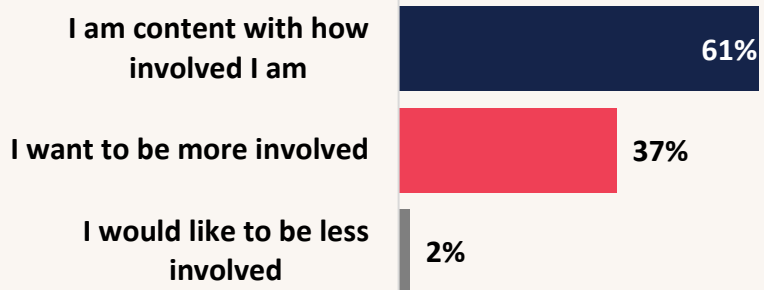


## Fall 2025 Week 5 (Week of September 22)

**211 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.

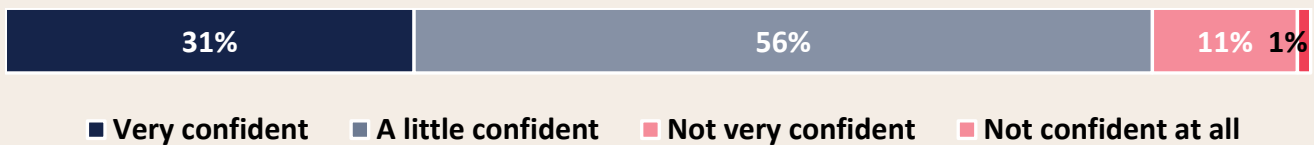
## Are you as involved with University of Arizona activities (events, clubs, Student Culture and Engagement Hub, etc.) as you would like to be?

Students who want to increase their [involvement](#) at UA were contacted by Leslie Grignon, Manager of Student Experience.



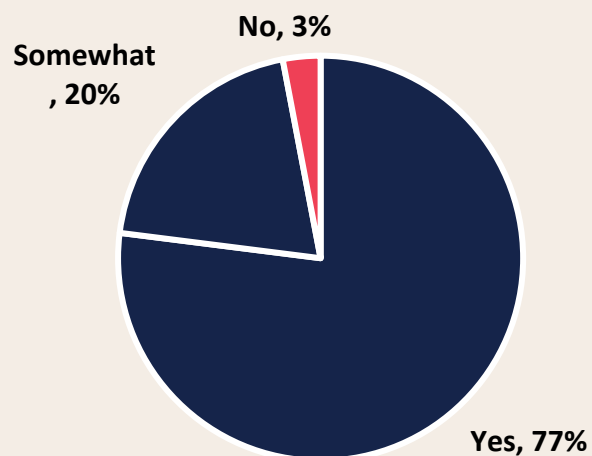
## How confident are you feeling with your academic performance this semester?

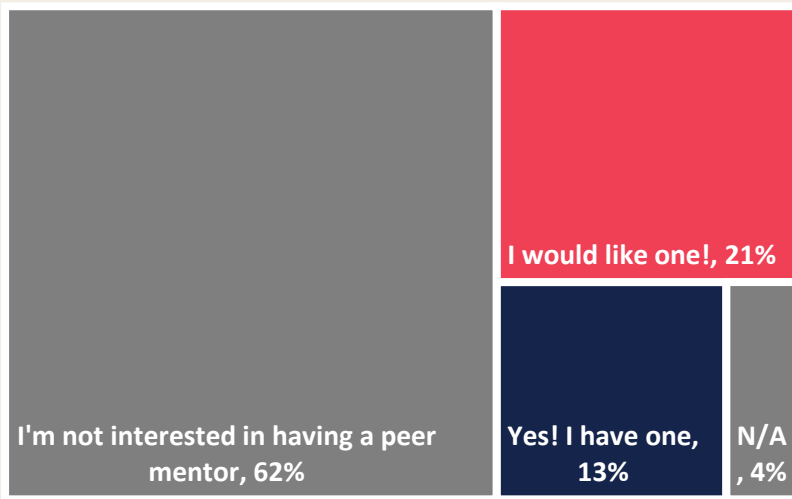
[CALES Learning Lab](#) coaches, Matt Swanson and Shawnda Garcia, reached out to students who indicated concern about their academic performance.



## Are you able to connect regularly with a support system, like family, friends, your social circle, an advisor, or a club?

[CALES advisors](#) contacted the few students who indicated that they could not regularly connect with a support system.



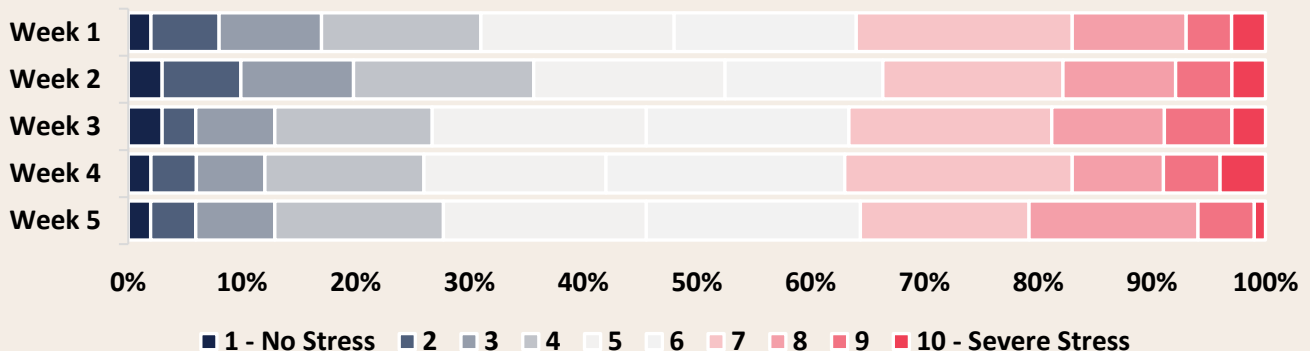


## Undergraduate students: Do you have a peer mentor at the University of Arizona?

Students who want a CALES Peer Mentor were contacted by Daniel Jiménez Flores, CALES II. In addition to his advising duties, Daniel also coordinates the [CALES Student Success Peer Mentors program](#).

## 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 to those students. Learn more about CALES Wellness & Mental Health [here](#).

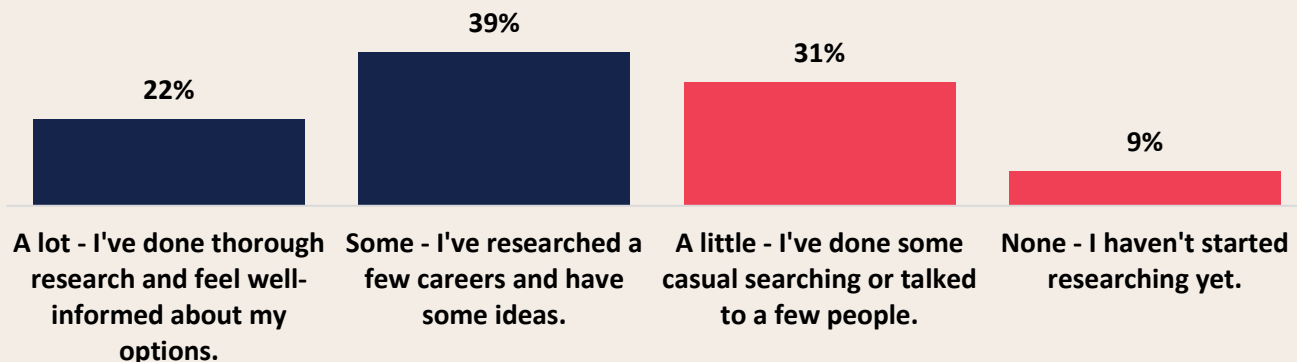


## Fall 2025 Week 4 (Week of September 15)

**161 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.

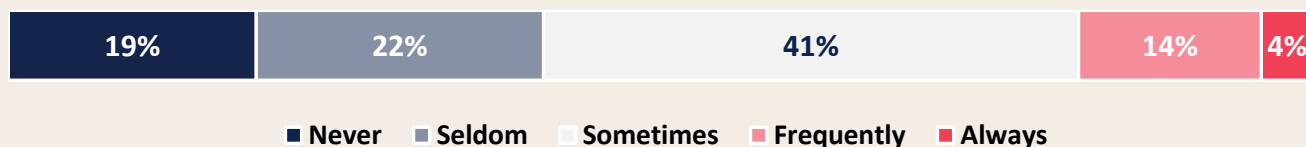
## How much research have you done on potential careers related to your degree?

Students who had done little to no research on their future career path were contact by the [CALES Career Center](#) team, comprised of Gabrielle Sykes-Casavant, Director of Student Strategic Initiatives, and Colin Eisheid, Career Development Coordinator.



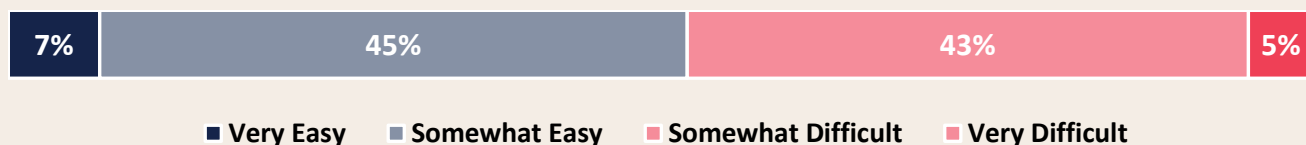
## How often have you felt lonely at the University of Arizona this semester?

Ryan Daily, Director of Student Wellness Initiatives, contacted students who indicated higher rates of loneliness. Improving this concern might look different for every student, and CALES recognizes that [student wellness](#) takes many forms.



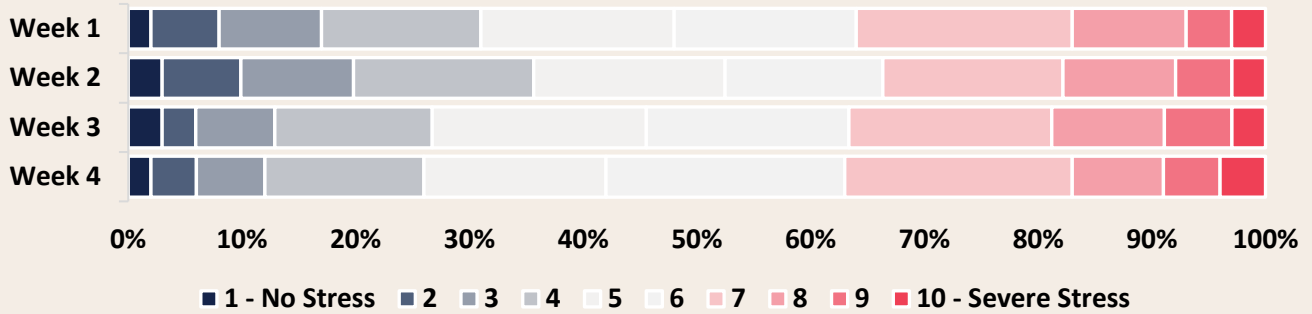
## How would you rate ability to keep up with your coursework this semester?

[CALES Learning Lab](#) coaches, Matt Swanson and Shawnda Garcia, reached out to students who indicated difficulty in keeping up with their classes.



## How would you rate your stress level?

Ryan Daily, Director of Student Wellness Initiatives, contacted students who had a stress score of 7+. Additionally, **11%** 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 to those students.



## What are you most concerned about this semester? (free answer)

Last week, students free answered what they were most excited about for this semester. This week, we asked about the flip side: What are they worried about? Free answers were summarized into categories then counted, listed below. The student's [academic advisor](#) provided outreach based on the student's answer.

Concern	Times Mentioned
High Class Workload	24
Passing a Difficult Class	22
Time Management	21
Balancing School and Work	16
Maintaining Good Grades	15
Motivation	10
Finances / Financial Aid	8
Balancing School and Family	7
Finding an Internship	7
Understanding Class Material	7
Balancing School and UA Involvement	6
Exams	6
Mental Health	6
Pressure to Find a Job After Graduating Soon	6
Getting Enough Sleep	5
Making Friends	5
Finding a Job	4
Managing a Chronic Disease	4
Applying to Graduate School	3

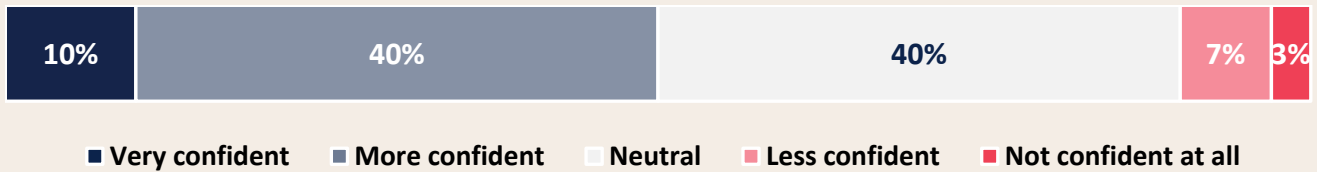
Concern (cont.)	Times Mentioned
Pressure to Succeed	3
Balancing School and Life	2
Balancing School and Volunteering	2
Class Planning	2
High Credit Load	2
7-Week Classes	1
Adjusting to School Life	1
Asynchronous Online Classes	1
Conducting Research	1
Demanding Internship	1
Finding Research	1
Graduating On Time	1
Group Projects and Unequal Contributions	1
Impatient Professor	1
Lonliness	1
Missing Family	1
Networking	1
Regretting Major Path	1

## 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.

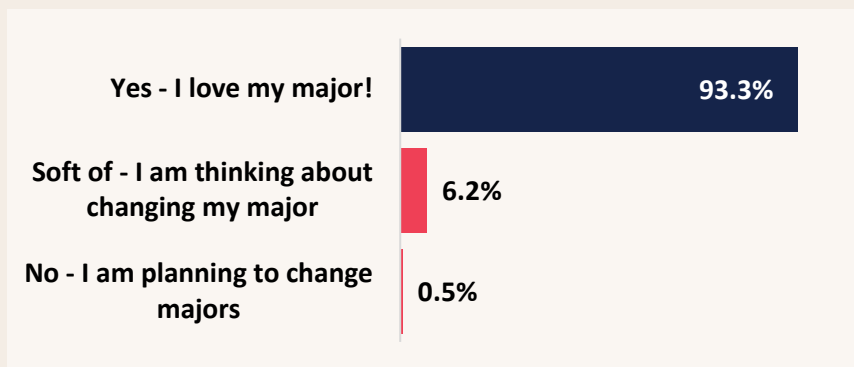
## How confident are you in your writing, math and/or chemistry courses?

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.



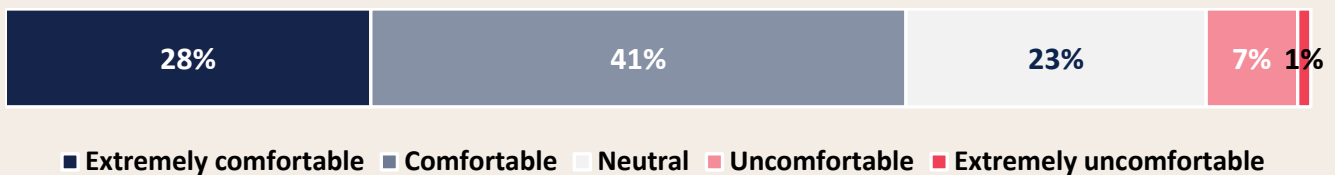
## Are you satisfied with your current major?

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



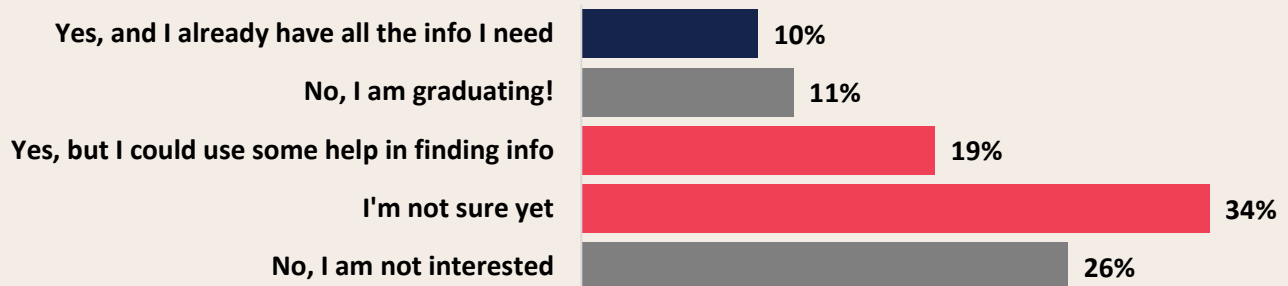
## How comfortable are you reaching out to and talking with your instructors?

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.



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

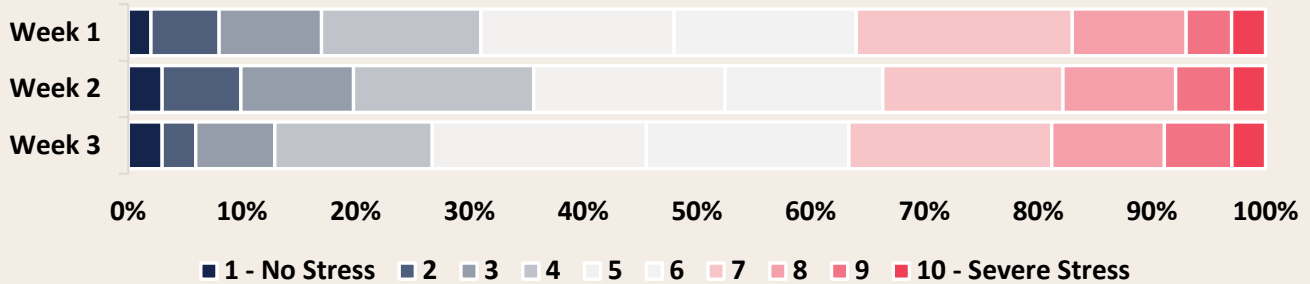
Student's free answers were summarized to create the word cloud below – A lot for our students to be excited about! Don't miss the text grid below the word cloud: Some courses and labs were even called out by name!



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

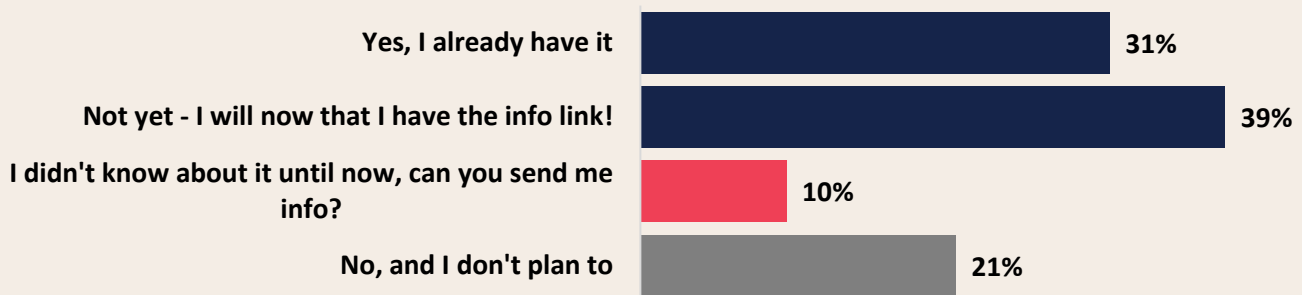


## Fall 2025 Week 2 (Week of September 1)

**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](#).



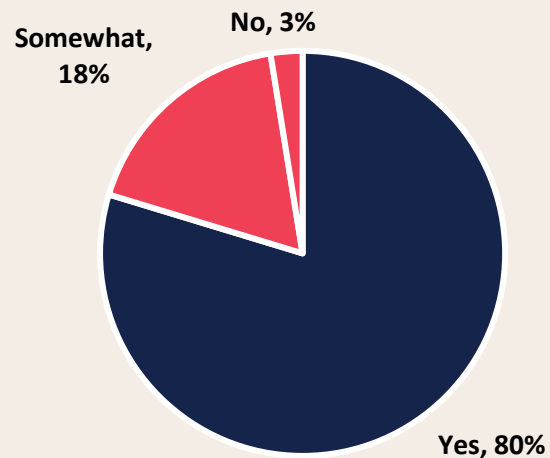


### Are you involved with any student clubs and organizations?

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?

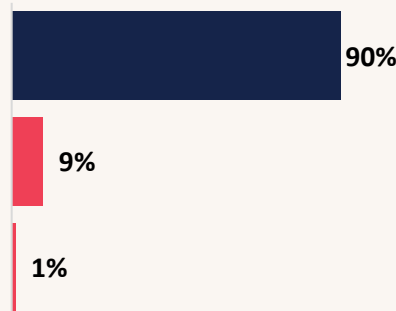
If a student has had issues connecting, CALES advisors provided personalized information based on exactly who the student was hoping to talk to.



Yes, I have everything I need

Mostly, but I'm missing something small

No, is there a place to borrow stuff?

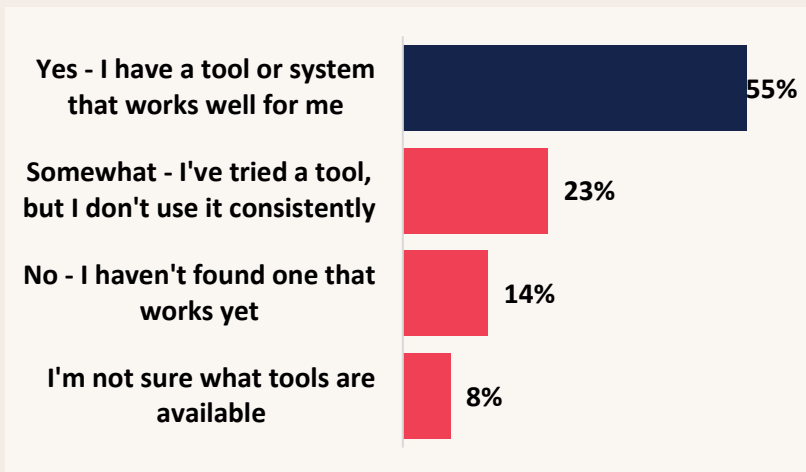


### Do you have the computer, internet, and tech tools you need to do well in school?

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

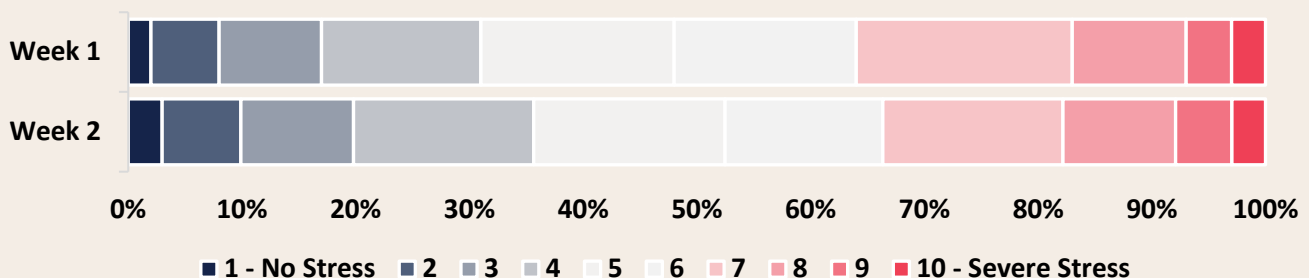
## Have you found a time management tool that helps you balance your needs and commitments?

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



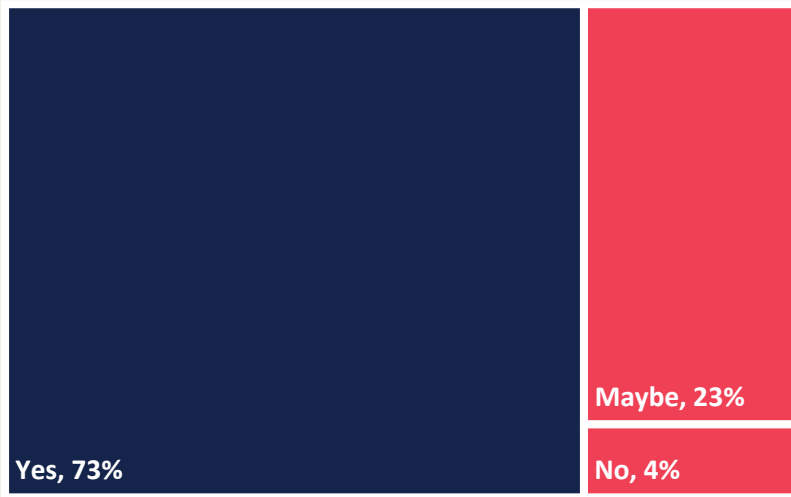
## How would you rate your stress level?

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.



## 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.

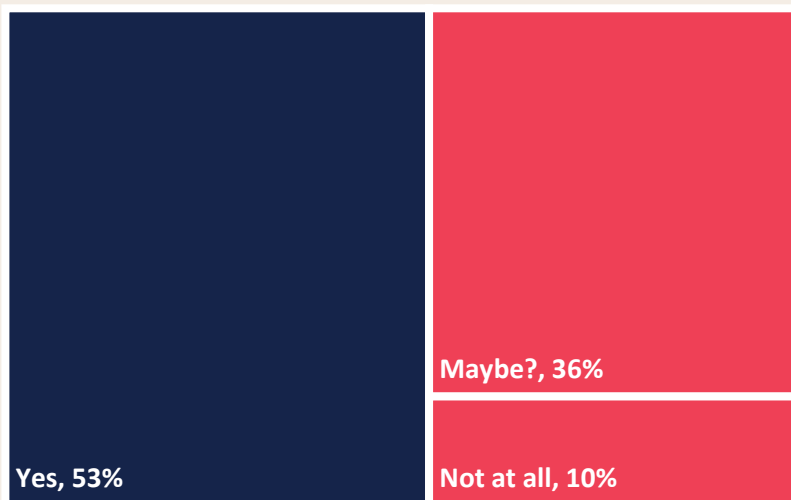
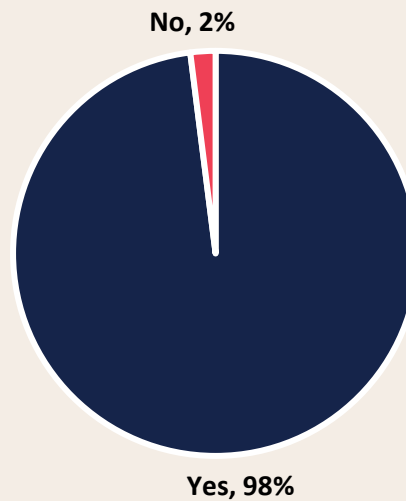


### Do you know where to go to get your questions answered?

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.



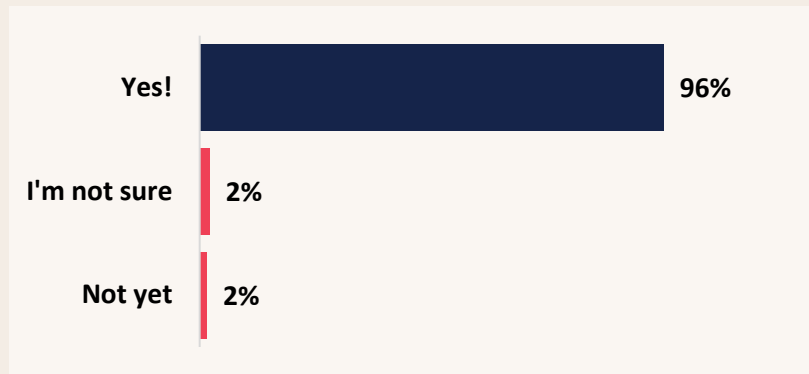
### Do you know when to contact the Office of Scholarships and Financial Aid (OSFA) versus when to contact the Bursar's Office?

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.

