

Wellness, Health, and Fitness

Student, Faculty, and Staff Survey Items



Student survey names listed in blue
Faculty and Staff survey names listed in green

Student, Faculty, and Staff Survey Feedback by Topical Area: Wellness, Health, and Fitness (Physical and Mental)

Cooperative Institutional Research Program (CIRP), Entering Fall Term First-Year and New Transfer Students

2020 Theme Report – Includes comparisons with other Non-Sectarian Institutions

Theme: Health and Wellness *these items gauge student behaviors, attitudes, and experiences related to health and wellness issues.*

In the past year, how often have you:

- Consumed beer
- Consumed wine or liquor
- Felt overwhelmed by all I had to do
- Felt depressed
- Felt anxious

Rate yourself on each of the following traits as compared with the average person your age.

- Emotional health
- Physical health

During your last year in high school, how much time did you spend during a typical week doing the following activities?

- Exercising/sports
- Partying (asked in 2002 through 2018)

What is your best guess as to the chances that you will:

- Seek personal counseling

Graphical Report (Recent Trends, 2020, Historical Trends)

Indicate how often you engaged in the activity below during the past year

- Smoked cigarettes (asked in 2002 through 2014)
- Vaped/used e-cigarettes (added in 2020)
- Consumed beer
- Consumed wine or liquor
- Felt overwhelmed by all I had to do
- Felt depressed
- Felt anxious (added in 2016)
- Felt hungry but did not eat because I didn't have enough money for food (added in 2018)

Rate yourself on each of the following traits as compared with the average person your age.

- Emotional health
- Physical health
- Risk-taking (asked in 2002; 2014 through 2020)
- Self-understanding (asked in 2002 through 2014)

During your last year in high school, how much time did you spend during a typical week doing the following activities?

- Exercising/sports
- Partying (asked in 2002 through 2018)

What is your best guess as to the chances that you will:

- Seek personal counseling

Cooperative Institutional Research Program (CIRP), continued:

Berea-Specific Items (added to 2012 CIRP)

Check all of the following that are significant concerns for you

- Academics
- Social life at college
- Being overweight
- Sleeping issues
- Working in a labor position
- Financial problems
- Being away from home
- Not getting enough physical exercise
- Not eating well
- Living in a residence hall (if applicable)
- Being underweight

Check all of the following sleeping issues that are significant concerns for you

- Sleeping too little
- Interrupted sleep
- Sleeping too much
- Other sleeping issues

Rate the importance of the following to you

- Managing stress
- Gaining knowledge and skills necessary to maintain a healthy lifestyle, including physical fitness
- Maintaining healthy sleeping habits
- Eating a nutritionally-sound, well-balanced diet
- Being physically active

How would you describe your general health?

[Entering Student Survey, Entering Fall Term First-Year and New Transfer Students: Fall 2011, 2013, and 2015](#)

Graphical Report

Health Related Issues

Rate the importance of the following to you:

- Eating a nutritionally-sound, well-balanced diet
- Maintaining healthy sleeping habits
- Managing stress
- Being physically active
- Gaining knowledge and skills necessary to maintain a healthy lifestyle, including physical fitness

Check all of the following that are significant concerns for you:

- Being underweight
- Being overweight
- Academics
- Social life at college
- Working in a labor position
- Being away from home
- Living in a residence hall (if applicable)
- Financial problems
- Not getting enough physical exercise
- Not eating well
- Sleeping issues

Check which sleeping issues apply to you:

- Sleeping too much
- Sleeping too little
- Interrupted sleep
- Other, please list

How would you describe your general health?

Rate yourself on the following statements:

- I am able to cope well with stress in my life.
- I take the time to regularly reflect on my emotional well-being.
- I engage in 30 minutes or more per week of at least moderate physical activity.
- I get between 7-9 hours of sleep each night.

Higher Education Research Institute (HERI), Faculty Survey: 1989, 2004, and 2014

2014 Construct Report

Construct: Career Related Stress - *Measures the amount of stress faculty experience related to their career.*

2014 Graphical Report

How satisfied are you with the following aspects of your job?

- Health benefits

Please indicate the extent to which each of the following has been a source of stress for you during the past two years:

- Managing household responsibilities
- Child care
- My physical health
- Review/promotion process
- Subtle discrimination (e.g., prejudice, racism, sexism, homophobia, transphobia)
- Personal finances
- Committee work
- Faculty meetings
- Colleagues
- Students
- Research or publishing demands
- Institutional procedures and “red tape”
- Teaching load
- Lack of personal time
- Job security
- Working with underprepared students
- Self-imposed high expectations
- Change in work responsibilities
- Institutional budget cuts

National Survey of Student Engagement (NSSE), First-Year & Senior Students: Spring 2003, 2007, 2010, 2014, and 2019

How much does your institution emphasize the following?

- Providing support for your overall well-being (recreation, health care, counseling, etc.) (new for 2014)

National Survey of Student Engagement (NSSE), First-Year & Senior Students, continued:

Topical Module: Inclusiveness and Engagement with Cultural Diversity (Asked only during 2019 administration)

How much does your institution provide a supportive environment for the following forms of diversity?

- Racial/ethnic identity
- Gender identity
- Economic background
- Political affiliation
- Religious affiliation
- Sexual orientation
- Disability status

Faculty/Student Comparisons (FSSE/NSSE)

FSSE: How important is it to you that your institution increase its emphasis on each of the following?

NSSE: How much does your institution emphasize the following?

- Providing support for students' overall well-being (recreation, health care, counseling, etc.)

Student Satisfaction Inventory (SSI), All Students: 1998, 2003, 2008, 2013, and 2018

Noel-Levitz Items (National Comparisons with 4-Year Private)

Breakdowns by: All, African-American, International, Male, and Female Students

Satisfaction Ratings

- The staff in the health services area are competent
- Counseling staff care about students as individuals

How satisfied are you that this campus demonstrates a commitment to meeting the needs of:

- Students with disabilities?

Berea-Specific Items

Breakdowns by: All, African-American, International, Male, and Female Students

Rate your agreement with the following statements

- I have trouble forming relationships with peers
- Technology activities for entertainment are interfering with my relationships with others
- I have trouble forming relationships with faculty
- I spend too much time using technology (Netflix, social media, gaming, etc.)
- My mental health is good
- My spiritual health is good
- My physical health is good
- My emotional health is good
- I am managing stress well

Graduating Seniors' Survey (includes ACT College Outcomes Survey)

How much progress have you made toward the following outcome?

- Learning principles for improving physical and mental health

Indicate your level of satisfaction with each of the following.

- Student Health Services (White House Clinic) (formerly "Student health/wellness services")
- Student Wellness Programs (e.g., THRIVE, Fresh Start, etc.)

Historical Survey Data (Prior to 2012)

Cooperative Institutional Research Program (CIRP), Entering Fall Term First-Year and New Transfer Students

Graphical Report

In the past year, how often have you..

- Maintained a healthy diet (asked in 2004)
- Stayed up all night (asked in 2004)
- Missed school because of illness (asked in 2004)

Berea-Specific Entering Survey, Entering Fall Term First-Year and New Transfer Students

Indicate how much help you need in the following areas: Life Skills Development

- Obtaining emotional/psychological help

Indicate how much help you need in the following areas: Career and Educational Planning Skills

- Obtaining special services because of a personal physical handicap

Your First College Year (YFCY), Spring 2005 Follow up to Fall 2004 CIRP

Students reporting they were “satisfied” or “very satisfied” with each of the following at this institution

- Student health center/services
- Psychological counseling services
- Recreational facilities

Percent of students who rated themselves “above average” or “highest 10%” compared with the average person their age in:

- Compassion
- Cooperativeness
- Emotional health
- Forgiveness
- Generosity
- Physical health
- Risk-taking
- Self-confidence (social)
- Self-understanding
- Understanding of others

Percent of students who marked “frequently” or “occasionally”

- Smoked cigarettes
- Drank beer
- Drank wine or liquor
- Felt overwhelmed by all you had to do
- Felt depressed
- Maintained a healthy diet
- Missed school because of illness

Your First College Year (YFCY), continued:

Percentage of students reporting “frequently” or “occasionally” feeling:

- Lonely or homesick
- Worried about meeting new people
- Isolated from campus life
- Unsafe on this campus
- Worried about your health
- Intimidated by your professors
- That your courses inspired you to think in new ways
- That your job responsibilities interfered with your school work
- That your family responsibilities interfered with your schoolwork
- That your social life interfered with your schoolwork
- Concerned about life after college
- Family support to succeed

Percentage of students who “often” or “very often” experience the following with students from a racial/ethnic group other than their own:

- Shared personal feelings and problems
- Had tense, somewhat hostile interactions
- Felt insulted or threatened because of race/ethnicity

Percent of students indicating “frequently” or “occasionally” since entering this college:

- Sought personal counseling
- Went on a date
- Fell asleep in class

African-American Student Study, April 2003

Health Service

- How important are health services to your overall success and well-being at Berea College?
- How much have health services contributed to your overall success and well-being at Berea College?
- How satisfied are you with the services or programs aimed at fulfilling this need (health services)?
- Rate your level of personal need for health services
- To what extent is this need (health services) being met by services at the college?
- How often have you used Berea College Health Service?

Psychological/Counseling Services

- How important are psychological/counseling services to your overall success and well-being at Berea College?
- How much have psychological/counseling services contributed to your overall success and well-being at Berea College?
- How satisfied are you with the services or programs aimed at fulfilling this need (psychological/counseling services)?
- Rate your level of personal need for psychological/counseling services
- To what extent is this need (psychological counseling services) being met by services at the College?
- How often have you used Berea College psychological/counseling services?

Counseling and Psychological Services Survey, All 2006 Students

Please indicate the extent to which each of the following is a PERSONAL PROBLEM FOR YOU currently:

- Choosing/changing a major
- Conflict with parents about choice of major
- Identifying a career
- Feeling overwhelmed with all you have to do
- Adjusting to college (being on your own)
- Decision-making
- Test anxiety
- Study habits
- Time management
- Getting motivate
- Academic pressures
- Problems concentrating
- Speech anxiety – excessive nervousness (sweaty palms, stuttering, mind going blank) when asked to speak in front of a group of people
- Math anxiety
- Homesickness
- Loneliness/feeling isolated
- Breakup/loss of a relationship
- Relationship with partner/spouse
- Relationship with parents
- Relationship with other family members
- Relationship with friends
- Relationship with roommate
- Relationship with peers
- Being ill at ease with people
- Dating concerns
- Afraid of a close relationship
- Communication skills (able to say what you truly feel and think to others)
- Dealing with anger
- Perfectionism (no matter how well you do, it's not good enough)
- Tendency to be insulting to others
- Tendency to be overly negative
- Death of a friend of loved one
- Smoking cigarettes
- Drinking too much wine, liquor, or beer
- Using illegal drugs
- Abuse of prescription drugs
- Bingeing (overeating, followed by efforts to get rid of the food by over-exercising, vomiting, laxatives, etc.)
- Dieting to reduce weight (counting calories, restricting food intake, following one of the popular diet plans such as low carb)
- Weight problems
- Bulimia (intentionally vomiting, over-exercising, using laxatives to get rid of food/calories)

Counseling and Psychological Services Survey, All 2006 Students, continued:

Please indicate the extent to which each of the following is a PERSONAL PROBLEM FOR YOU currently, continued:

- Anorexia (restricting your eating – eating very little or only very specific “safe” foods)
- Physical handicap or disability
- Pregnancy (yours or hers)
- Sleep problems
- Depression
- Anxiety or tension
- Worrying too much
- Stress
- Feeling unworthy or inferior
- Unhappy much of the time
- Thoughts of suicide
- Thoughts of harming others
- Current verbal/emotional abuse
- Past verbal/emotional abuse
- Current physical abuse
- Past physical abuse
- Current sexual abuse
- Past sexual abuse
- Date rape
- Rape/sexual assault (other than date rape)
- Deliberate self-inflicted injuries
- Identifying sexual orientation
- Discrimination based on race, gender, sexual orientation, etc.
- Sexually transmitted disease(s)
- Arrest or legal problems
- Physical assault
- Financial difficulties
- Managing your money
- Over-involved or controlling parents
- Personal experience with racism
- Lack of nurturing parent as a child
- Troubled or lack of relationship with a parent
- A diagnosed learning disability
- A suspicion of a learning disability

ACT Alumni Survey, Graduates two years after graduation

How much did your education at this college contribute to your personal growth in each of the following areas?

- Caring for your own physical and mental health

ACT Appalachian Region Alumni Outcomes Survey, 1974-76, 1984-86, 1994-96 Graduates

How frequently do you smoke cigarettes?

How frequently do you consume alcoholic beverages (i.e. beer, wine, hard liquor)?

How frequently do you engage in aerobic exercise (e.g. running, walking, hiking, swimming)?

Overall, how would you rate your health?

Importance to your current endeavors. Contribution that your experience at this college made to your growth

- Developing a healthy lifestyle

Berea-Specific Alumni Survey, Spring 2010, Graduates from the 1980s, 1990s, and 2000s (with valid email addresses)

Importance to you personally/Contribution made by Berea College toward your personal growth

- Developing a healthy lifestyle

Overall, how did your Berea College experiences prepare you for a life of...

- Health and well-being

ACT Alumni Outcomes Survey, Fall 2010 (Work College Consortium) Graduates 1992-93 through 2006-07

First, indicate your opinion of the importance of the skill and individual 's efforts to be personally/professionally successful in today's world. Then, indicate the impact of your experiences at this school on your attainment of each skill.

- Developing a healthy lifestyle

Rate this college on each of the factors below, using the scale provided

- Sense of individual belonging on this campus

Indicate your level of satisfaction with each aspect of this school listed below

- Campus response to needs of physically challenged individuals
- Concern to me as an individual

Cooperative Institutional Research Program (CIRP)

(Entering Fall Term Students)



Administered Fall Terms 2002, 2004, 2006, 2008,
2010, 2012, 2014, 2016, 2018, and 2020

[Select to see survey instruments](#)

Response Rates:			
2002	87.6%	2004	93.2%
2006	85.6%	2008	89.6%
2010	87.0%	2012	76.0%
2014	84.0%	2016	74.7%
2018	64.0%	2020	74.0%

Theme: Health and Wellness -- *These items gauge student behaviors, attitudes, and experiences related to health and wellness issues.*

- In the past year, how often have you:
(*Frequently = 3, Occasionally = 2, Not at all = 1*)
 1. Consumed beer
 2. Consumed wine or liquor
 3. Felt overwhelmed by all I had to do
 4. Felt depressed
 5. Felt anxious

- Rate yourself on each of the following traits as compared with the average person your age:
(*Highest 10% = 5, Above Average = 4, Average = 3, Below Average = 2, Lowest 10% = 1*)
 1. Emotional Health
 2. Physical Health

During your last year in high school, how much time did you spend during a typical week doing the

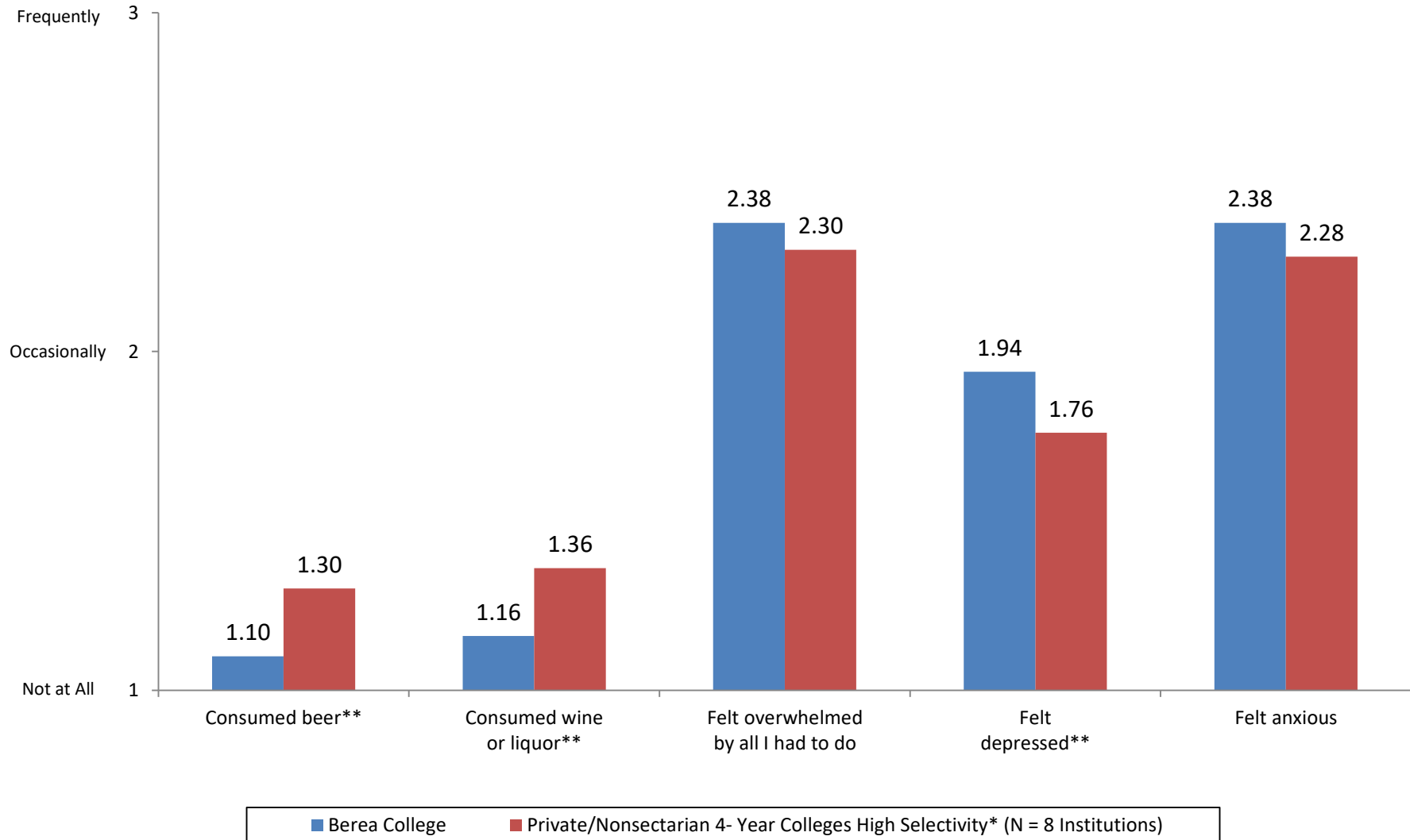
- following activities?
(*None = 0, Less than 1 hour = 1, 1-2 = 2, 3-5 = 3, 6-10 = 4, 11-15 = 5, 16-20 = 6, Over 20 = 7*)
 1. Exercising/sports

- What is your best guess as to the chances that you will:
(*Very Good Chance = 4, Some Chance = 3, Very Little Chance = 2, No Chance = 1*)
 1. Seek personal counseling

THEME: Health and Wellness

(Based on First-Year Students Only)

For the activities below, indicate which ones you did during the past year.



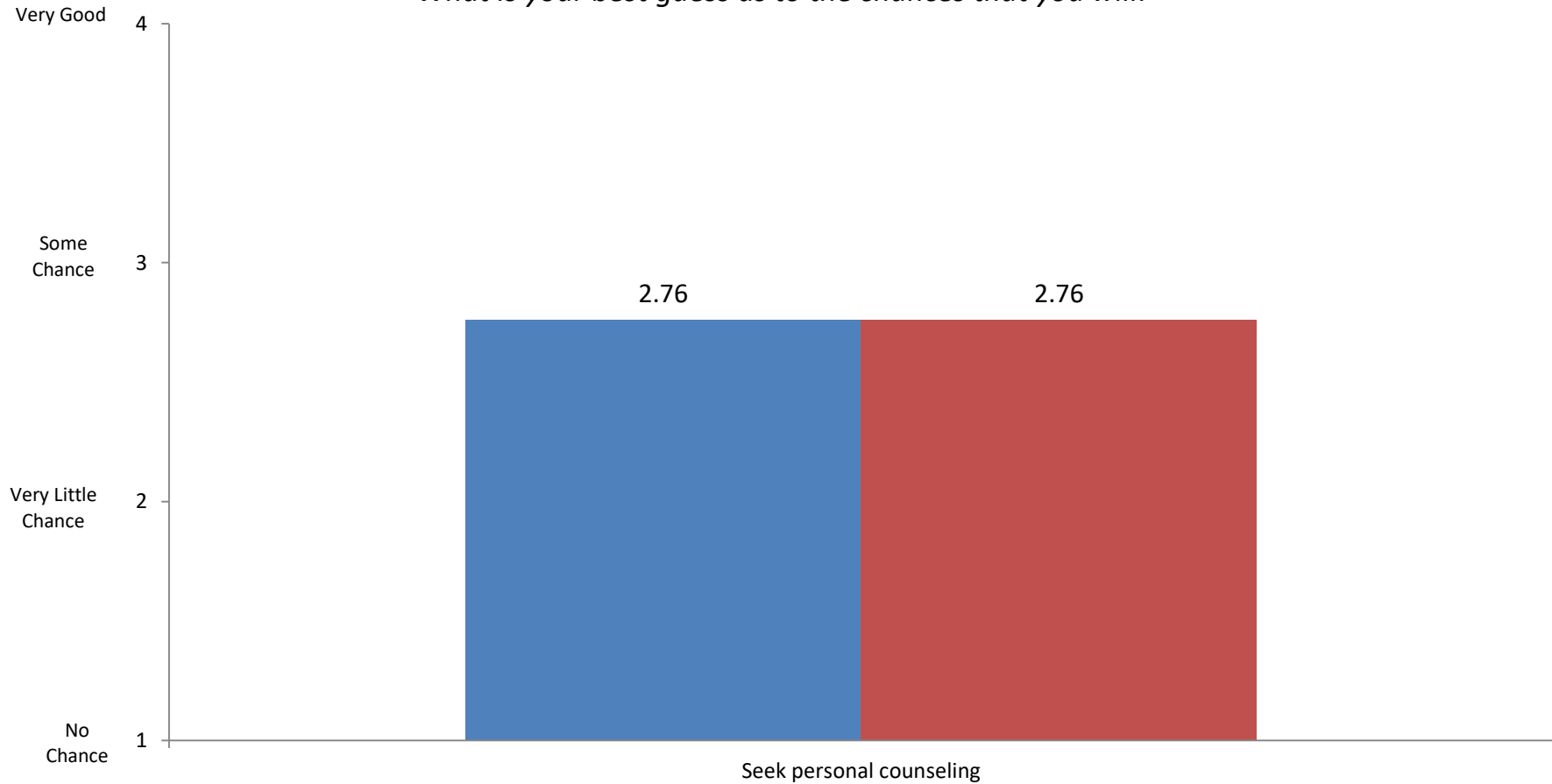
*Selectivity is based on median SAT Critical Reading/Math scores and/or ACT Composite scores of the entering class as reported to IPEDS.

**Difference is statistically significant.

THEME: Health and Wellness

(Based on First-Year Students Only)

What is your best guess as to the chances that you will:



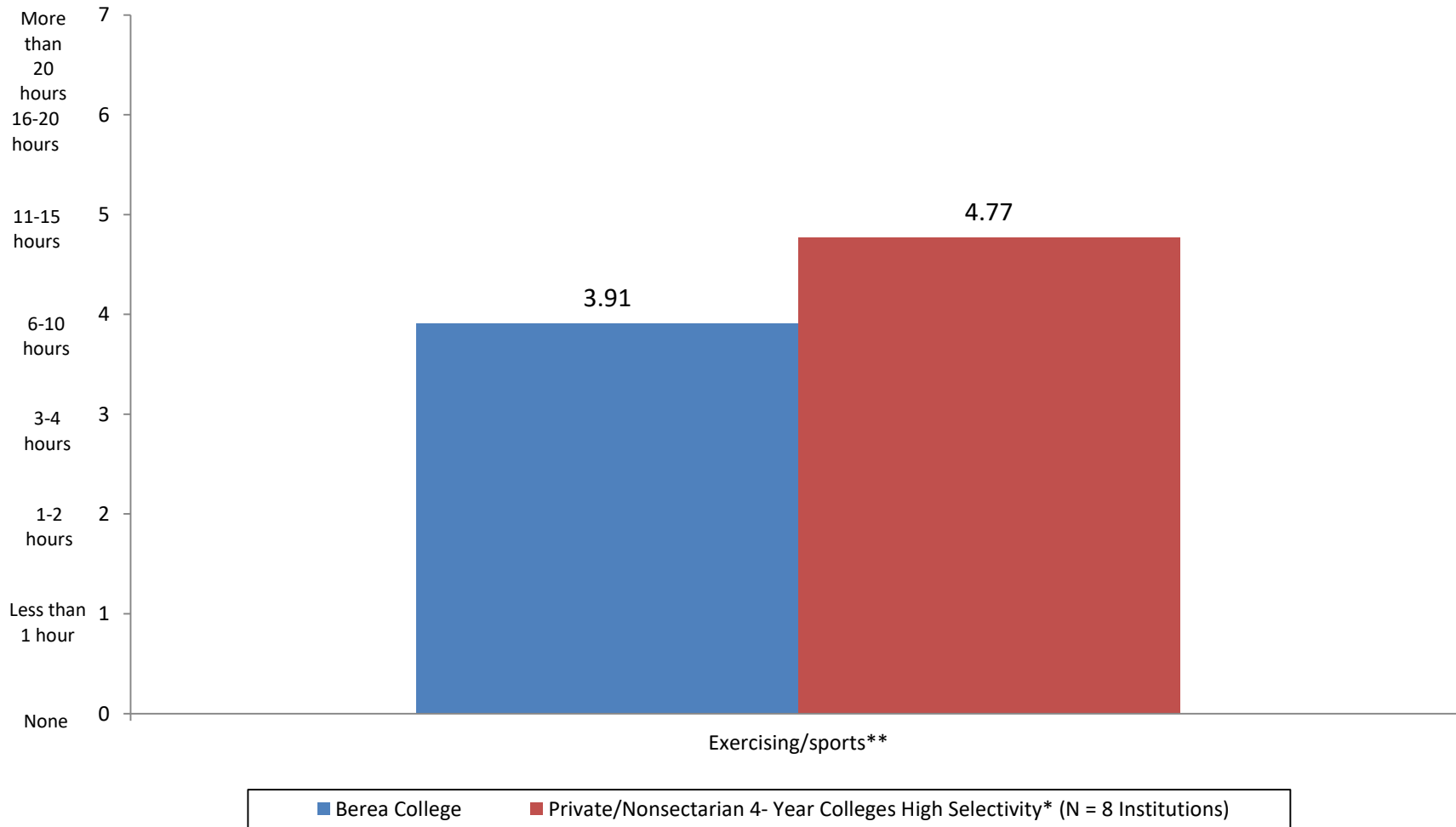
■ Berea College ■ Private/Nonsectarian 4- Year Colleges High Selectivity* (N = 8 Institutions)

*Selectivity is based on median SAT Critical Reading + Math scores and/or ACT Composite scores of the entering class as reported to IPEDS.

THEME: Health and Wellness

(Based on First-Year Students Only)

During your last year in high school, how much time did you spend during a typical week doing the following activities?



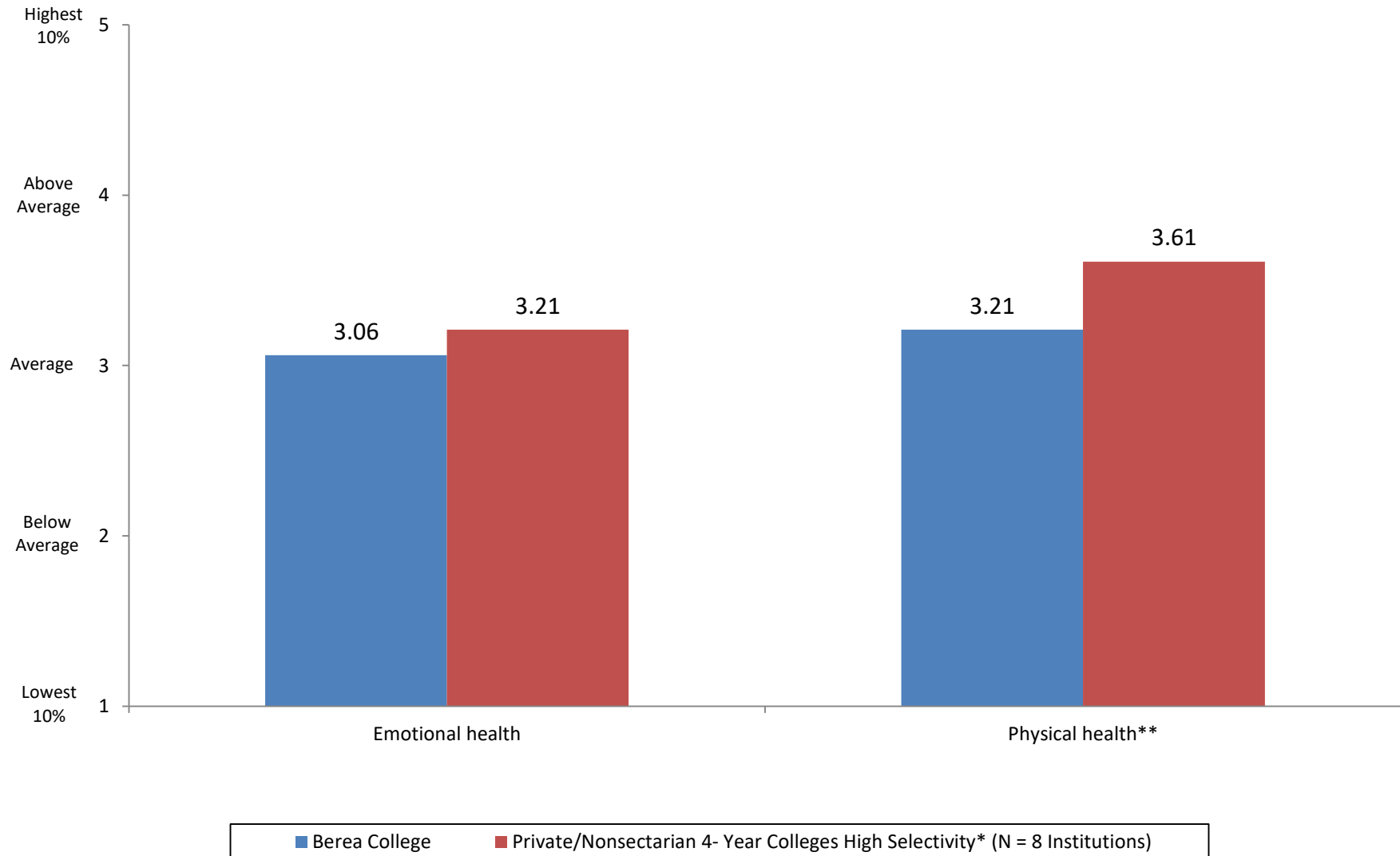
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THEME: Health and Wellness

(Based on First-Year Students Only)

Rate yourself on each of the following traits as compared with the average person your age.

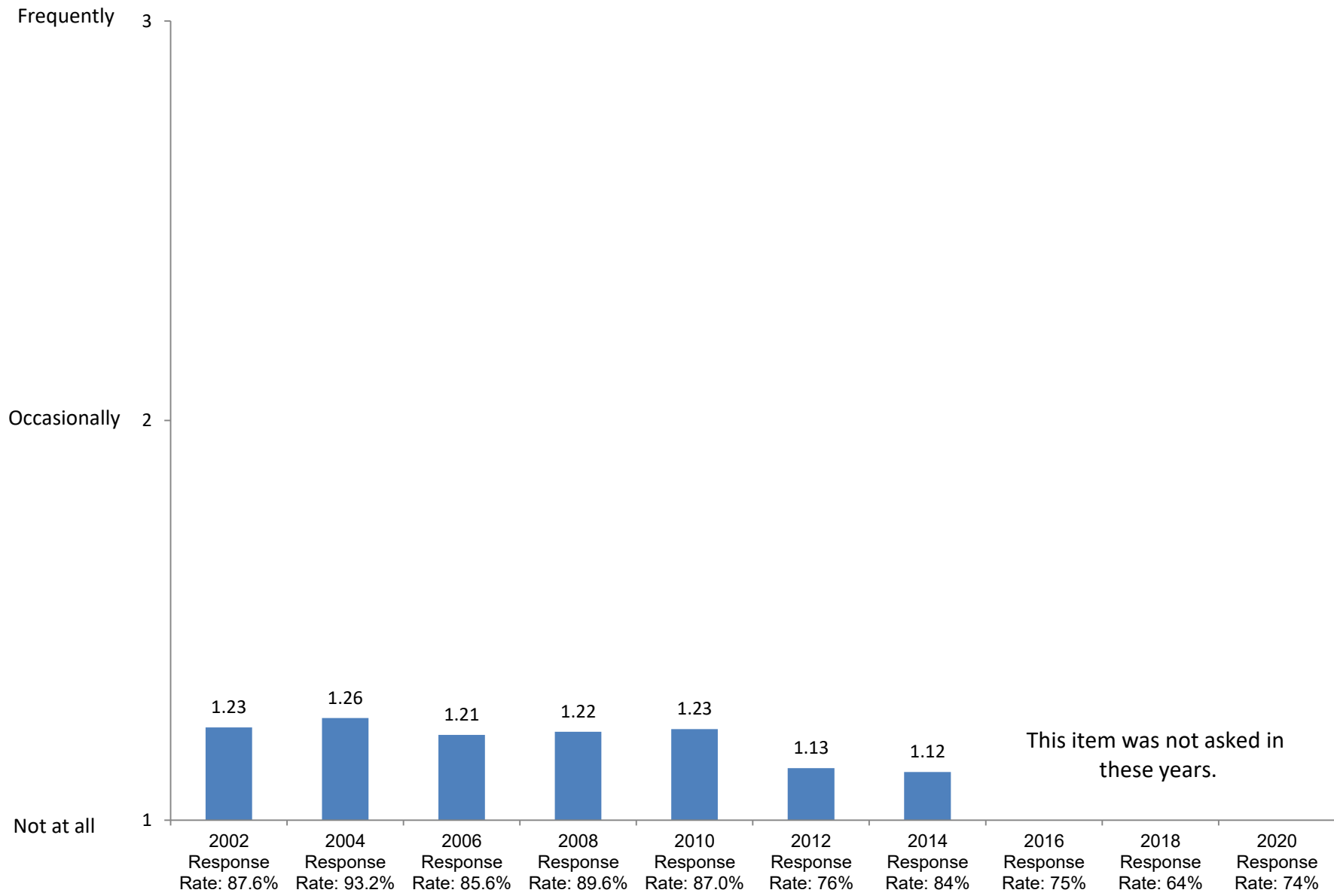


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**Difference is statistically significant.

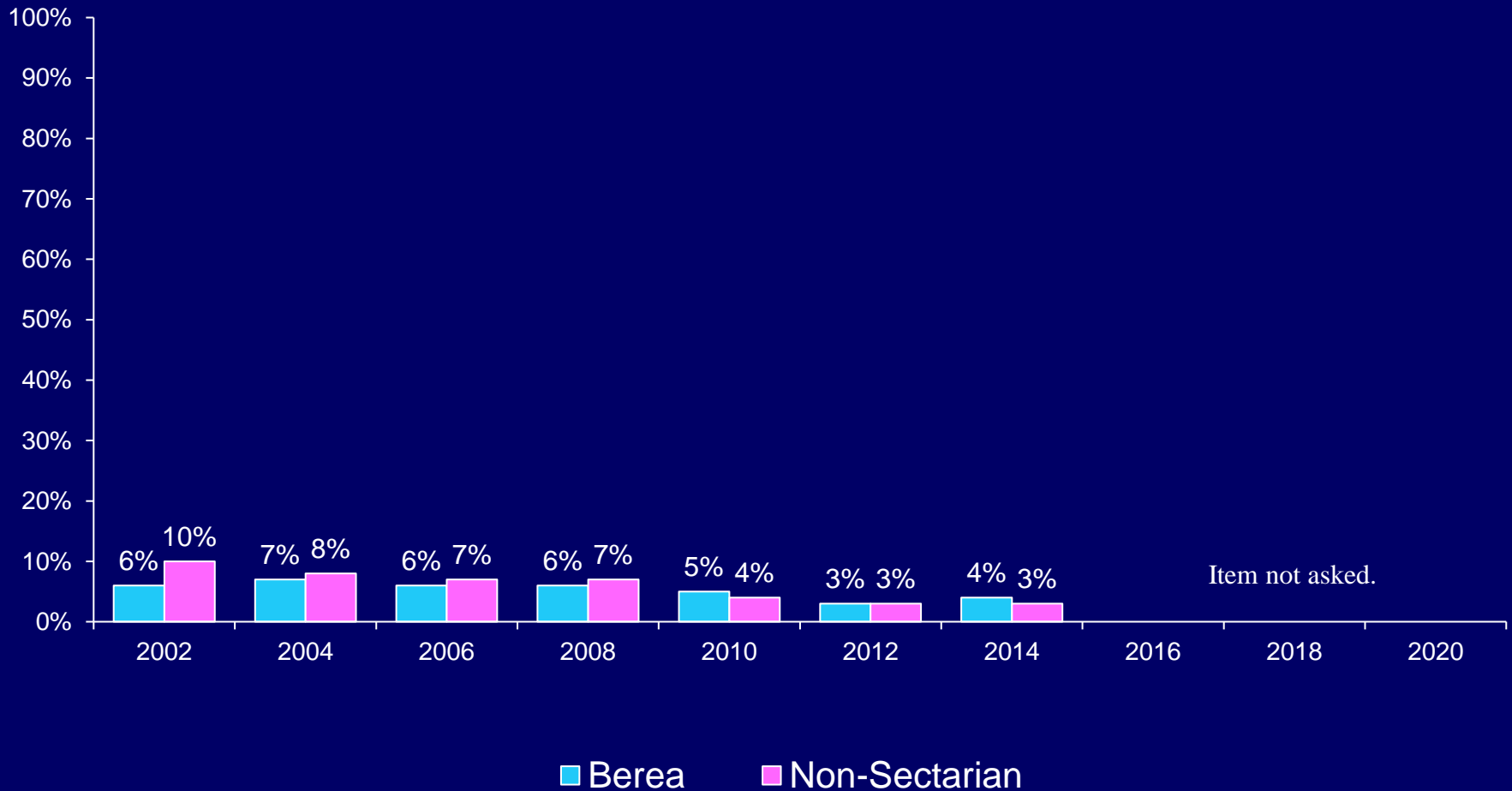
Indicate how often you engaged in the activity below during the past year.

Smoked cigarettes

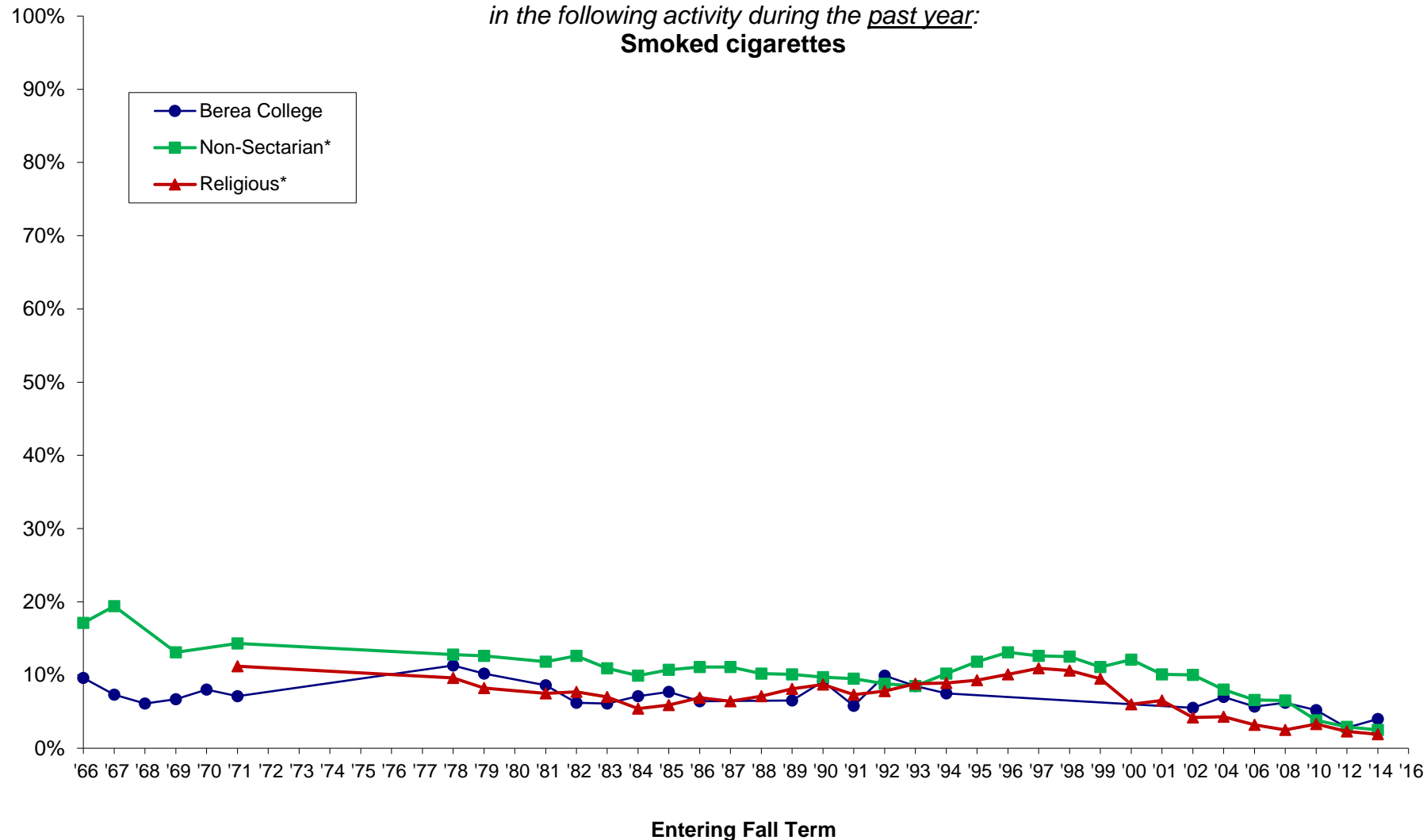


Based on first-year and new transfer student data from the Cooperative Institutional Research Program (CIRP), administered in even Fall Terms during orientation week.

Percent of students who indicated “frequently”
Smoked cigarettes
(during the past year)



Percent of students who indicated that they "frequently" engaged in the following activity during the past year:
Smoked cigarettes

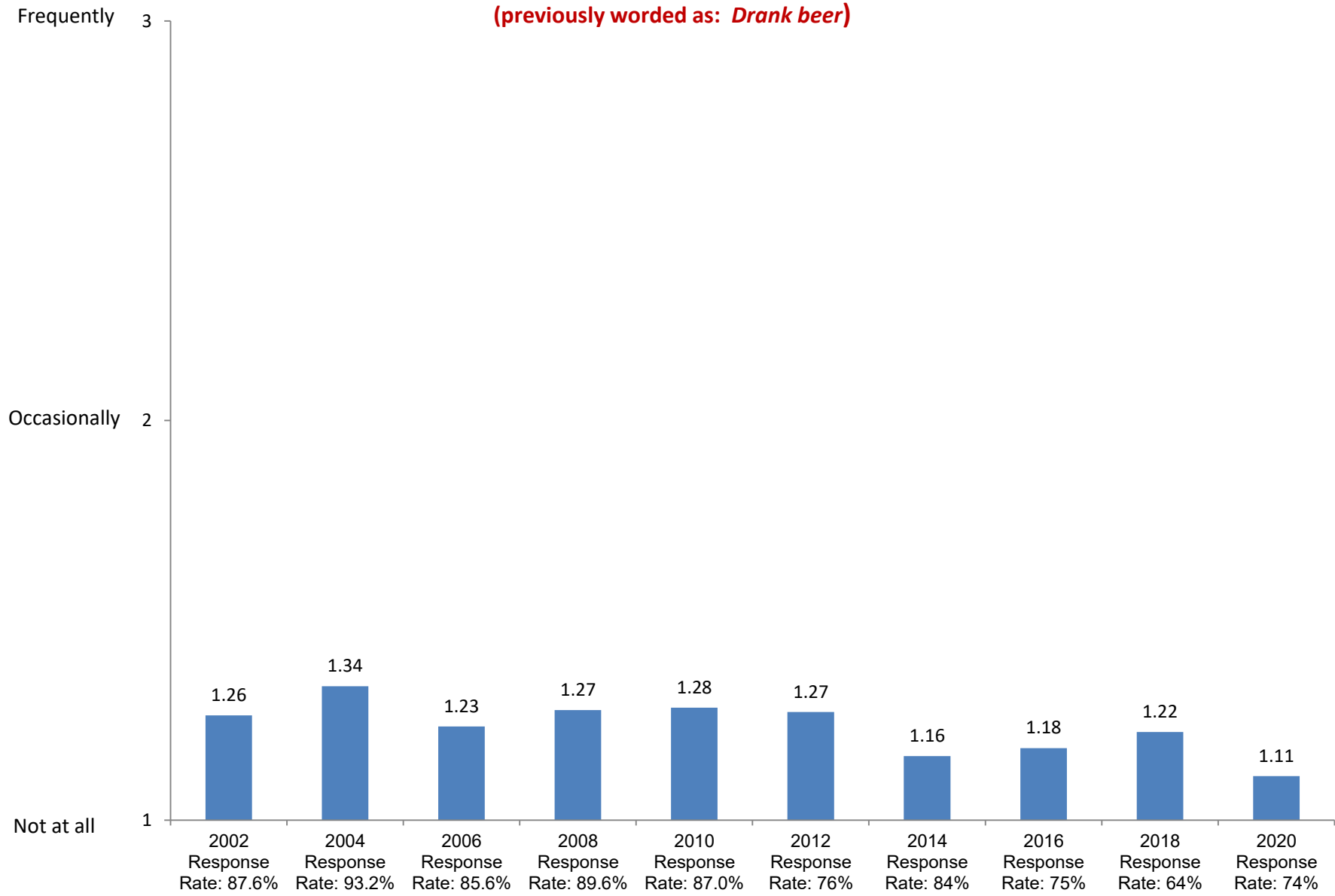


*Comparison groups used are based selectivity (which is grouped by median SAT Verbal + Math scores and/or ACT composite scores of the entering class as reported to IPEDS). Berea was in the medium selectivity until 2008 when it moved to the high selectivity category.

NOTE: Missing data occurs because Berea did not participate from 1995 through 2001; beginning in 2002, Berea participates every other Fall Term. Also, some survey items have been added or deleted over the years.

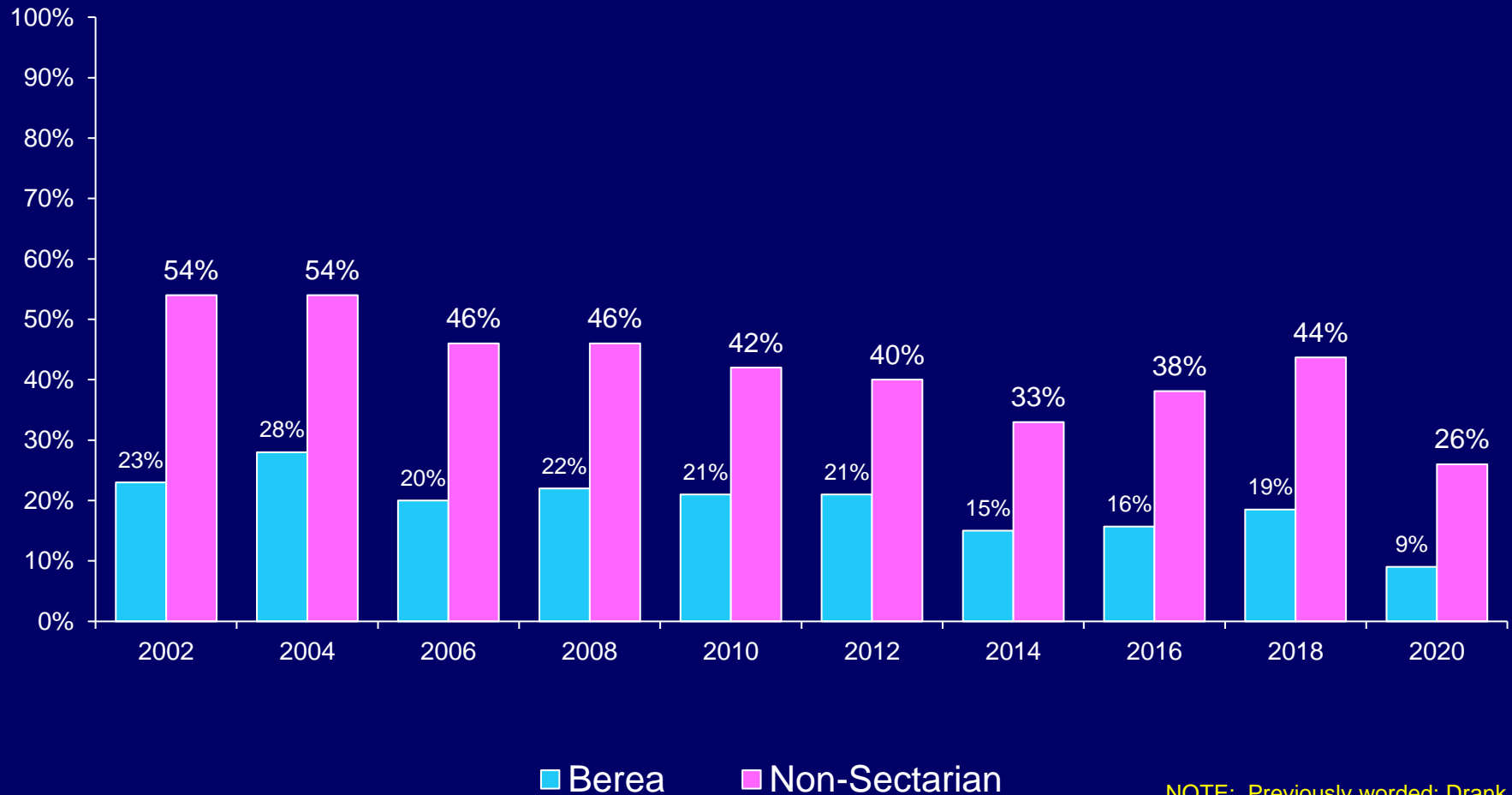
In the past year, how often have you:

Consumed beer (previously worded as: *Drank beer*)



Based on first-year and new transfer student data from the Cooperative Institutional Research Program (CIRP), administered in even Fall Terms during orientation week.

Percent of students who indicated “frequently” or “occasionally”
Consumed beer
(during the past year)

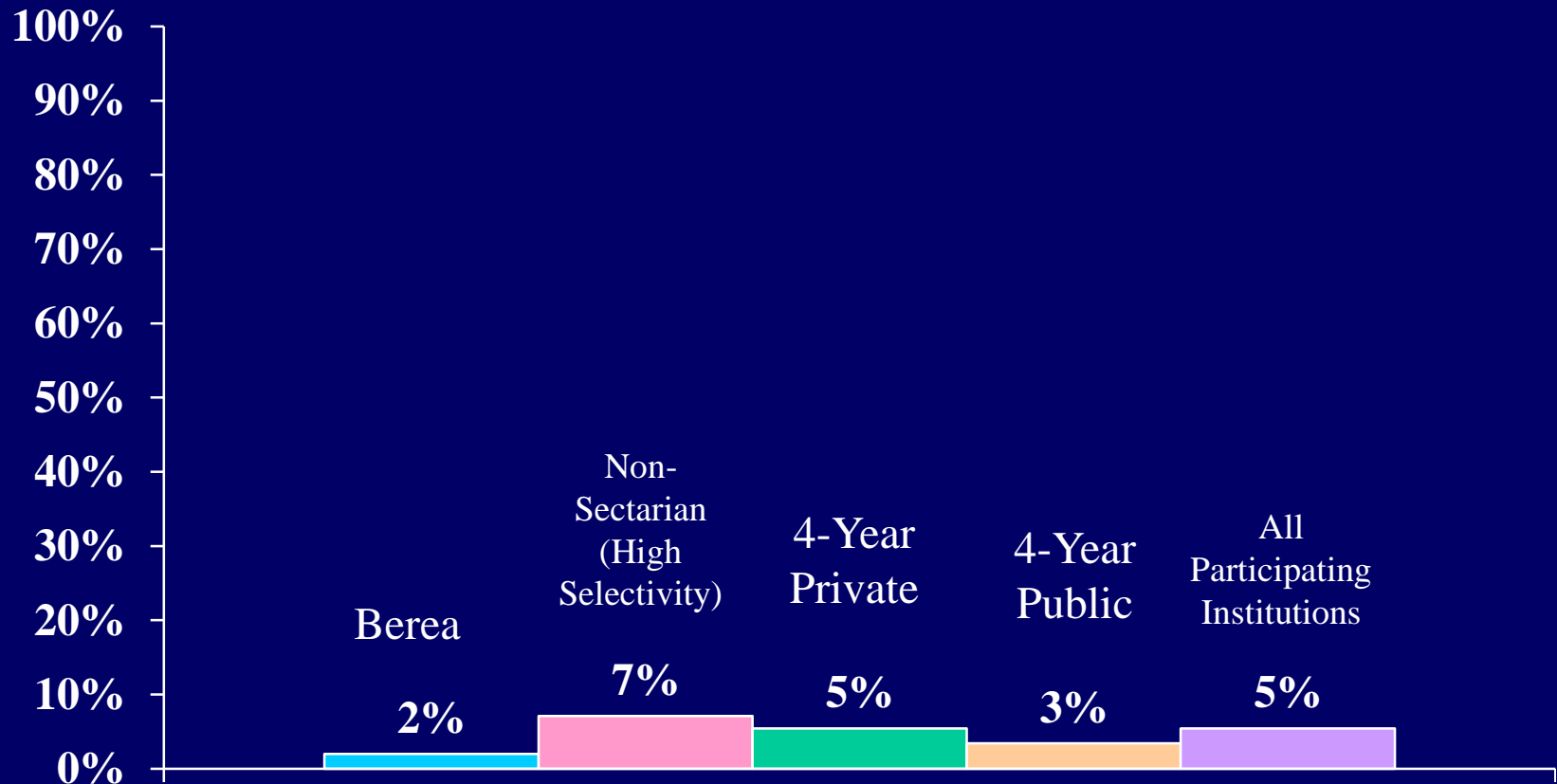


NOTE: Previously worded: Drank beer.

Percent of students who indicated “frequently”

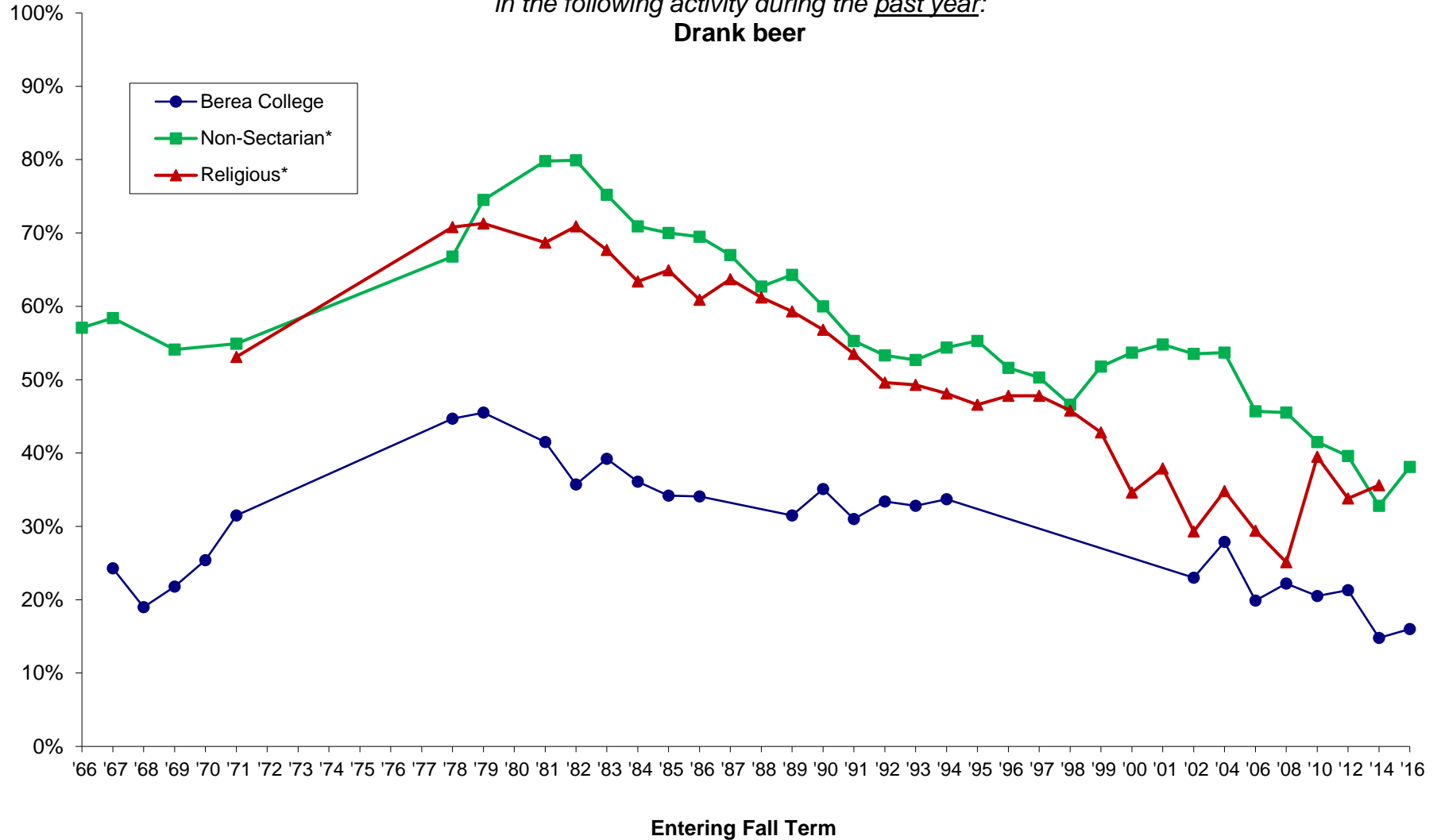
Consumed beer

(during the past year)



Percent of students who indicated that they "frequently" or "occasionally" engaged in the following activity during the past year:

Drank beer

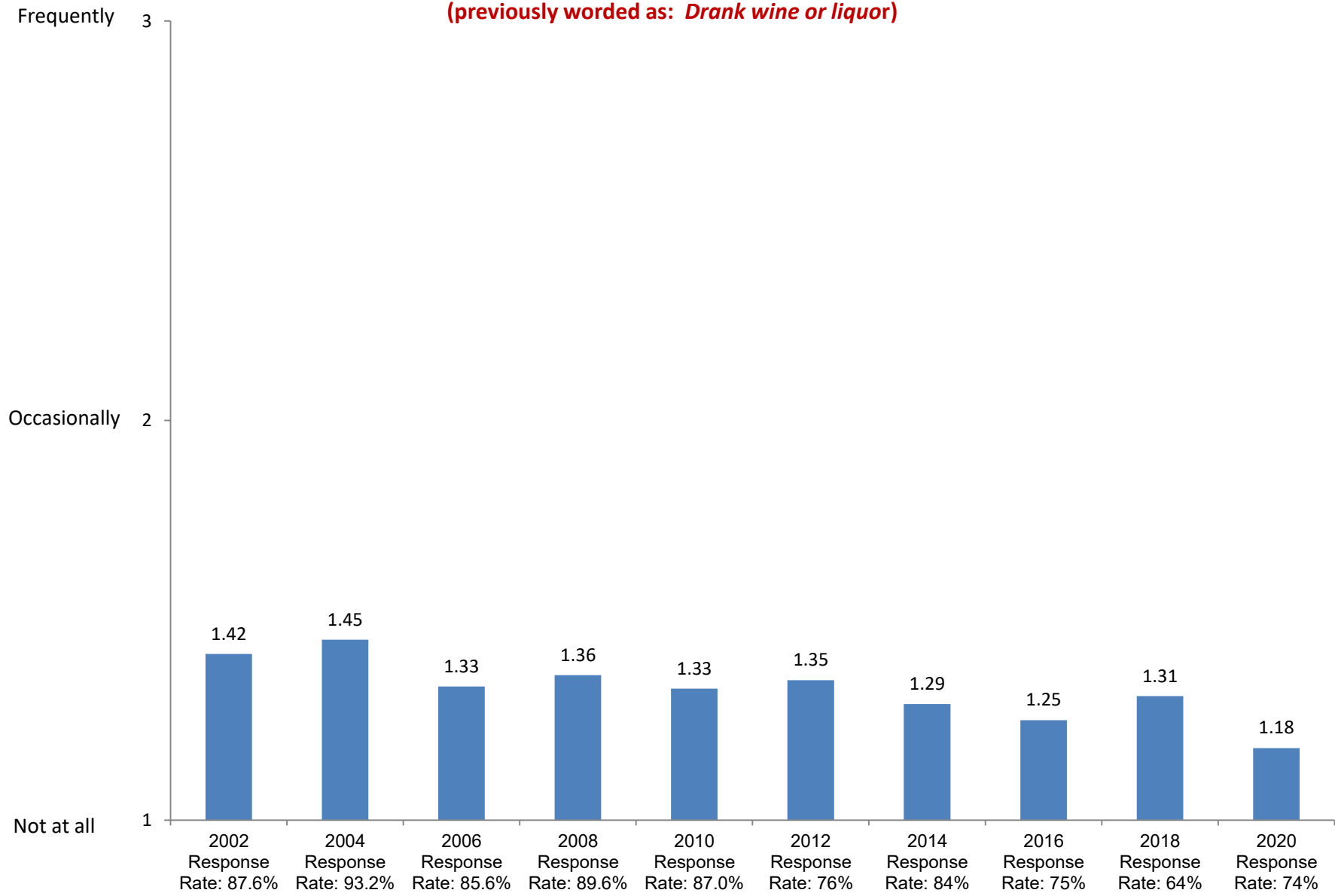


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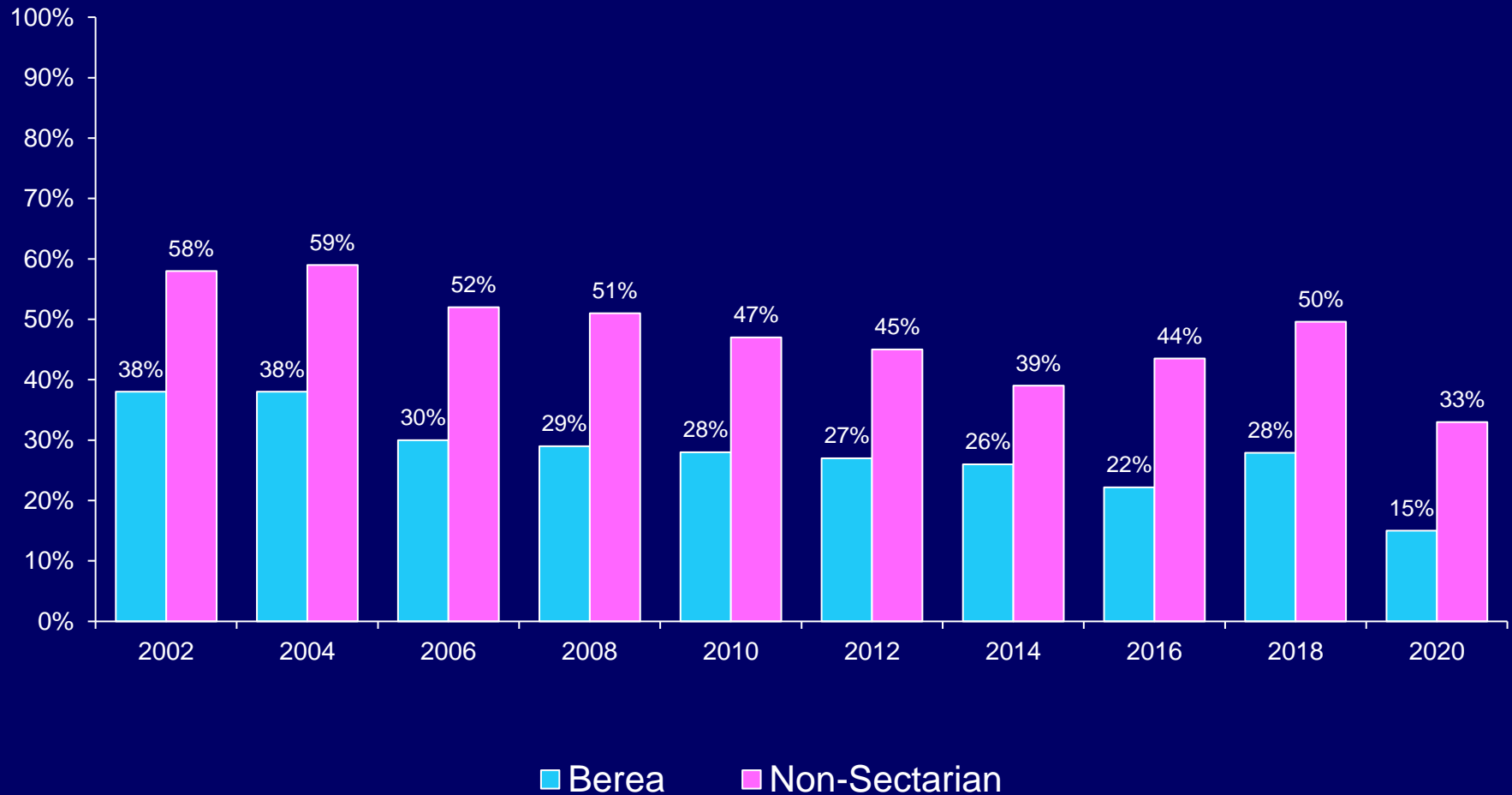
In the past year, how often have you:

Consumed wine or liquor (previously worded as: *Drank wine or liquor*)



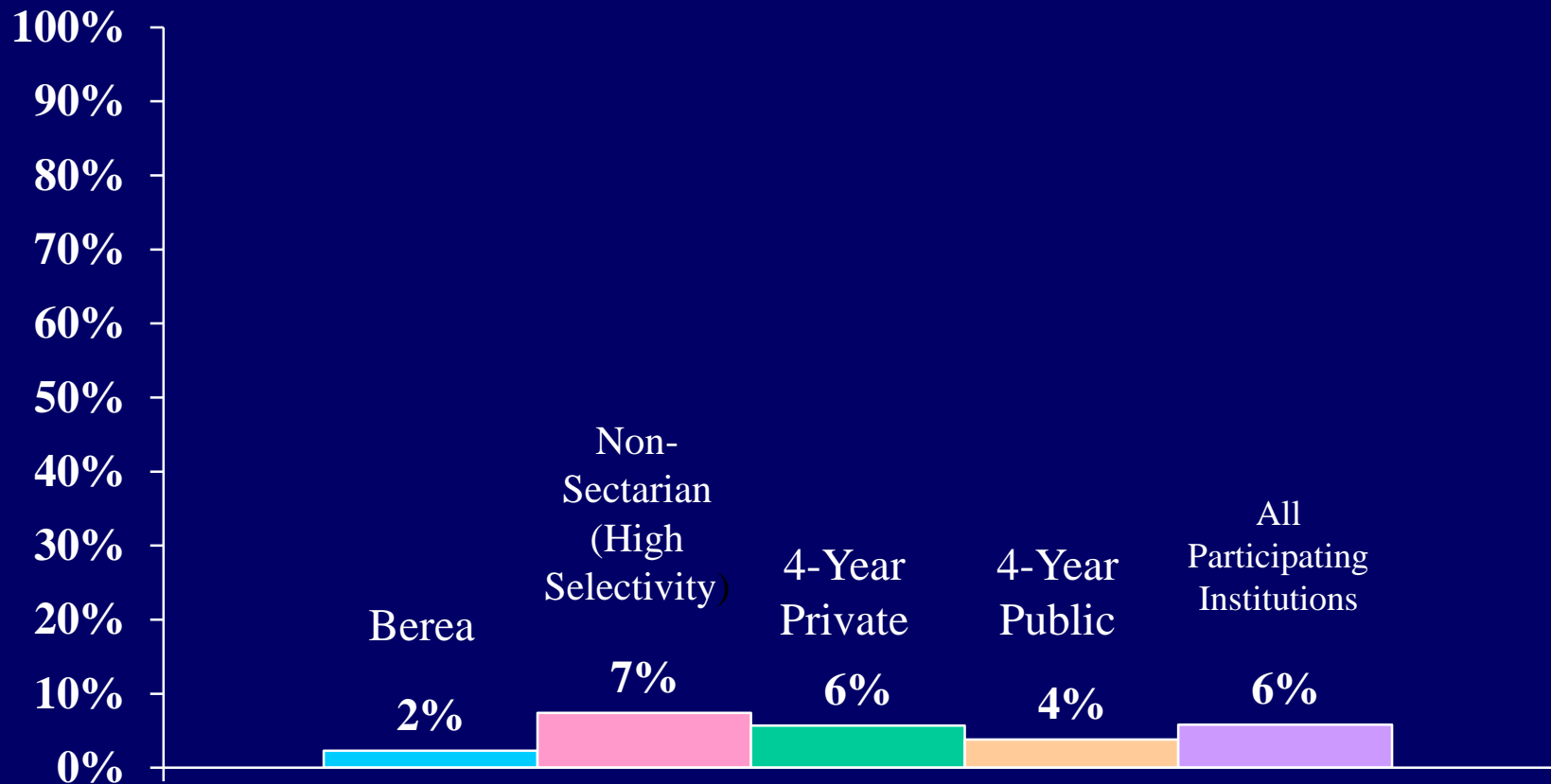
Based on first-year and new transfer student data from the Cooperative Institutional Research Program (CIRP), administered in even Fall Terms during orientation week.

Percent of students who indicated “frequently” or “occasionally”
Consumed wine or liquor
(during the past year)

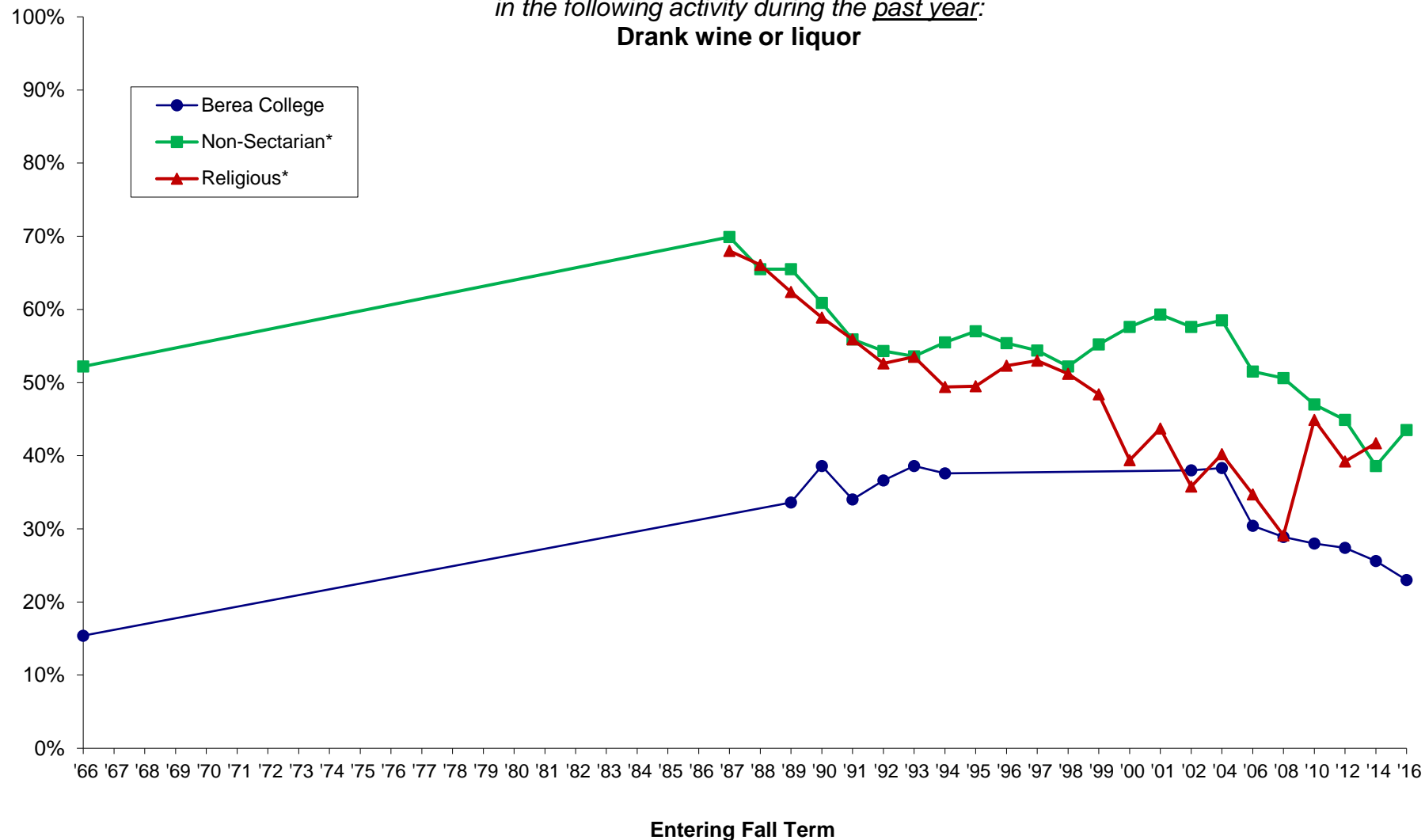


NOTE: Previously worded: Drank wine or liquor.

Percent of students who indicated “frequently”
Consumed wine or liquor
(during the past year)



Percent of students who indicated that they "frequently" or "occasionally" engaged in the following activity during the past year:
Drank wine or liquor

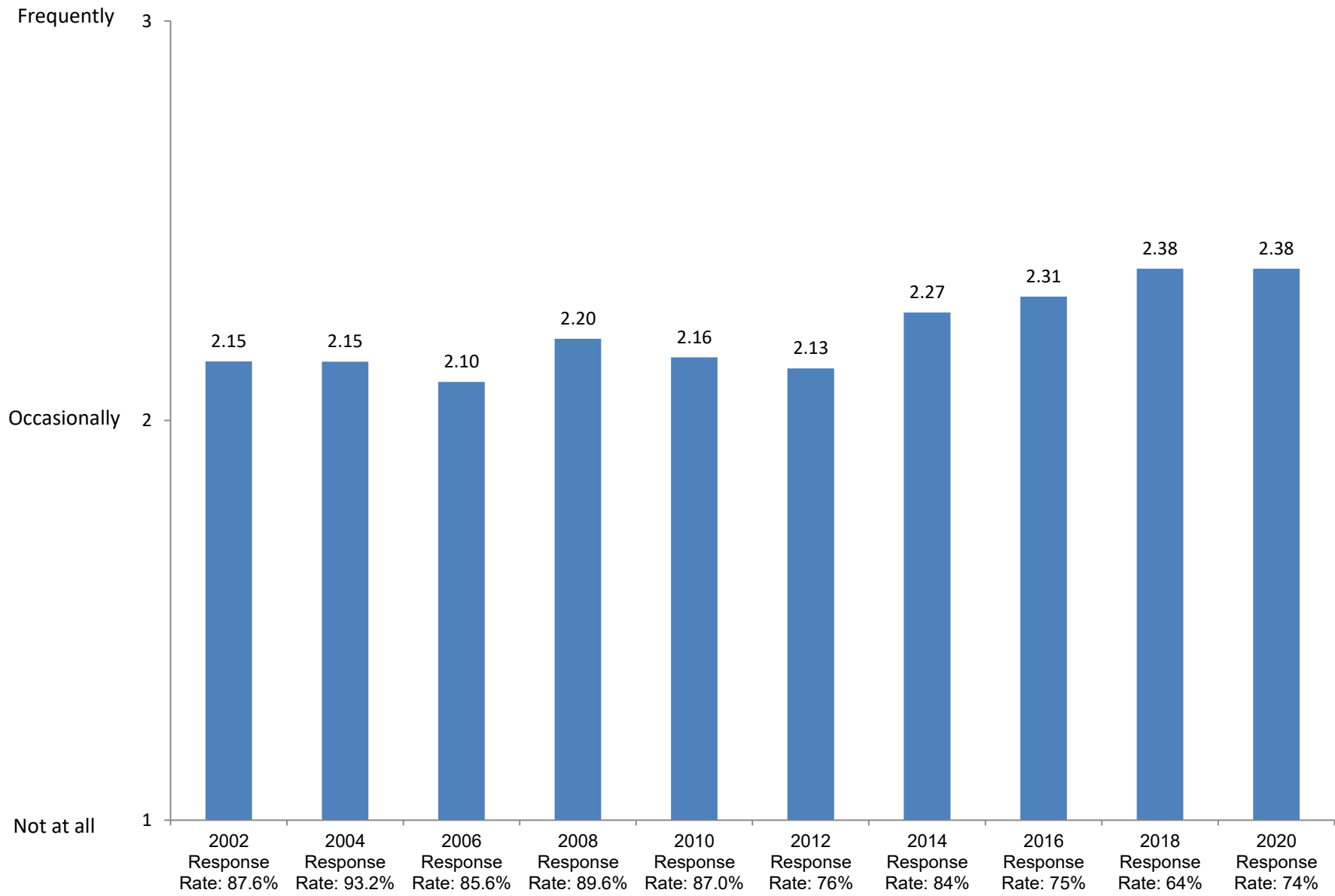


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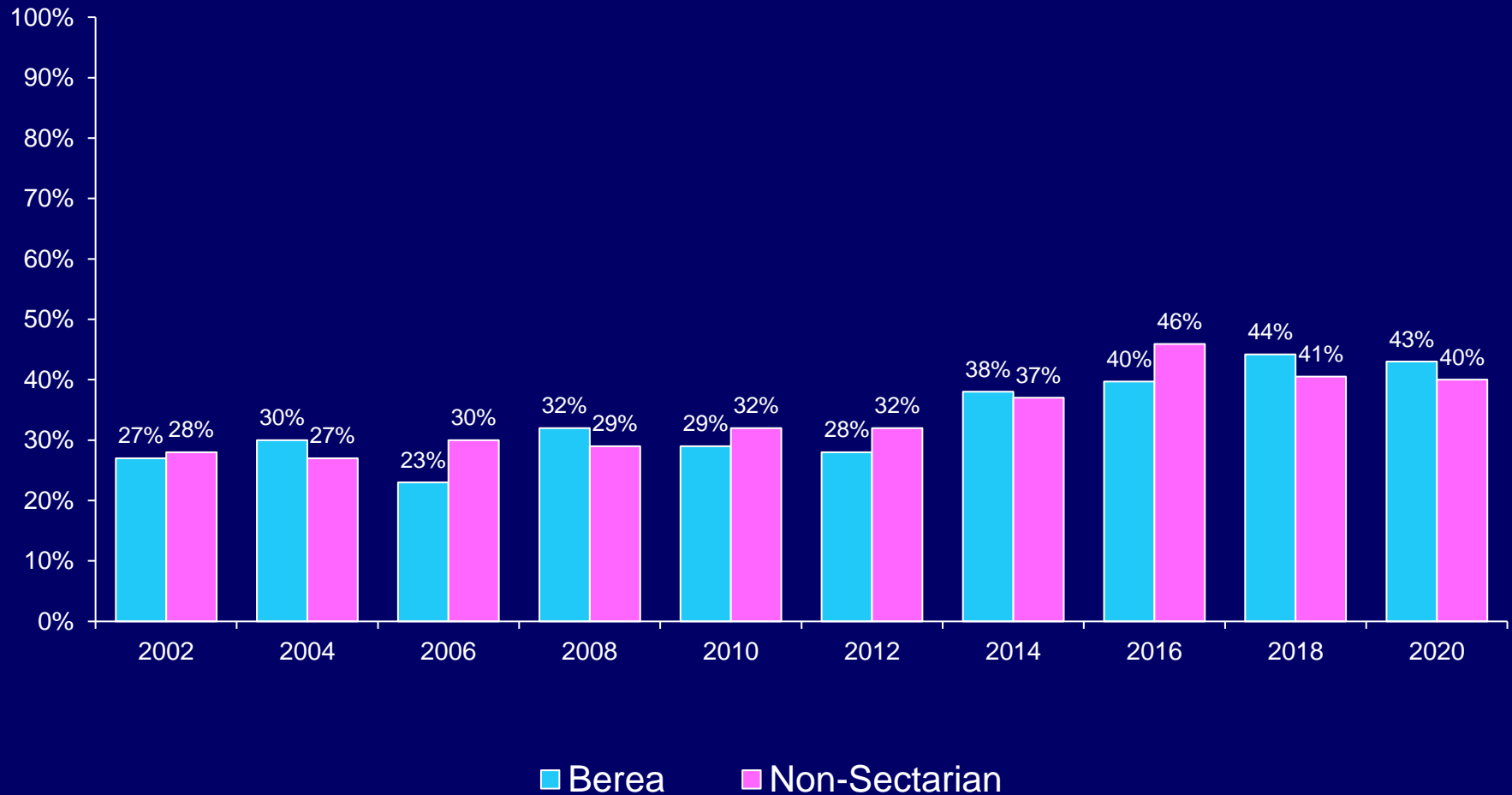
In the past year, how often have you:

Felt overwhelmed by all I had to do



Based on first-year and new transfer student data from the Cooperative Institutional Research Program (CIRP), administered in even Fall Terms during orientation week.

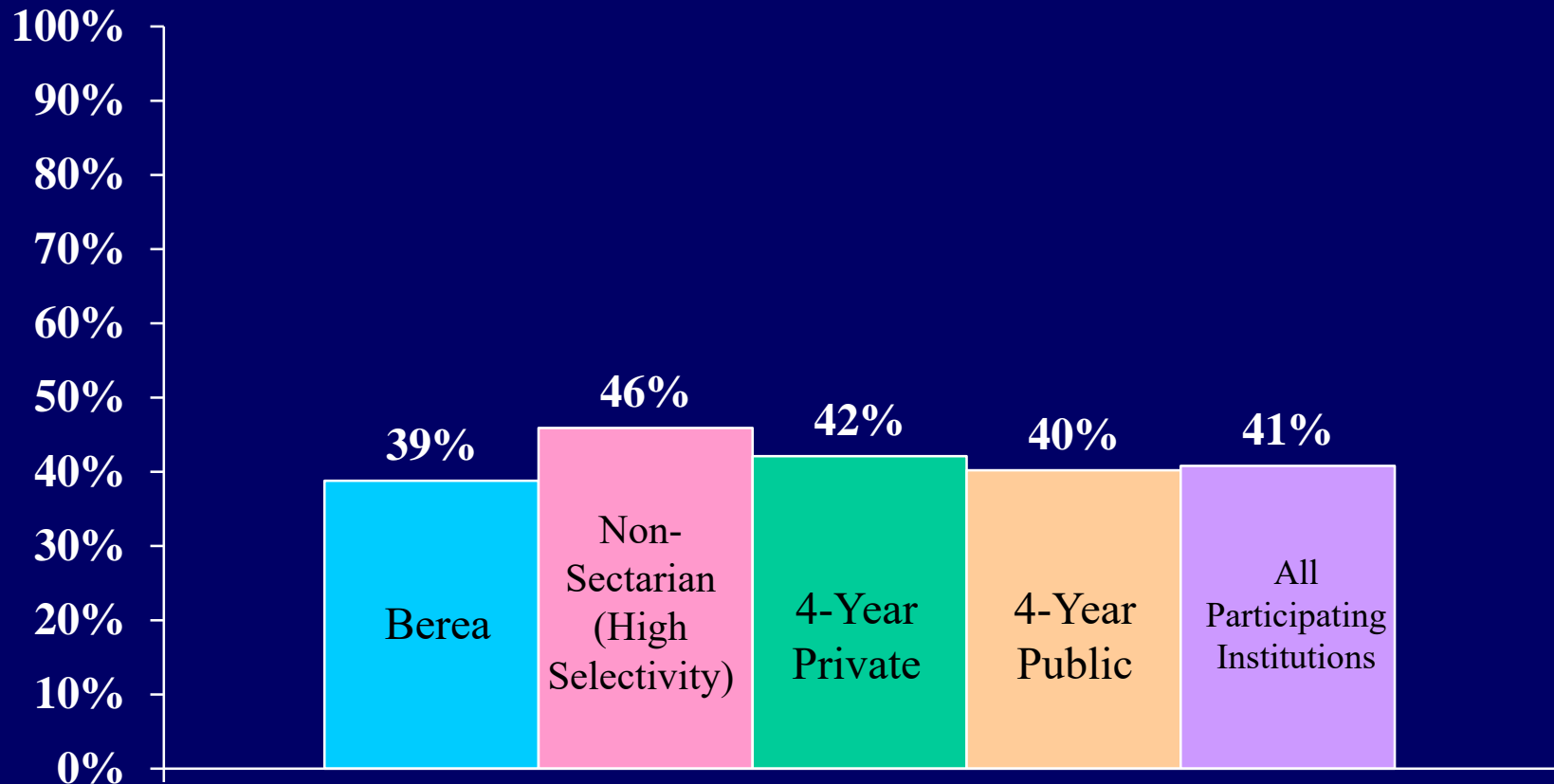
Percent of students who indicated “frequently”
Felt overwhelmed by all I had to do
(during the past year)



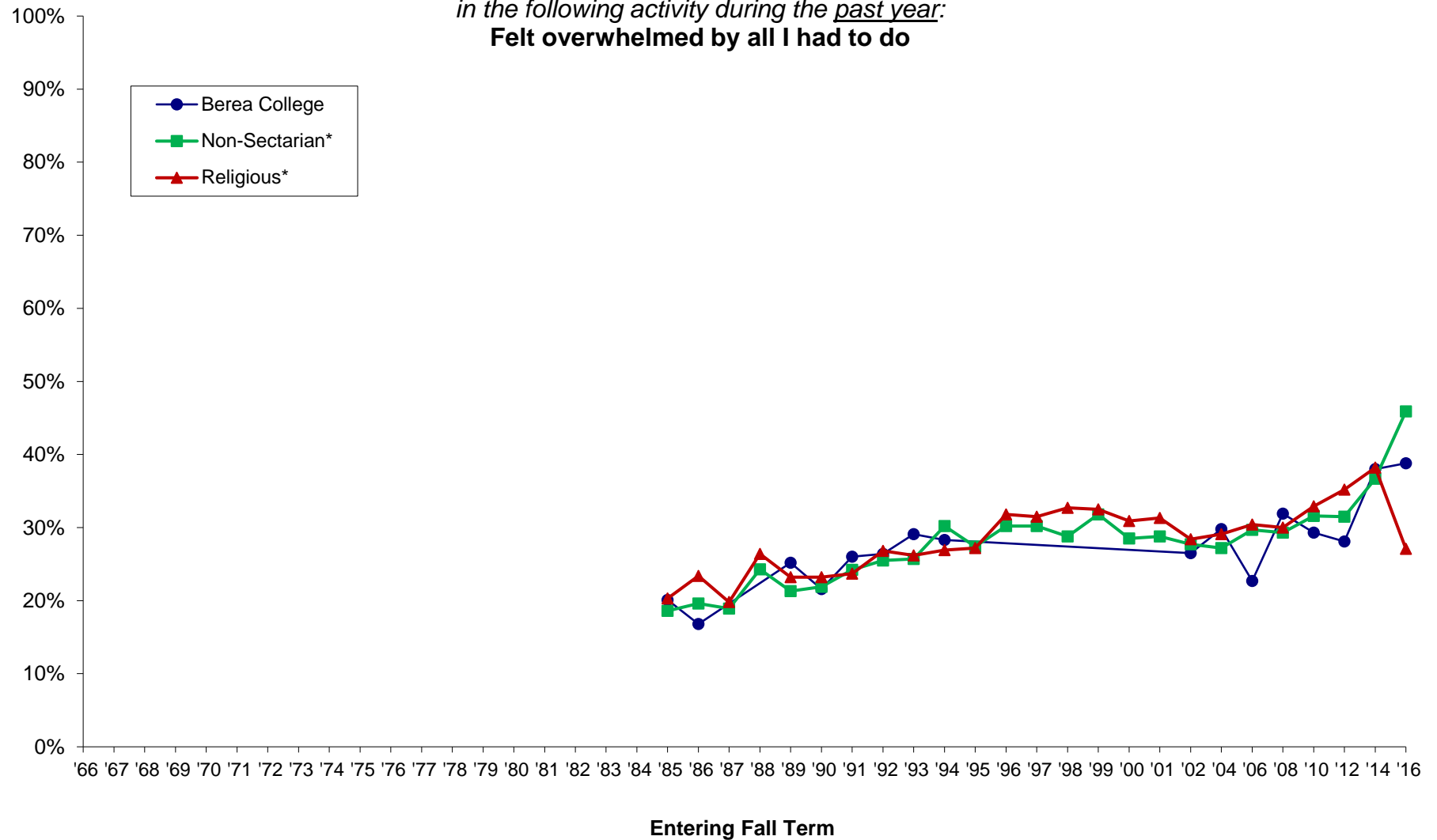
Percent of students who indicated “frequently”

Felt overwhelmed by all I had to do

(during the past year)



*Percent of students who indicated that they "frequently" engaged
in the following activity during the past year:*
Felt overwhelmed by all I had to do

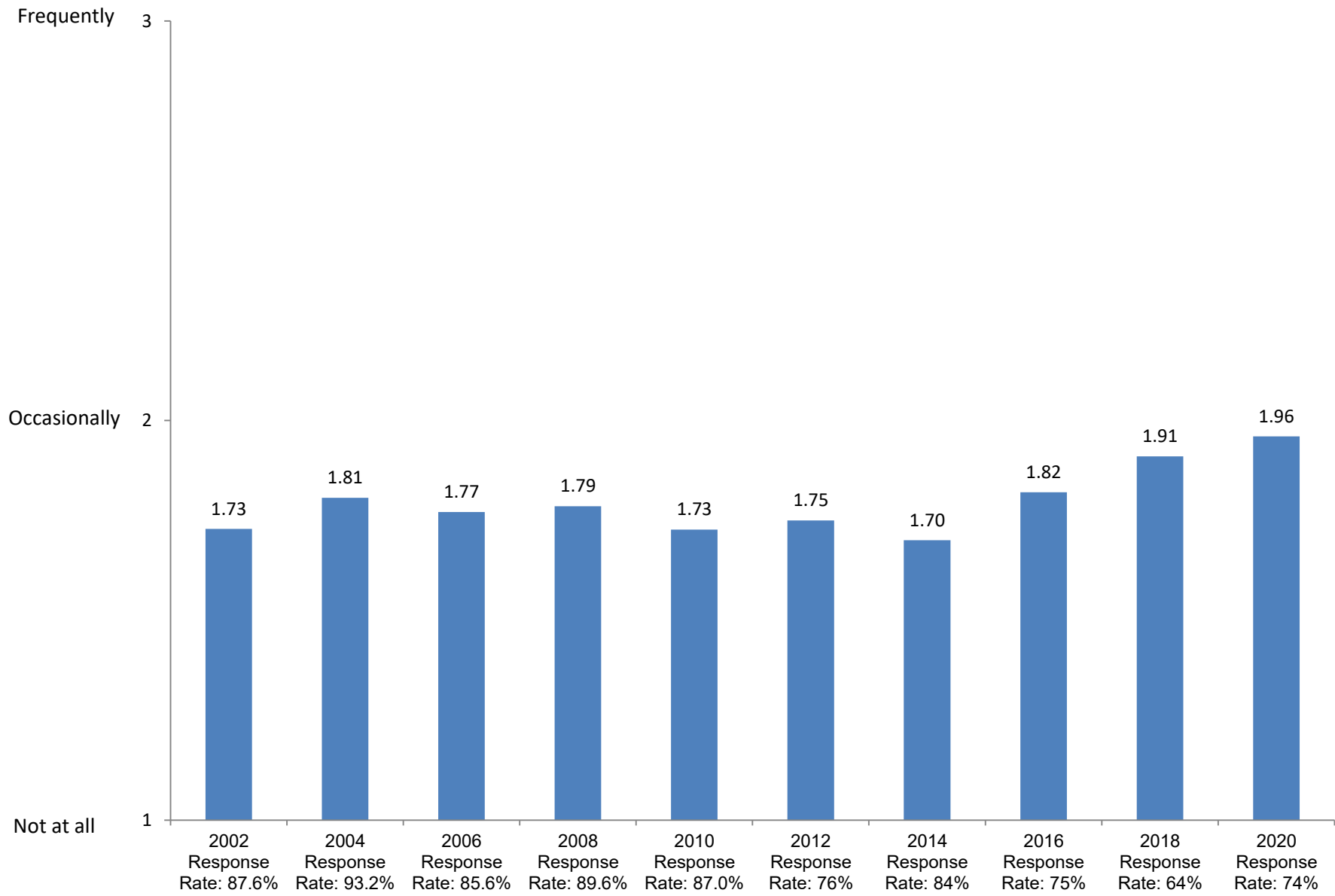


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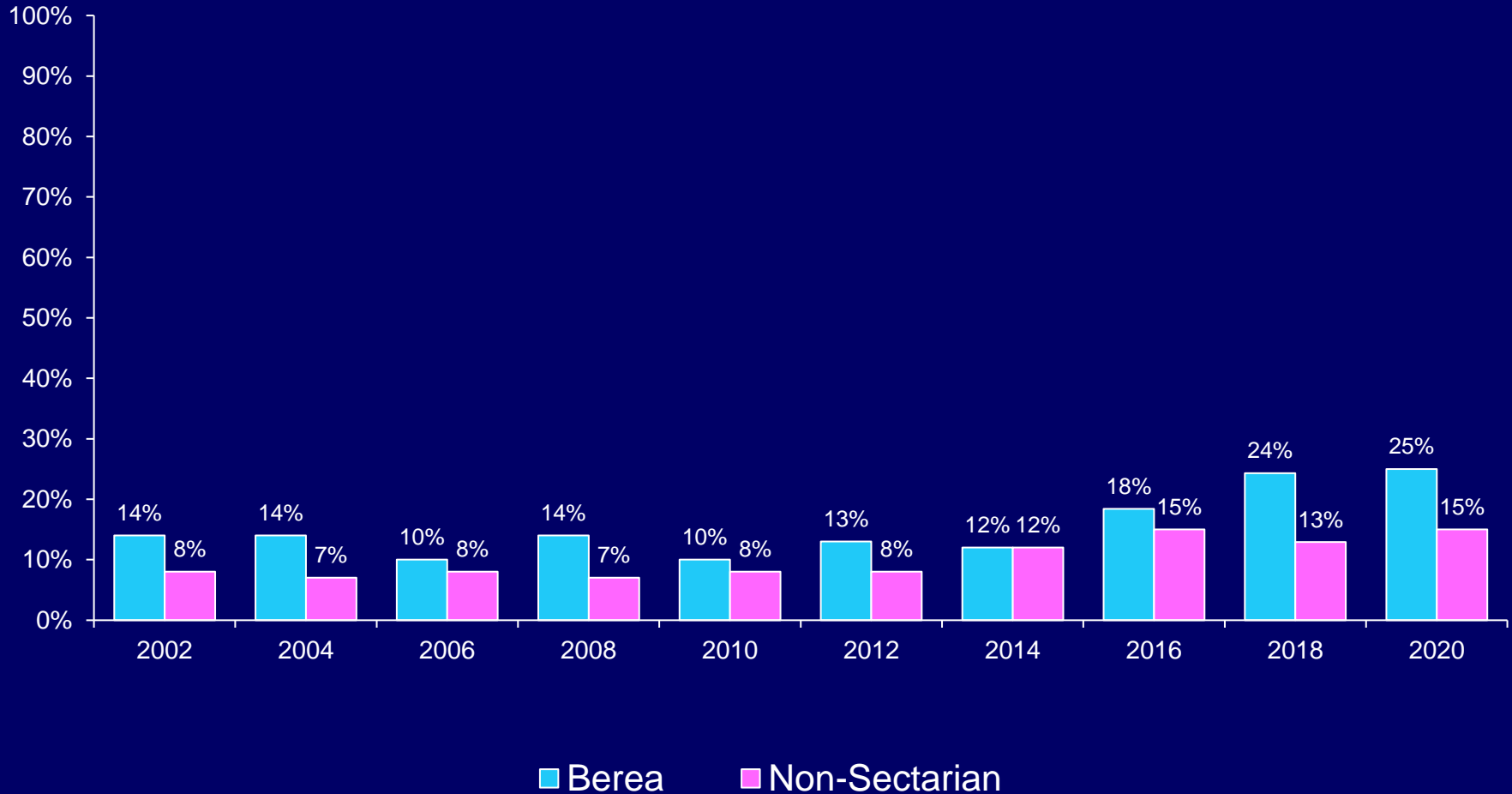
In the past year, how often have you:

Felt depressed



Based on first-year and new transfer student data from the Cooperative Institutional Research Program (CIRP), administered in even Fall Terms during orientation week.

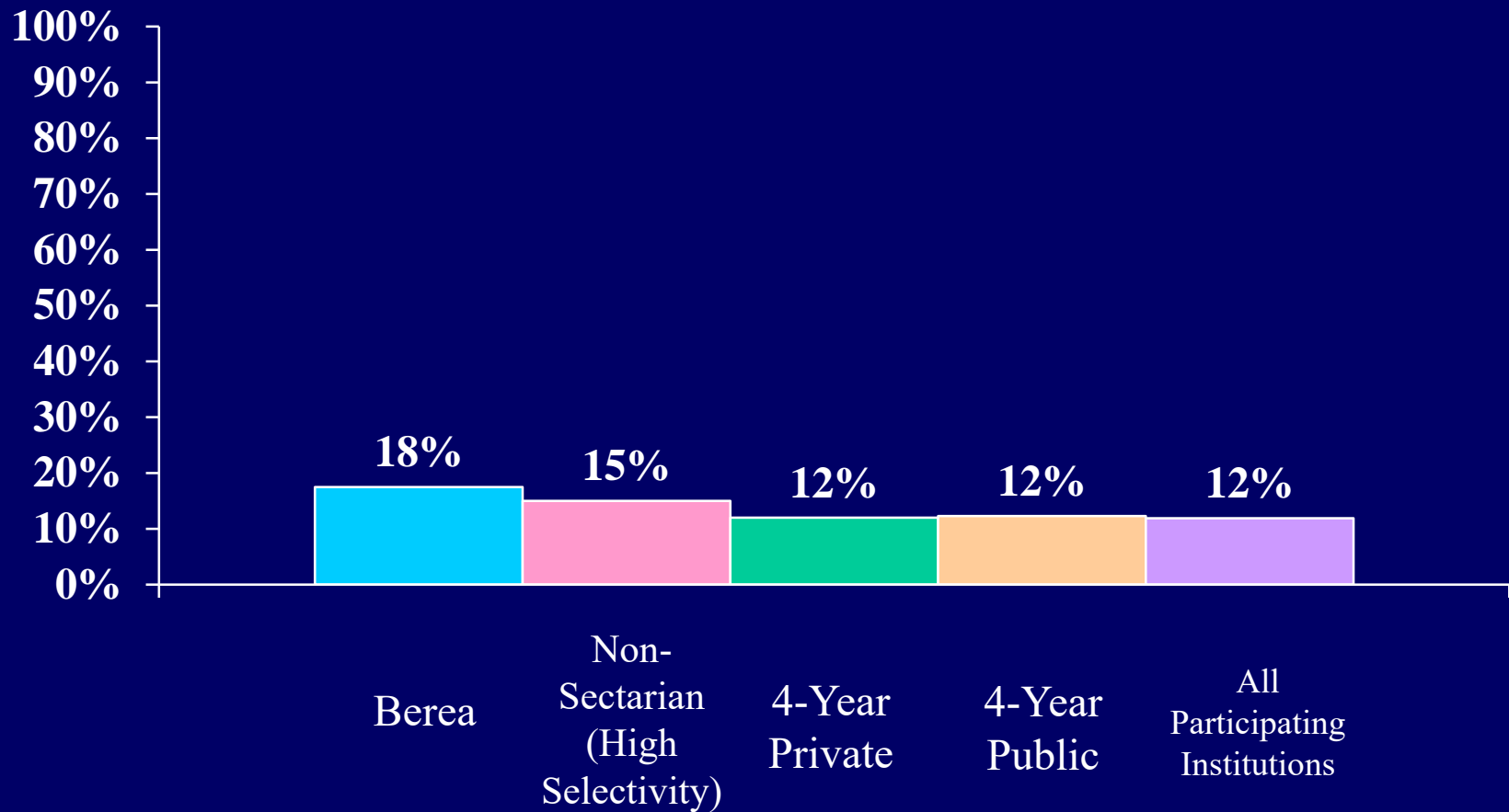
Percent of students who indicated “frequently”
Felt depressed
(during the past year)



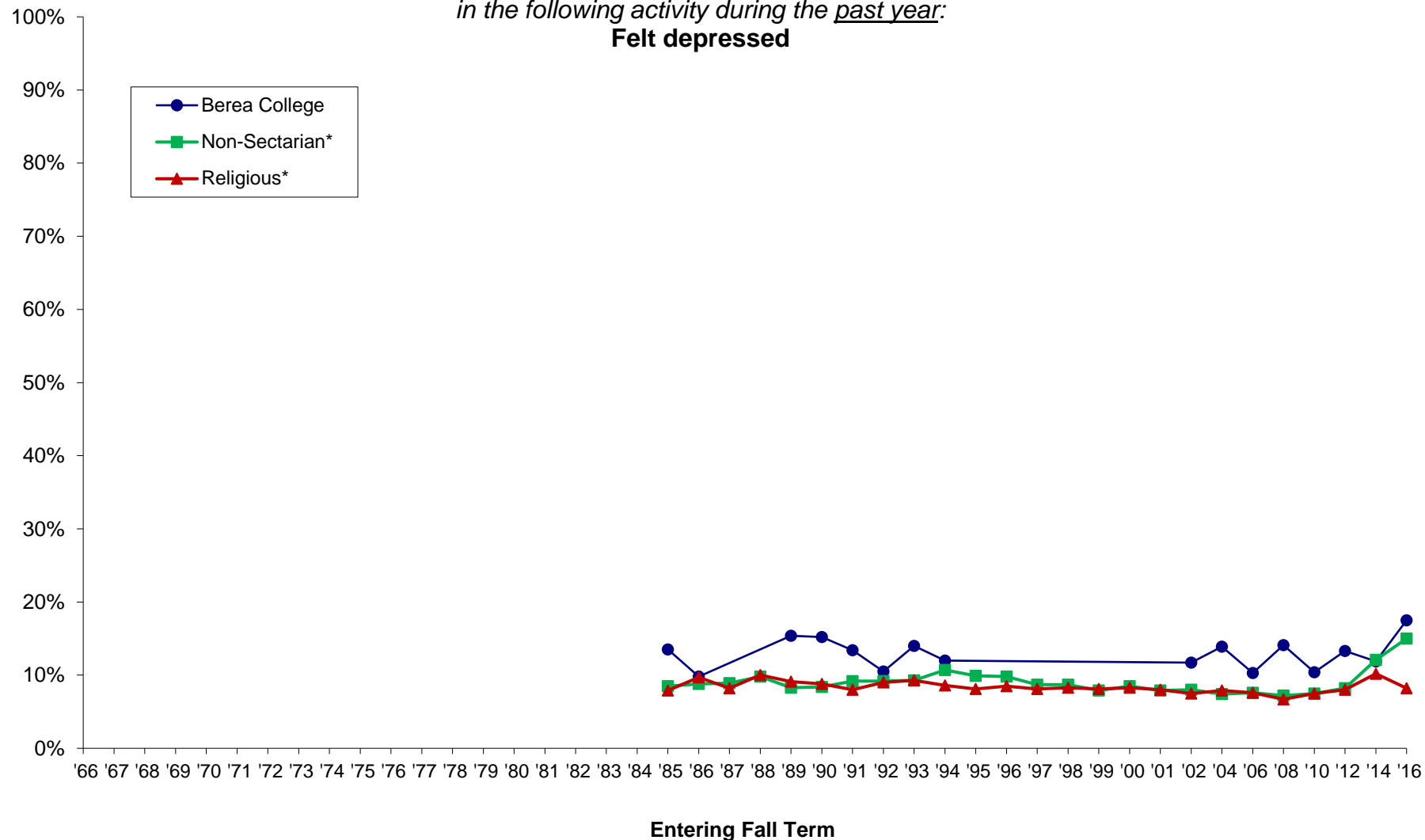
Percent of students who indicated “frequently”

Felt depressed

(during the past year)



*Percent of students who indicated that they "frequently" engaged
in the following activity during the past year:*
Felt depressed

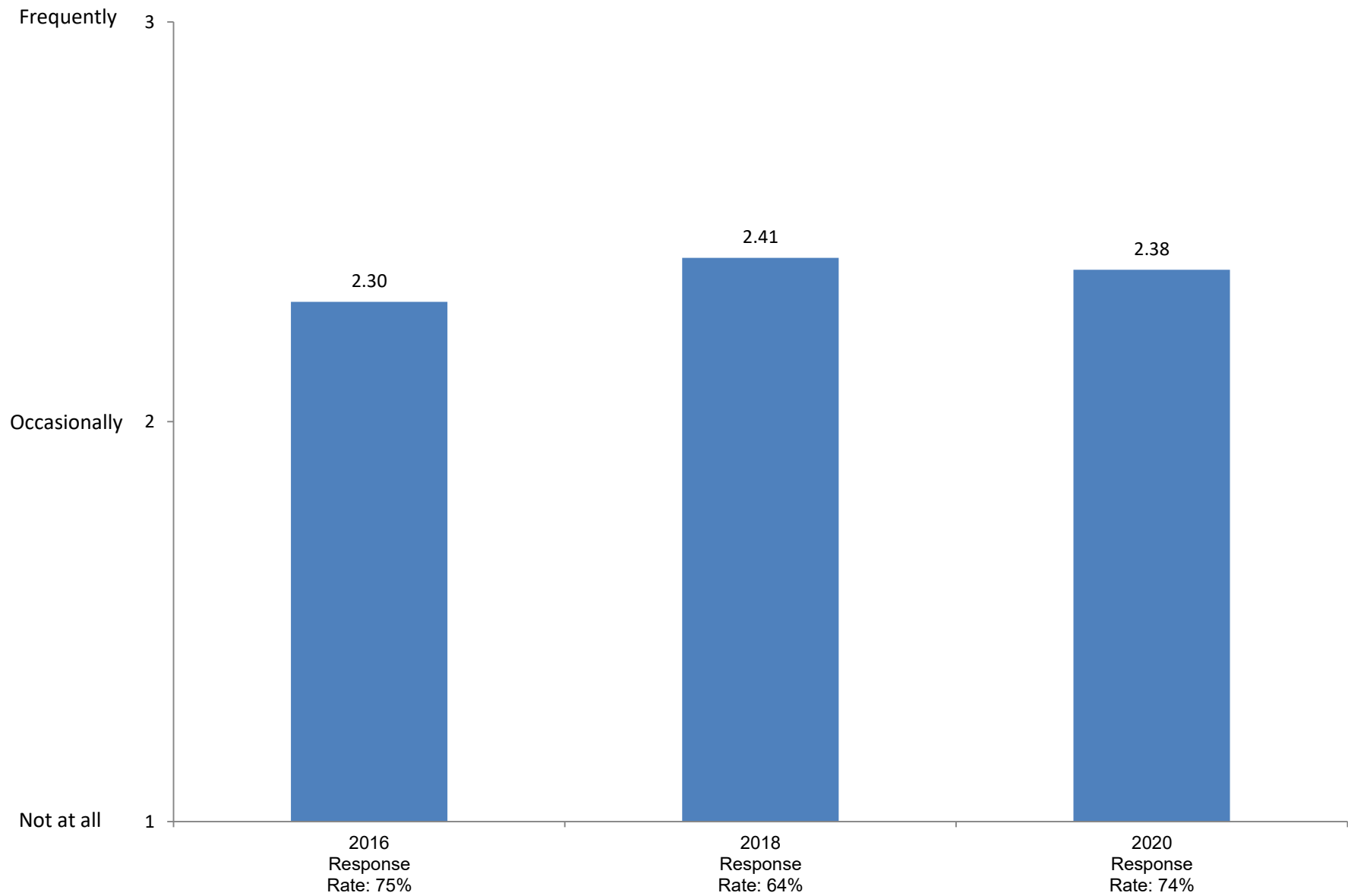


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In the past year, how often have you:

Felt anxious



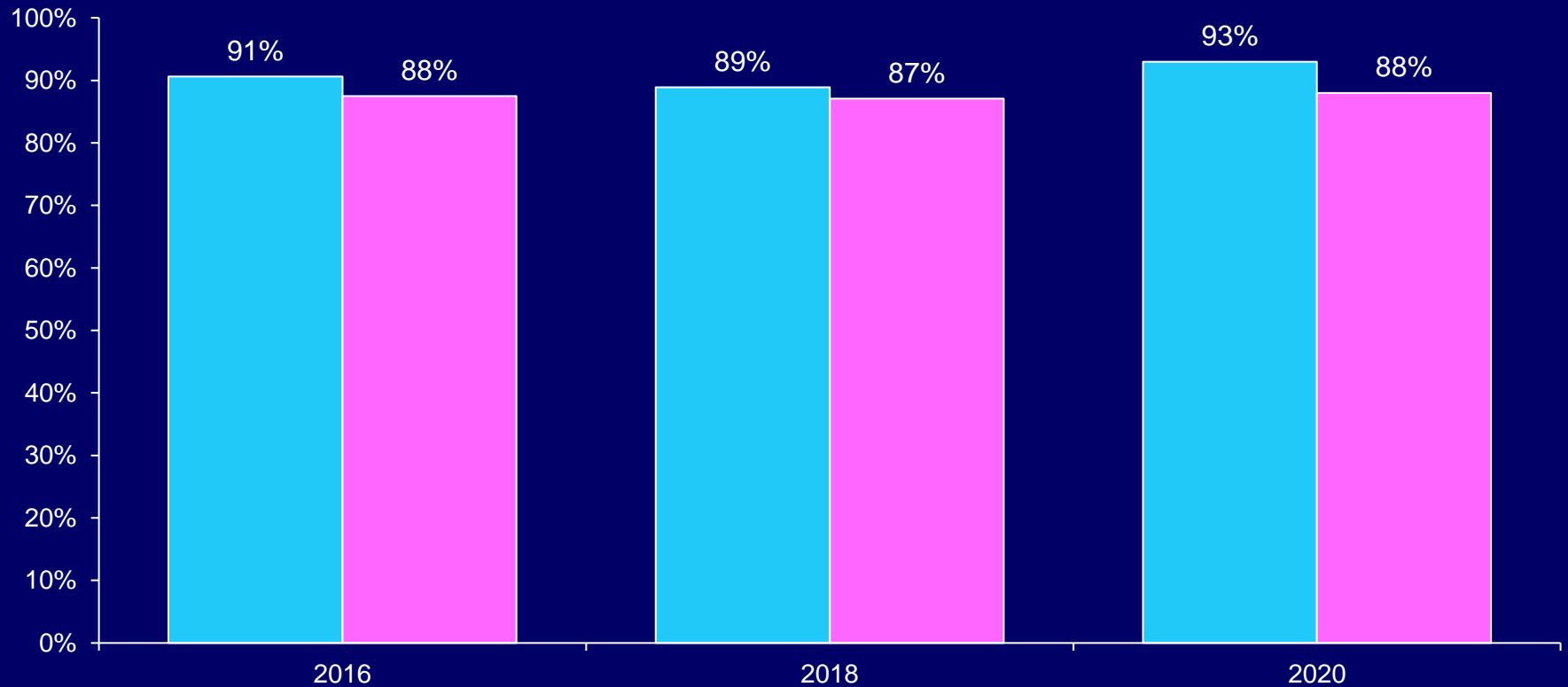
Item added in 2016.

Based on first-year and new transfer student data from the Cooperative Institutional Research Program (CIRP), administered in even Fall Terms during orientation week.

Percent of students who indicated “frequently” or “occasionally”

Felt Anxious

(during the past year)



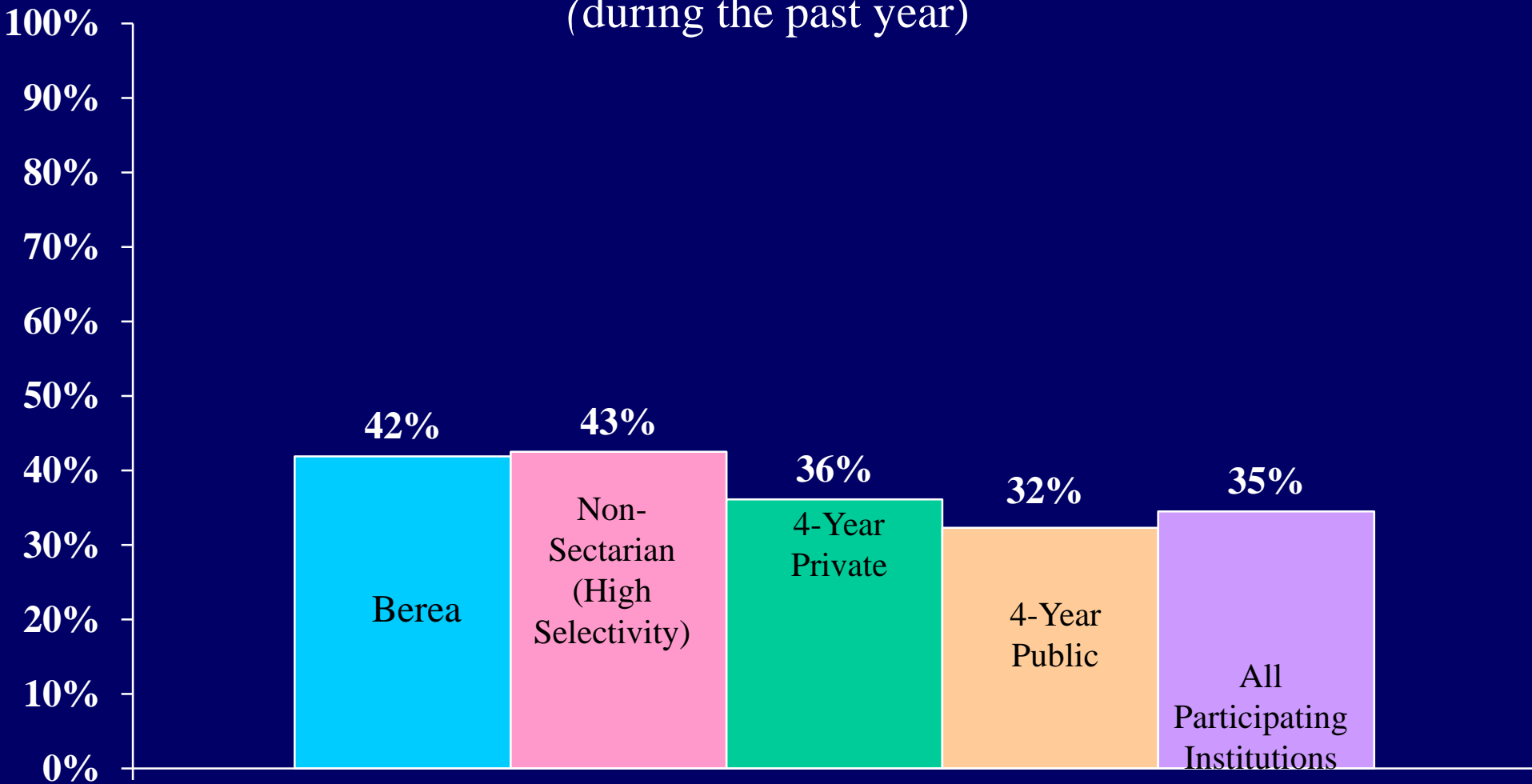
■ Berea ■ Non-Sectarian

Item added in 2016

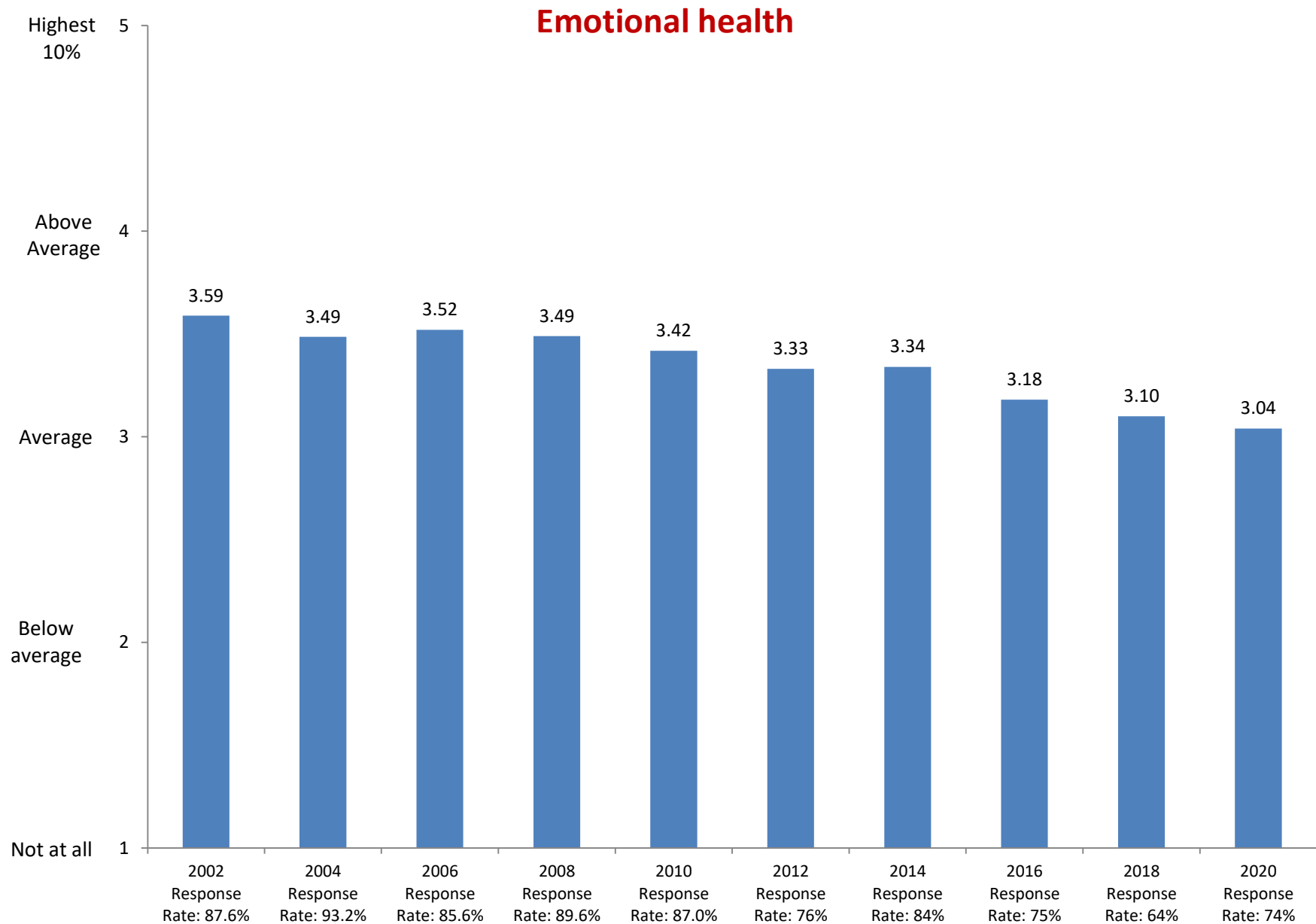
Percent of students who indicated “frequently”

Felt anxious

(during the past year)



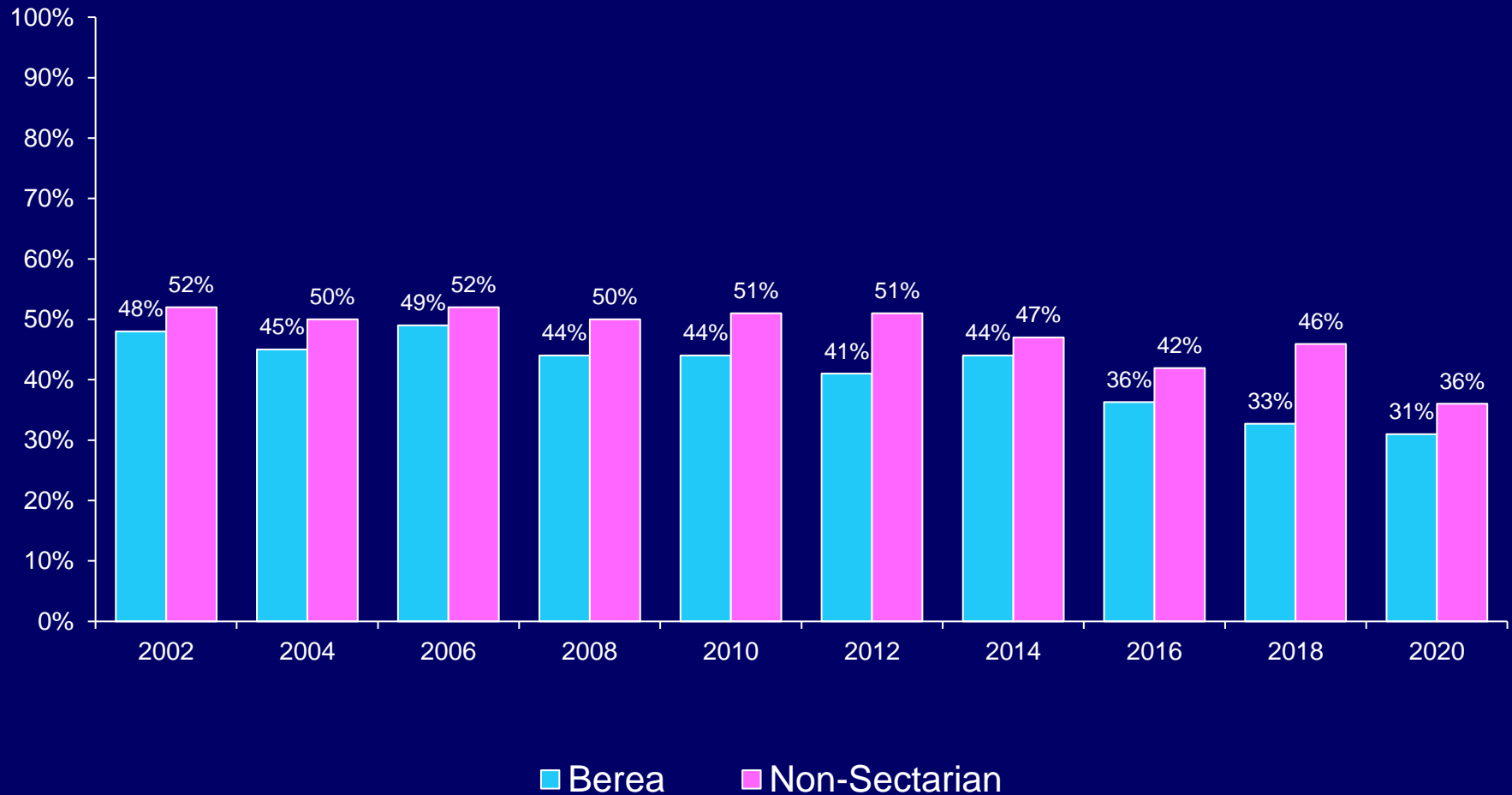
Rate yourself on each of the following traits as a compared with the average person your age.



Based on first-year and new transfer student data from the Cooperative Institutional Research Program (CIRP), administered in even Fall Terms during orientation week.

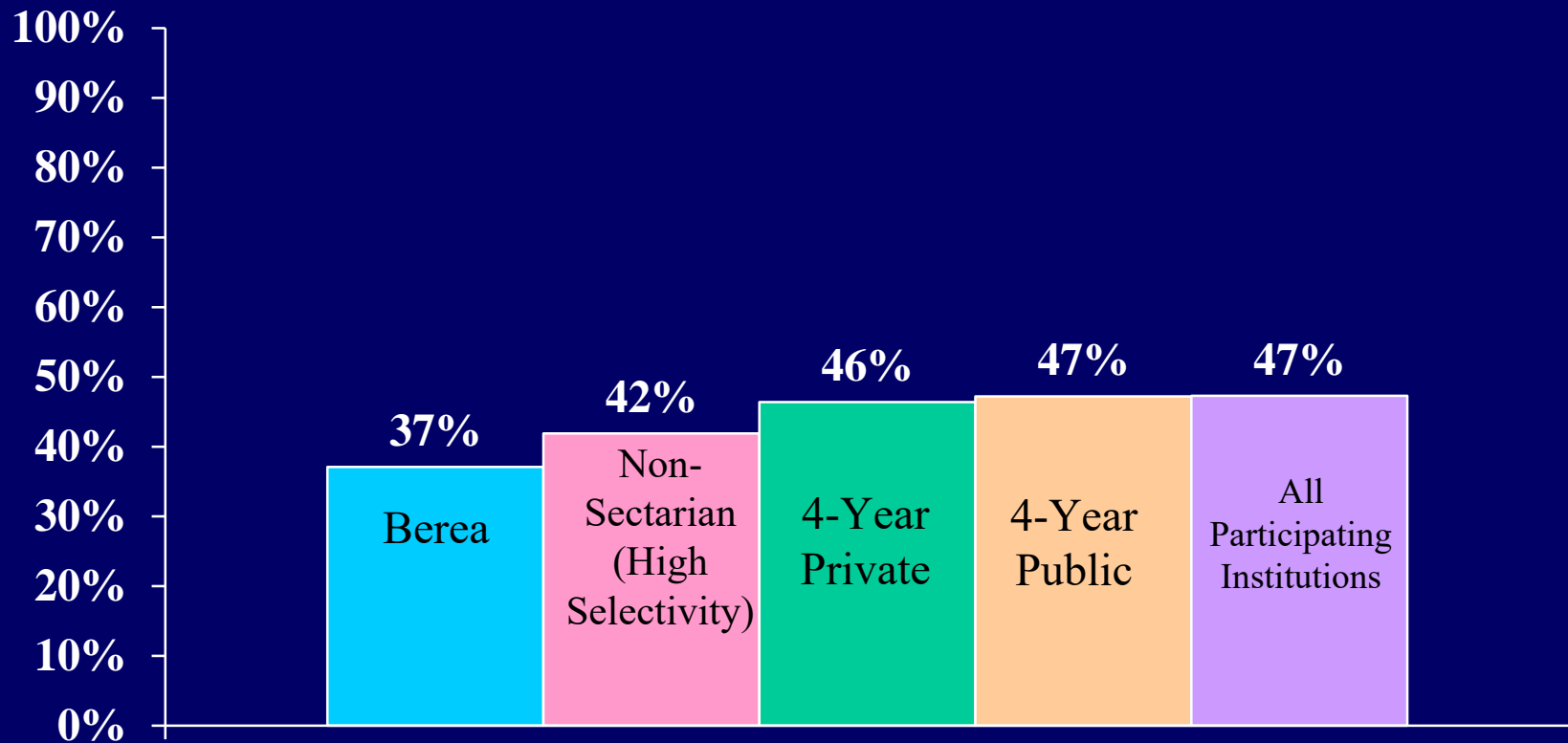
Percent of students who rated themselves in “highest 10%” or “above average” as compared with the average person their age in:

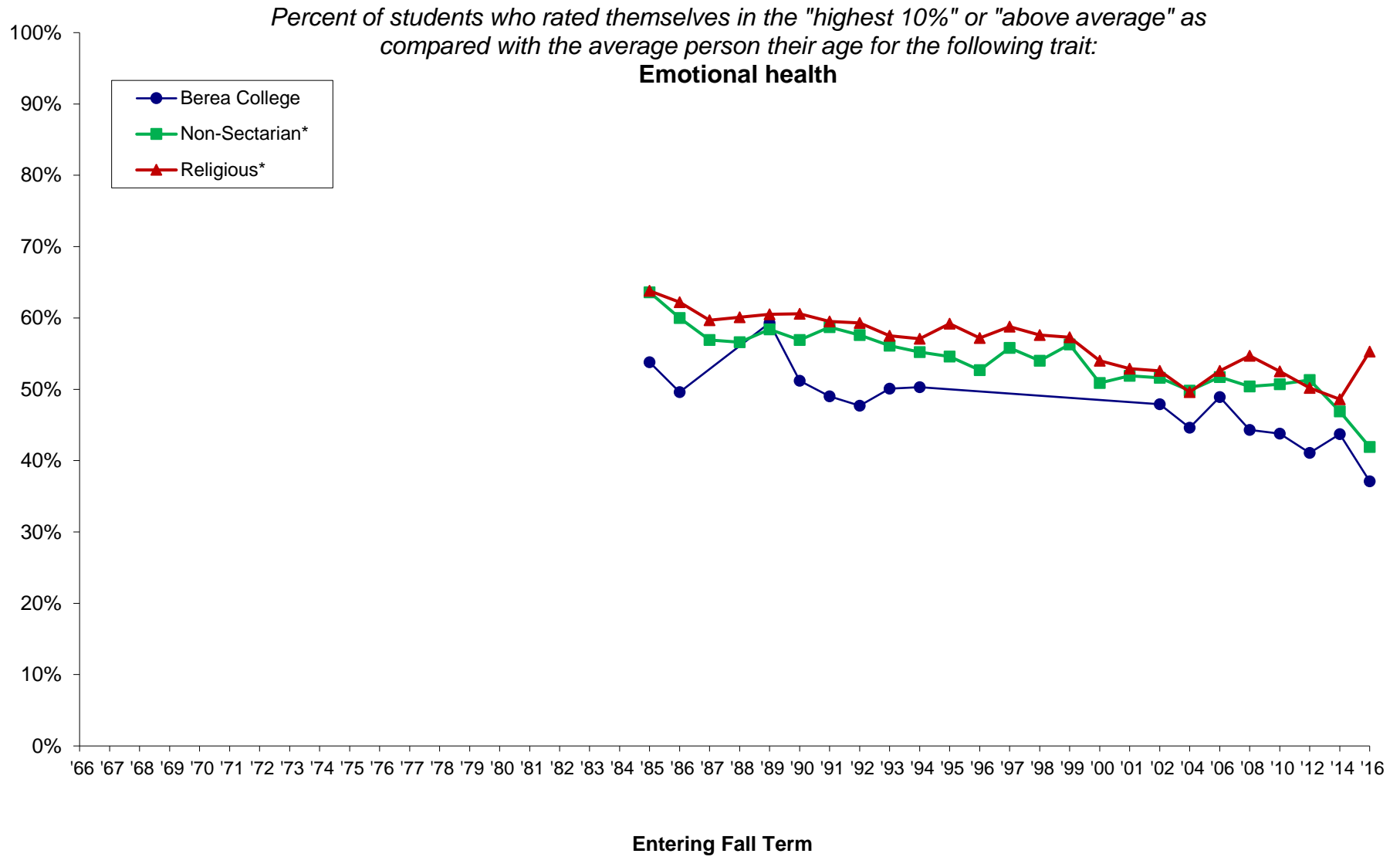
Emotional health



Percentage of students who rated themselves in the “highest 10%” or “above average” as compared with the average person his/her age in:

Emotional Health

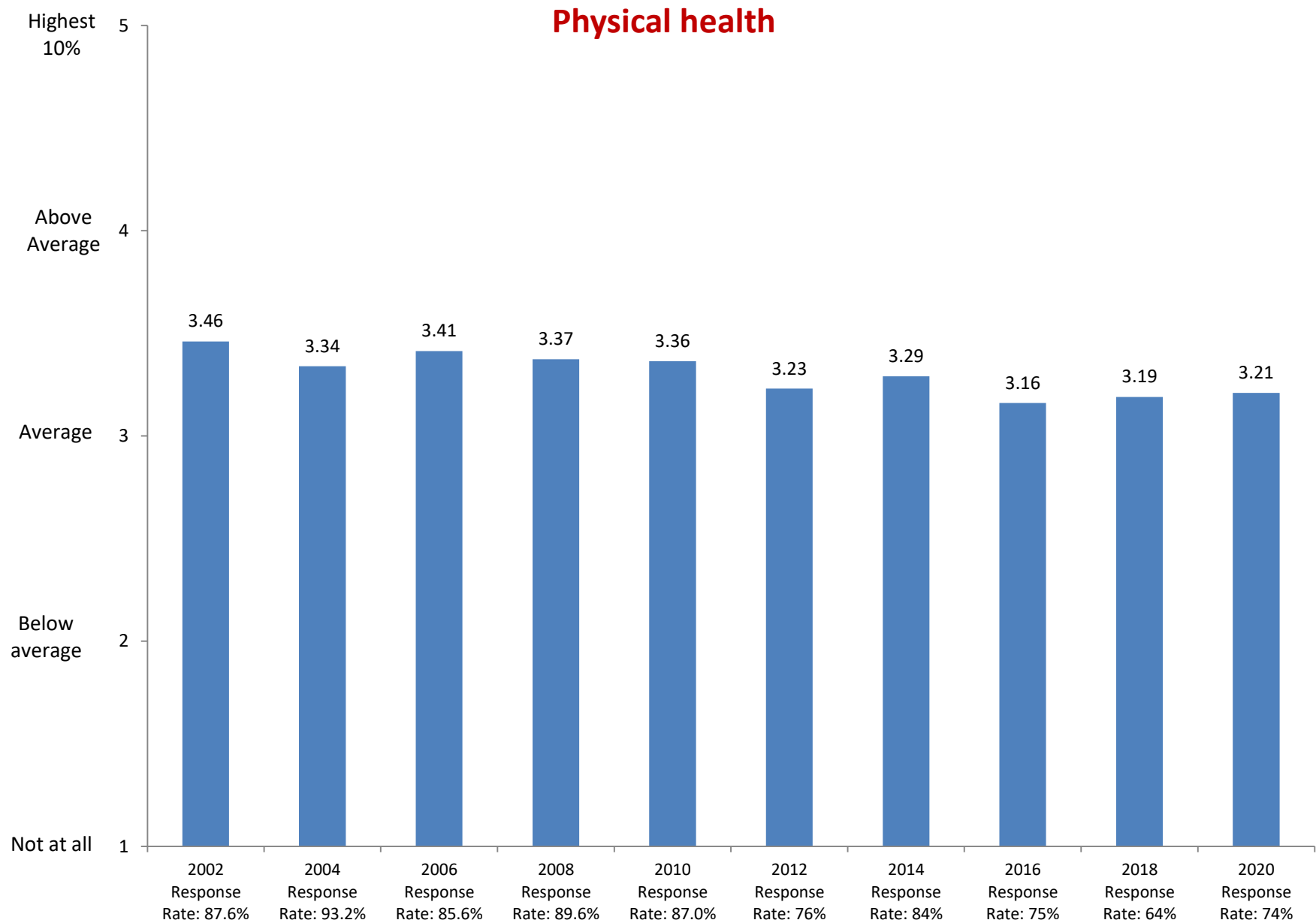




*Comparison groups used are based selectivity (which is grouped by median SAT Verbal + Math scores and/or ACT composite scores of the entering class as reported to IPEDS). Berea was in the medium selectivity until 2008 when it moved to the high selectivity category.

NOTE: Missing data occurs because Berea did not participate from 1995 through 2001; beginning in 2002, Berea participates every other Fall Term. Also, some survey items have been added or deleted over the years.

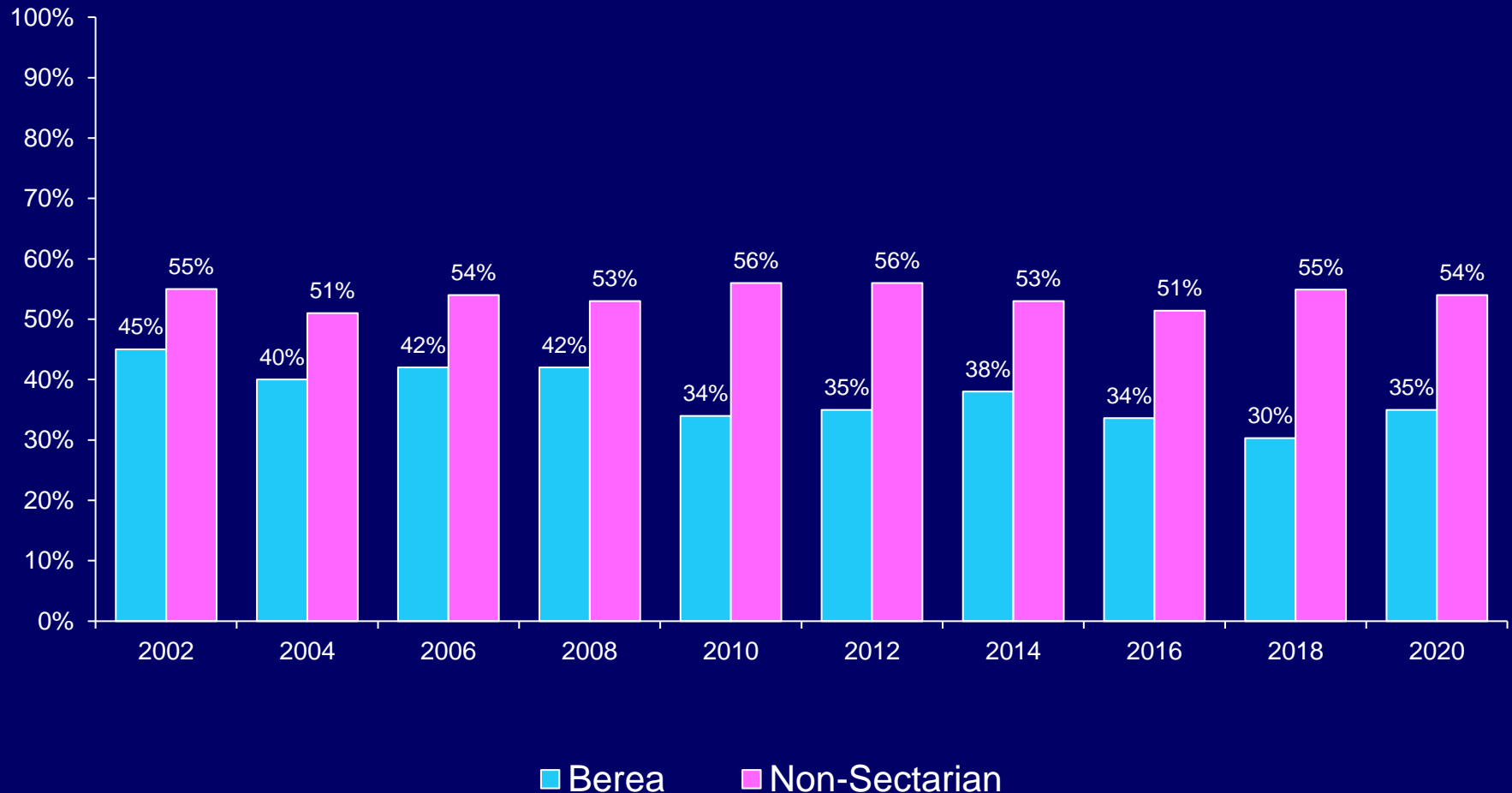
Rate yourself on each of the following traits as a compared with the average person your age.



Based on first-year and new transfer student data from the Cooperative Institutional Research Program (CIRP), administered in even Fall Terms during orientation week.

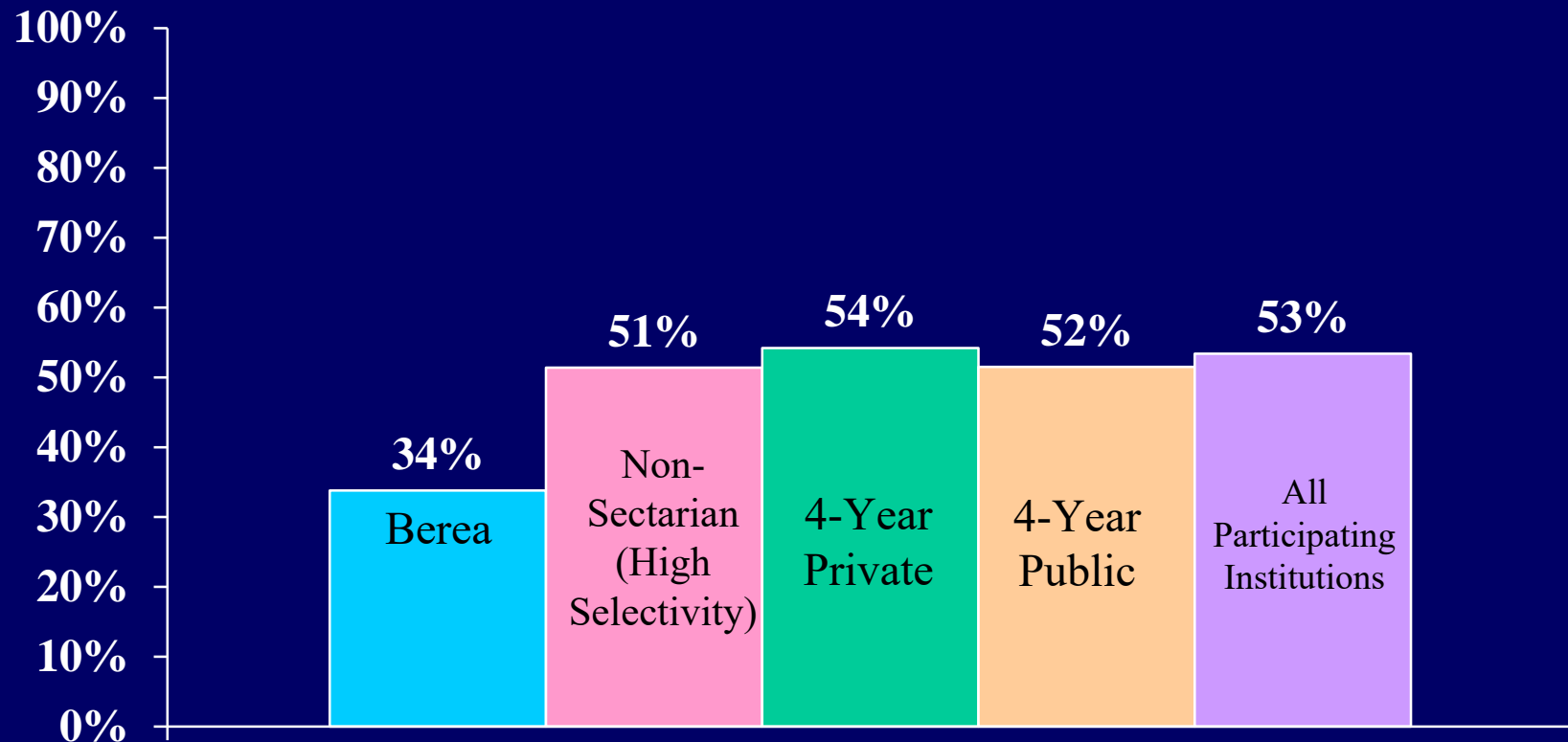
Percent of students who rated themselves in “highest 10%” or “above average” as compared with the average person their age in:

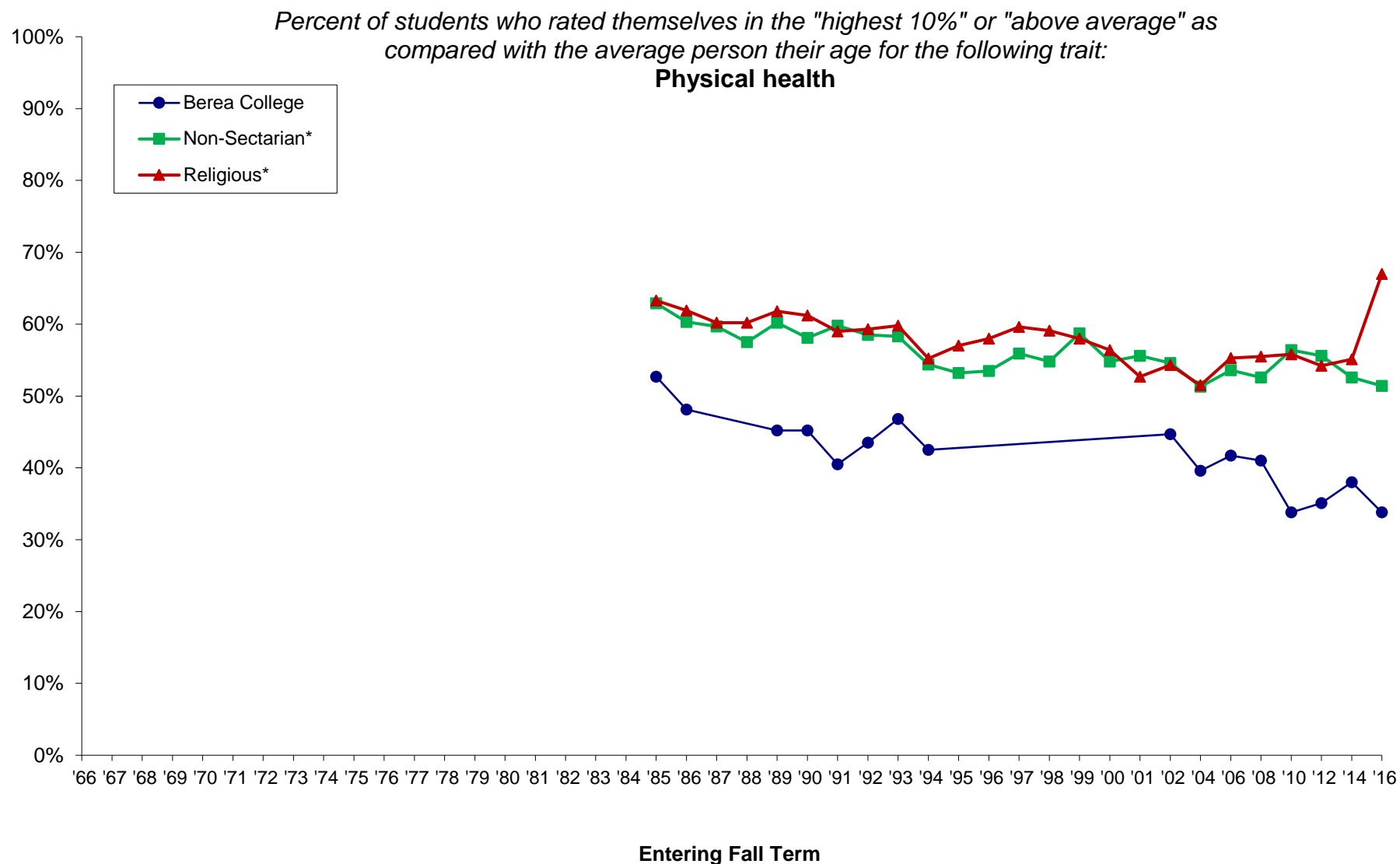
Physical health



Percentage of students who rated themselves in the “highest 10%” or “above average” as compared with the average person his/her age in:

Physical Health

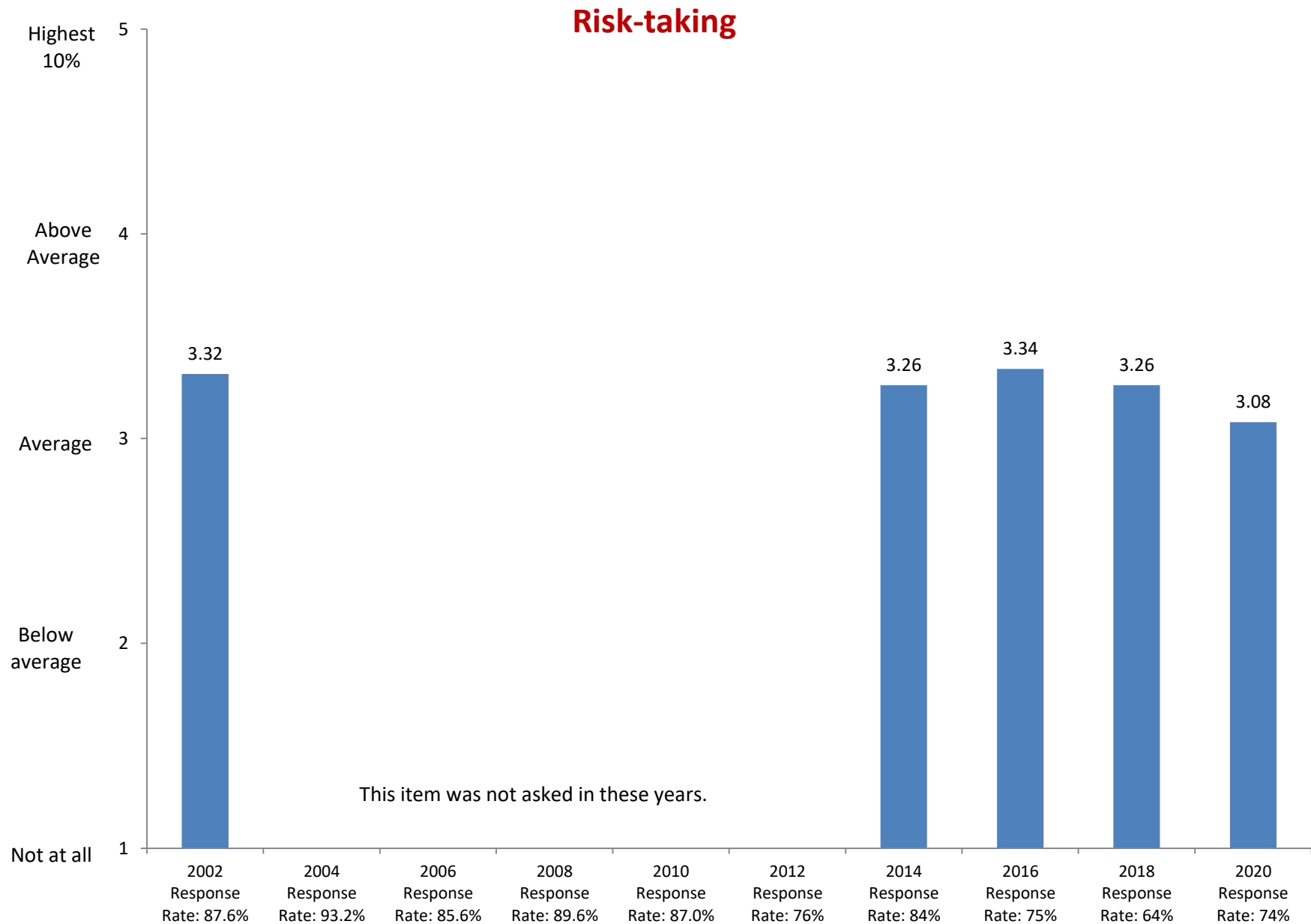




*Comparison groups used are based selectivity (which is grouped by median SAT Verbal + Math scores and/or ACT composite scores of the entering class as reported to IPEDS). Berea was in the medium selectivity until 2008 when it moved to the high selectivity category.

NOTE: Missing data occurs because Berea did not participate from 1995 through 2001; beginning in 2002, Berea participates every other Fall Term. Also, some survey items have been added or deleted over the years.

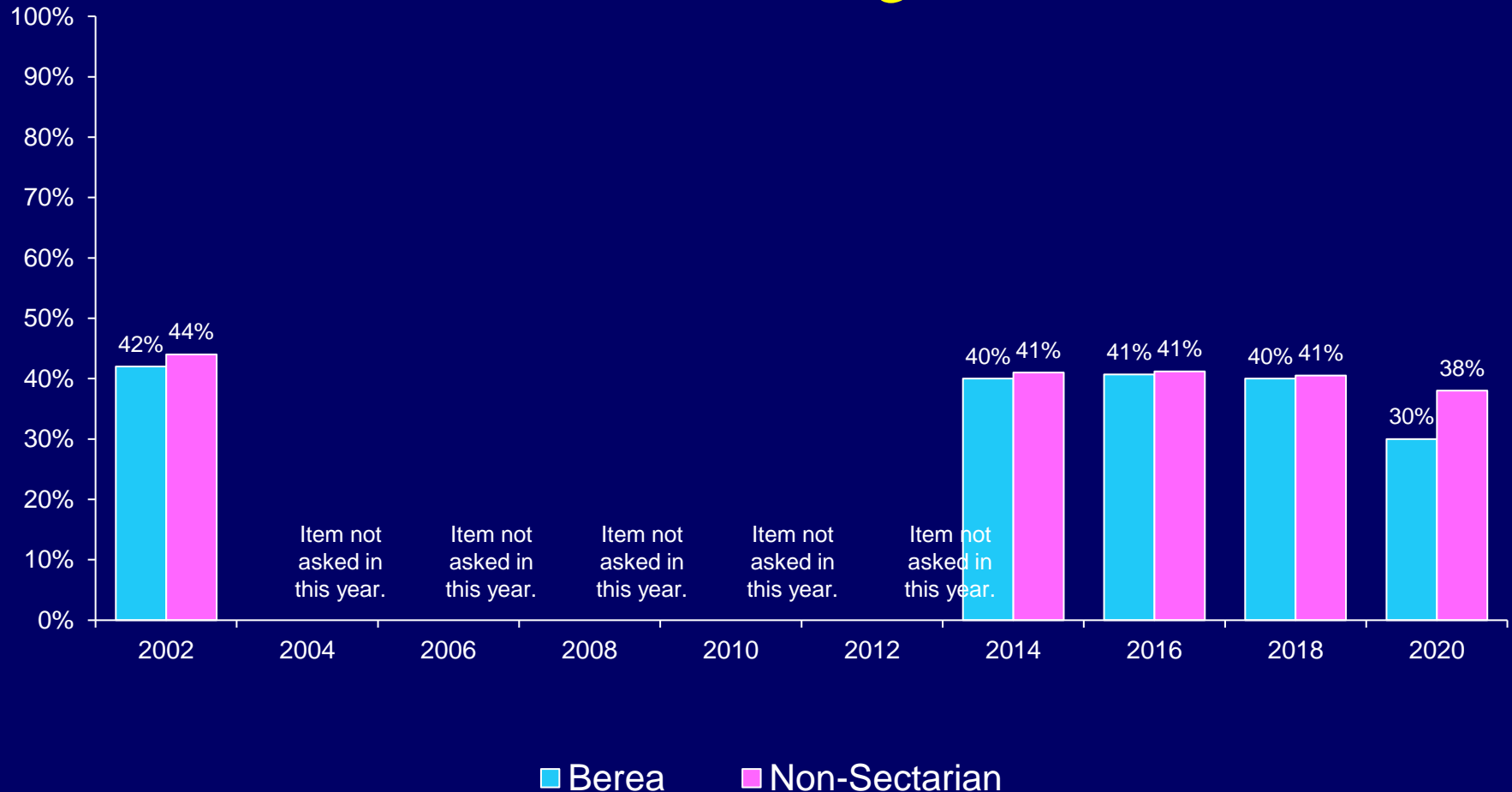
Rate yourself on each of the following traits as a compared with the average person your age.



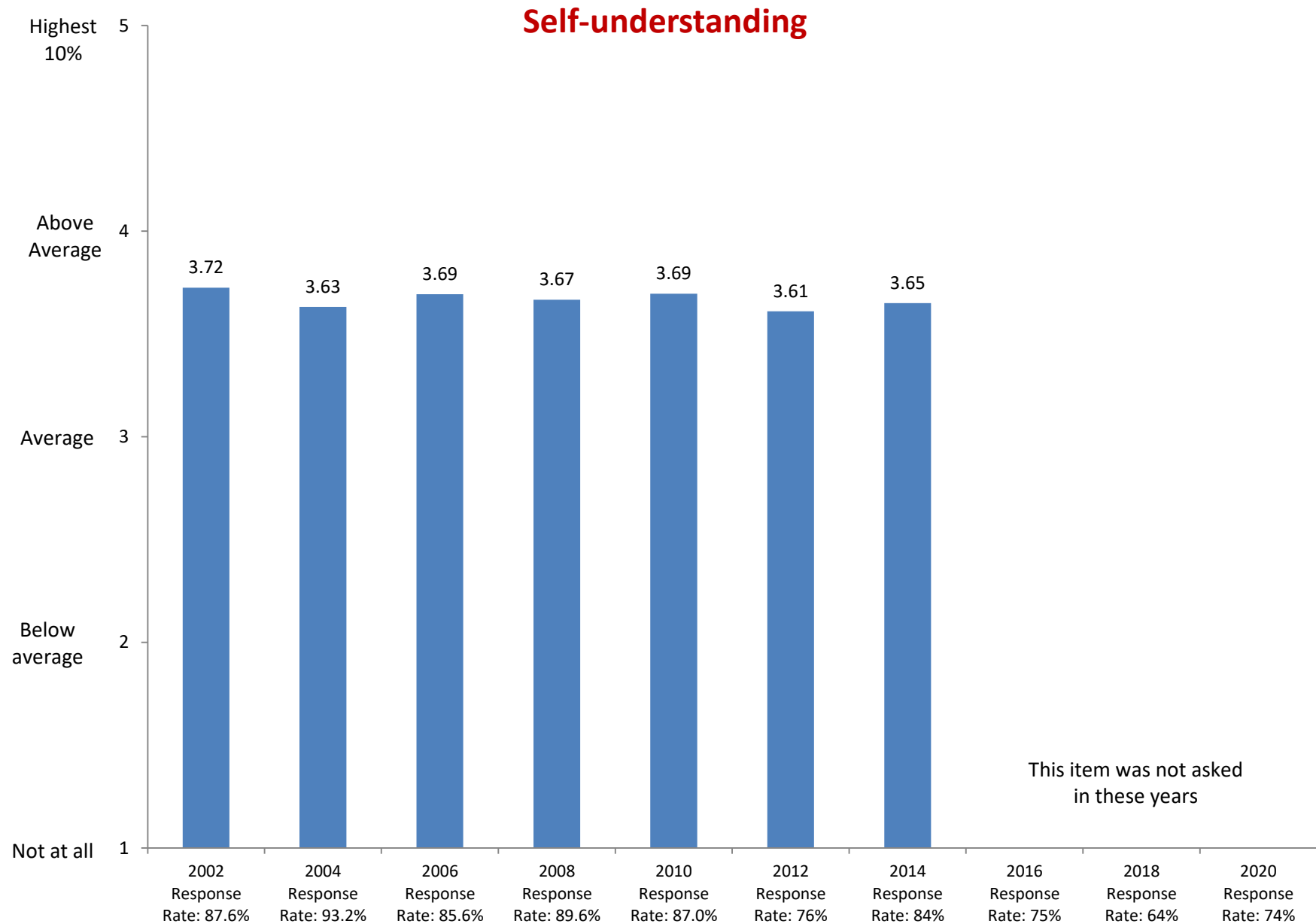
Based on first-year and new transfer student data from the Cooperative Institutional Research Program (CIRP), administered in even Fall Terms during orientation week.

Percent of students who rated themselves in “highest 10%” or “above average” as compared with the average person their age in:

Risk-taking



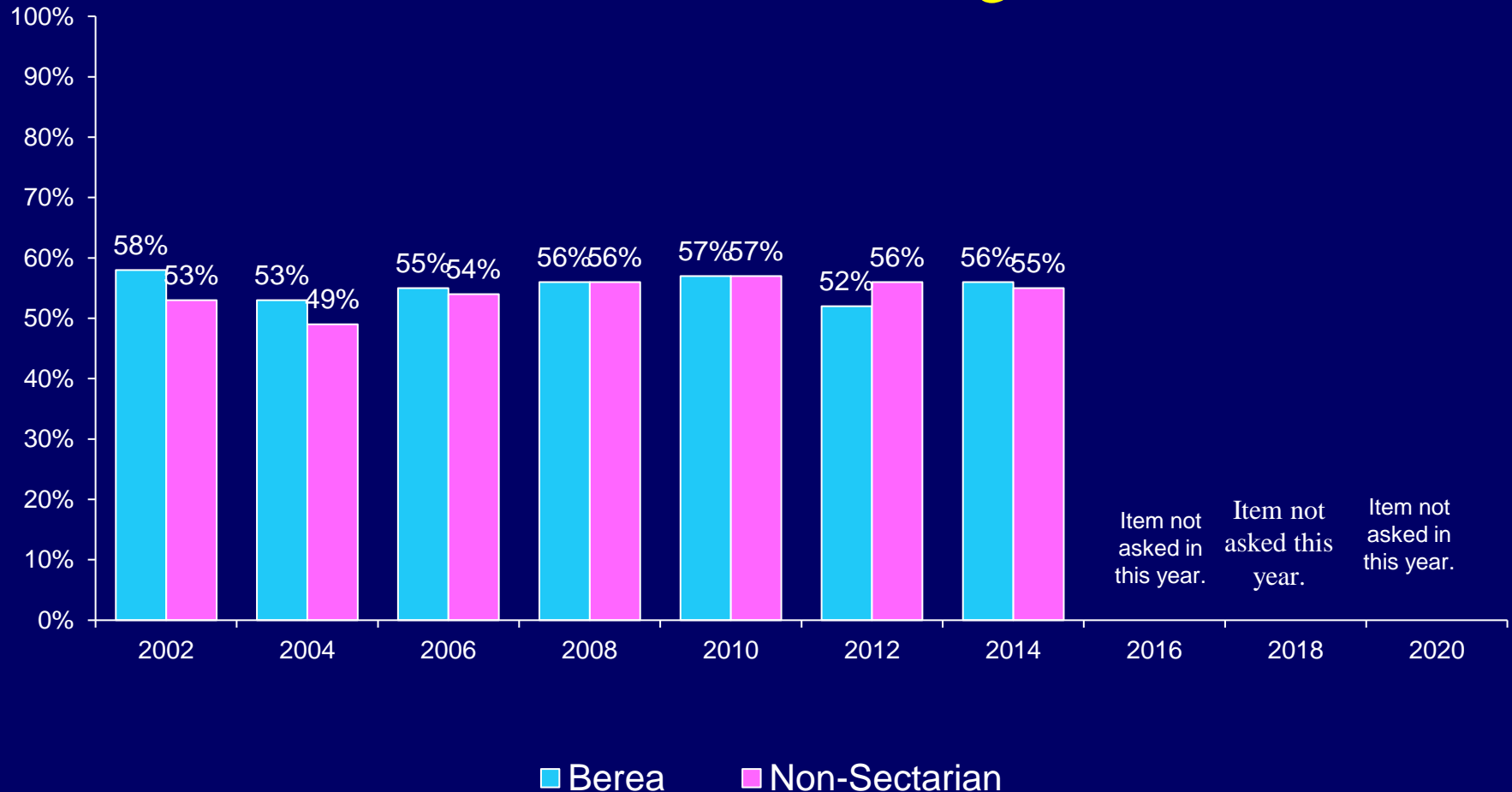
Rate yourself on each of the following traits as a compared with the average person your age.



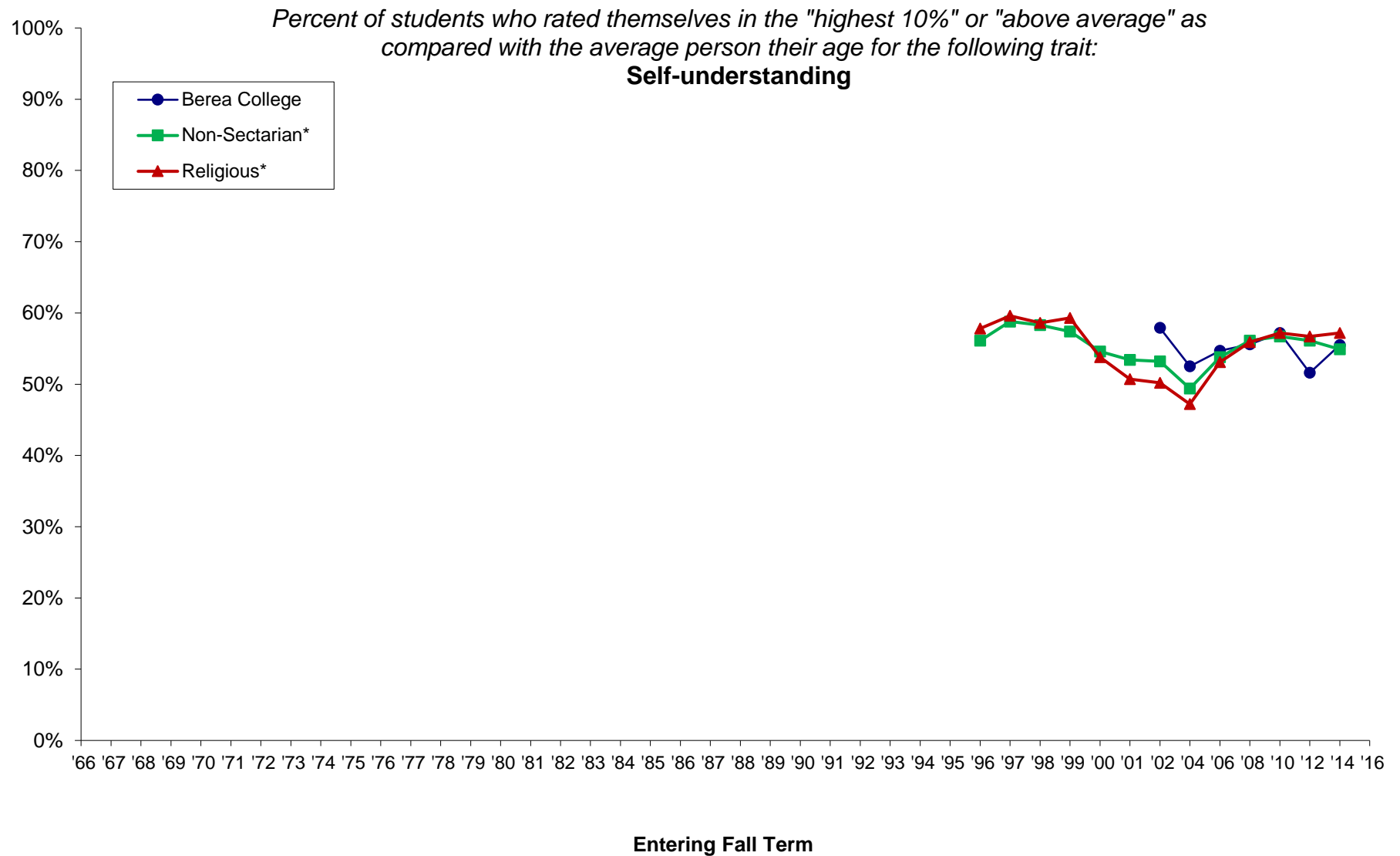
Based on first-year and new transfer student data from the Cooperative Institutional Research Program (CIRP), administered in even Fall Terms during orientation week.

Percent of students who rated themselves in “highest 10%” or “above average” as compared with the average person their age in:

Self-understanding



Cooperative Institutional Research Program (CIRP), First-Year Student Trends from 1966 through 2016

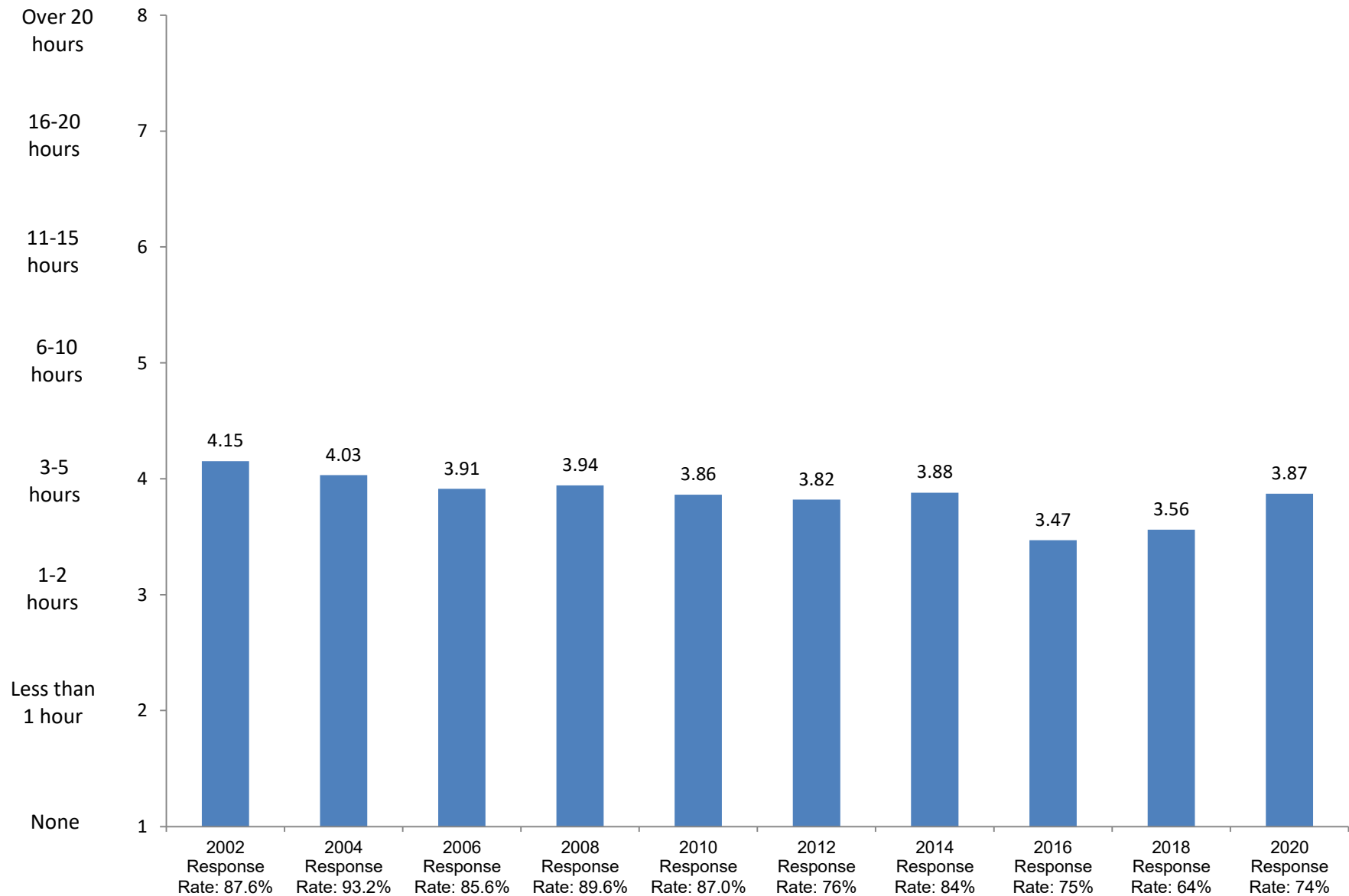


*Comparison groups used are based selectivity (which is grouped by median SAT Verbal + Math scores and/or ACT composite scores of the entering class as reported to IPEDS). Berea was in the medium selectivity until 2008 when it moved to the high selectivity category.

NOTE: Missing data occurs because Berea did not participate from 1995 through 2001; beginning in 2002, Berea participates every other Fall Term. Also, some survey items have been added or deleted over the years.

During your last year in high school, how much time did you spend during a typical week doing the following activities?

Exercising/sports



Based on first-year and new transfer student data from the Cooperative Institutional Research Program (CIRP), administered in even Fall Terms during orientation week.

During your last year in high school, how much time did you spend during a typical week doing the following activities?

Exercising/sports

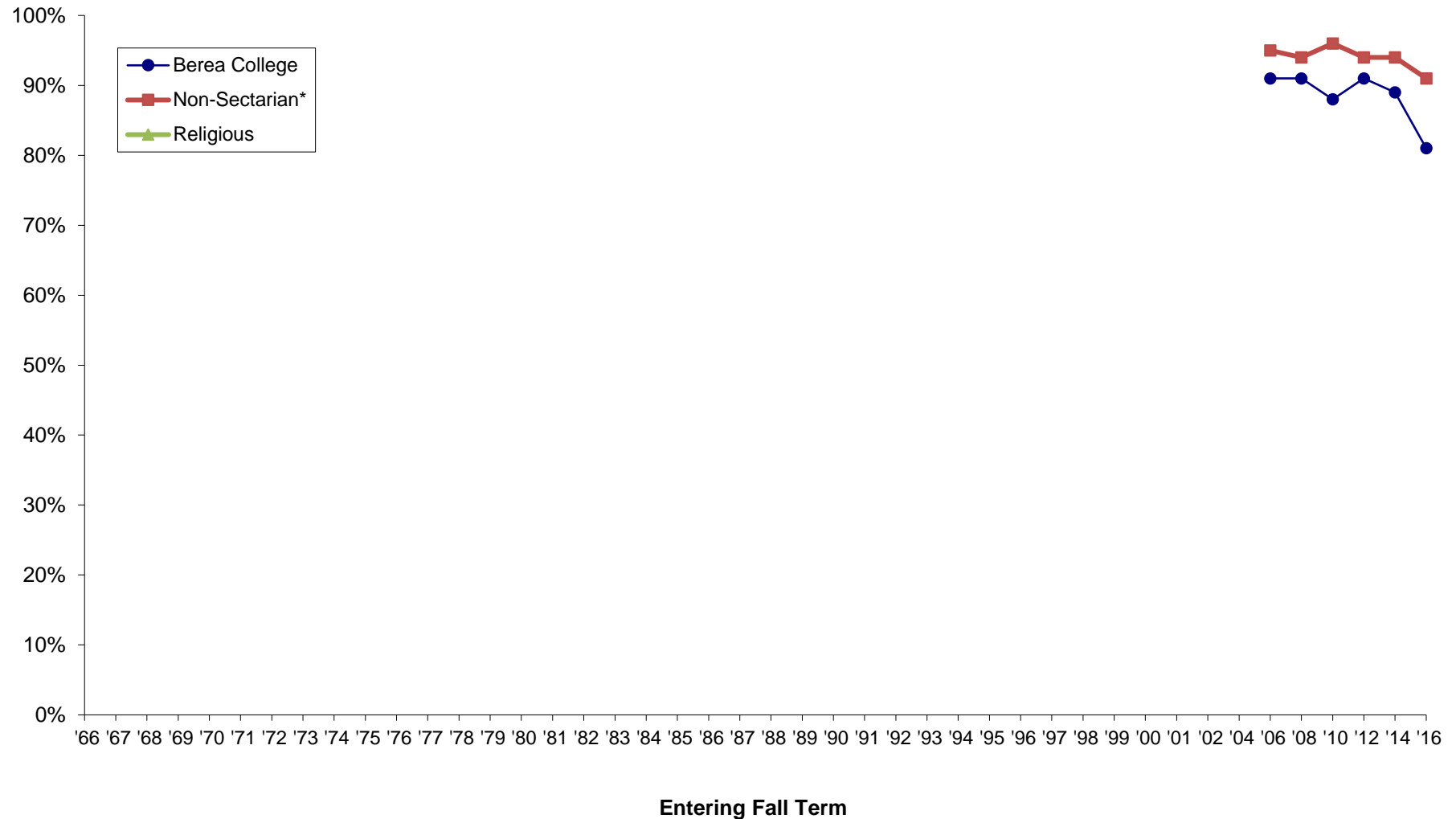
	2004		2006		2008		2010		2012		2014		2016		2018		2020	
	Berea	Non-Sectarian	Berea	Non-Sectarian	Berea	Non-Sectarian	Berea	Non-Sectarian	Berea	Non-Sectarian	Berea	Non-Sectarian	Berea	Non-Sectarian	Berea	Non-Sectarian	Berea	Non-Sectarian
None	n/a	n/a	9%	5%	9%	6%	12%	4%	9%	6%	11%	6%	19%	9%	19%	6%	20%	7%
< 1 hour	n/a	n/a	17%	10%	16%	9%	14%	8%	16%	8%	18%	10%	14%	8%	19%	6%	9%	8%
1 -2 hours	n/a	n/a	19%	15%	18%	15%	19%	14%	23%	13%	19%	14%	22%	13%	17%	13%	16%	12%
0 – 2 hours	46%	28%	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
3 -5 hours	12%	18%	21%	19%	21%	20%	20%	17%	20%	16%	20%	17%	17%	16%	21%	18%	18%	17%
6 – 20 hours	34%	42%	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
6 – 10 hours	n/a	n/a	15%	19%	14%	17%	14%	17%	13%	19%	13%	18%	8%	18%	14%	20%	16%	20%
11 – 15 hours	n/a	n/a	11%	13%	9%	14%	7%	16%	12%	16%	9%	14%	10%	15%	5%	16%	7%	16%
16 – 20 hours	n/a	n/a	4%	9%	5%	9%	5%	11%	4%	11%	5%	9%	6%	9%	5%	10%	5%	11%
Over 20 hours	7%	13%	5%	11%	7%	12%	9%	13%	4%	13%	7%	12%	4%	12%	6%	12%	10%	10%

Percent of students who indicated that they spent the following number of hours per week on

Exercise or sports

	Berea	Non-sectarian (high selectivity)	4-Year Private	4-Year Public	All Participating Institutions
None	20.1%	9.2%	8.6%	11.1%	9.2%
Less than 1 hour	14.2%	8.3%	7.6%	9.5%	8.5%
1 to 2 hours	22.1%	13.3%	13.7%	15.7%	14.6%
3 to 5 hours	16.8%	16%	16.7%	17.5%	18.2%
6 to 10 hours	8.6%	17.6%	17.6%	16.9%	18.5%
11 to 15 hours	9.4%	14.9%	14.6%	12.5%	13.8%
16 to 20 hours	5.3%	9.2%	9.3%	7.2%	7.8%
Over 20 hours	3.5%	11.6%	11.9%	11.3%	9.4%

Percent of Students who indicated that they spent at least one hour per week on
Exercise or Sports

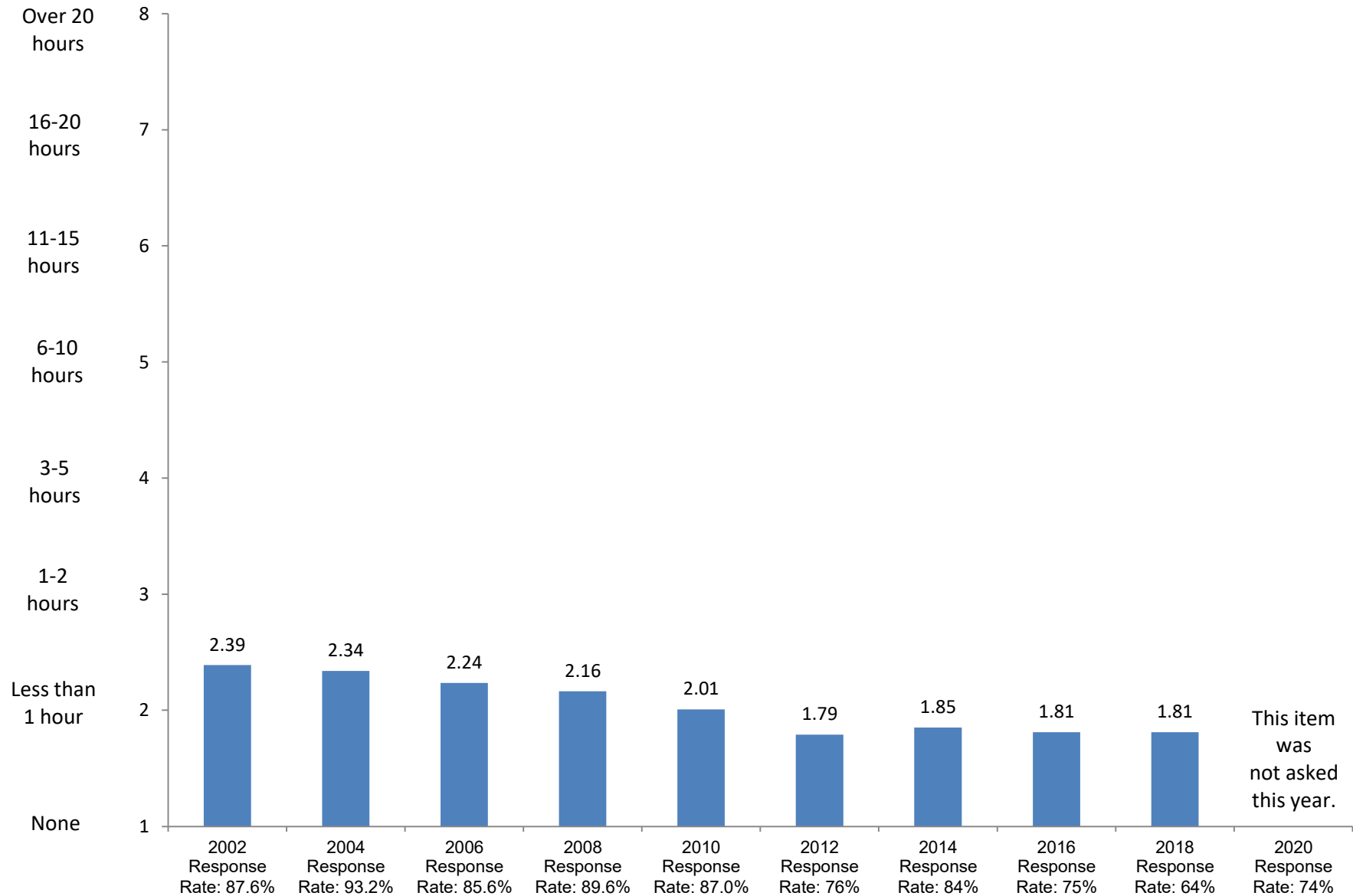


*Comparison groups used are based selectivity (which is grouped by median SAT Verbal + Math scores and/or ACT composite scores of the entering class as reported to IPEDS). Berea was in the medium selectivity until 2008 when it moved to the high selectivity category.

NOTE: Missing data occurs because Berea did not participate from 1995 through 2001; beginning in 2002, Berea participates every other Fall Term. Also, some survey items have been added or deleted over the years.

During your last year in high school, how much time did you spend during a typical week doing the following activities?

Partying



Based on first-year and new transfer student data from the Cooperative Institutional Research Program (CIRP), administered in even Fall Terms during orientation week.

During your last year in high school, how much time did you spend during a typical week doing the following activities?

Partying

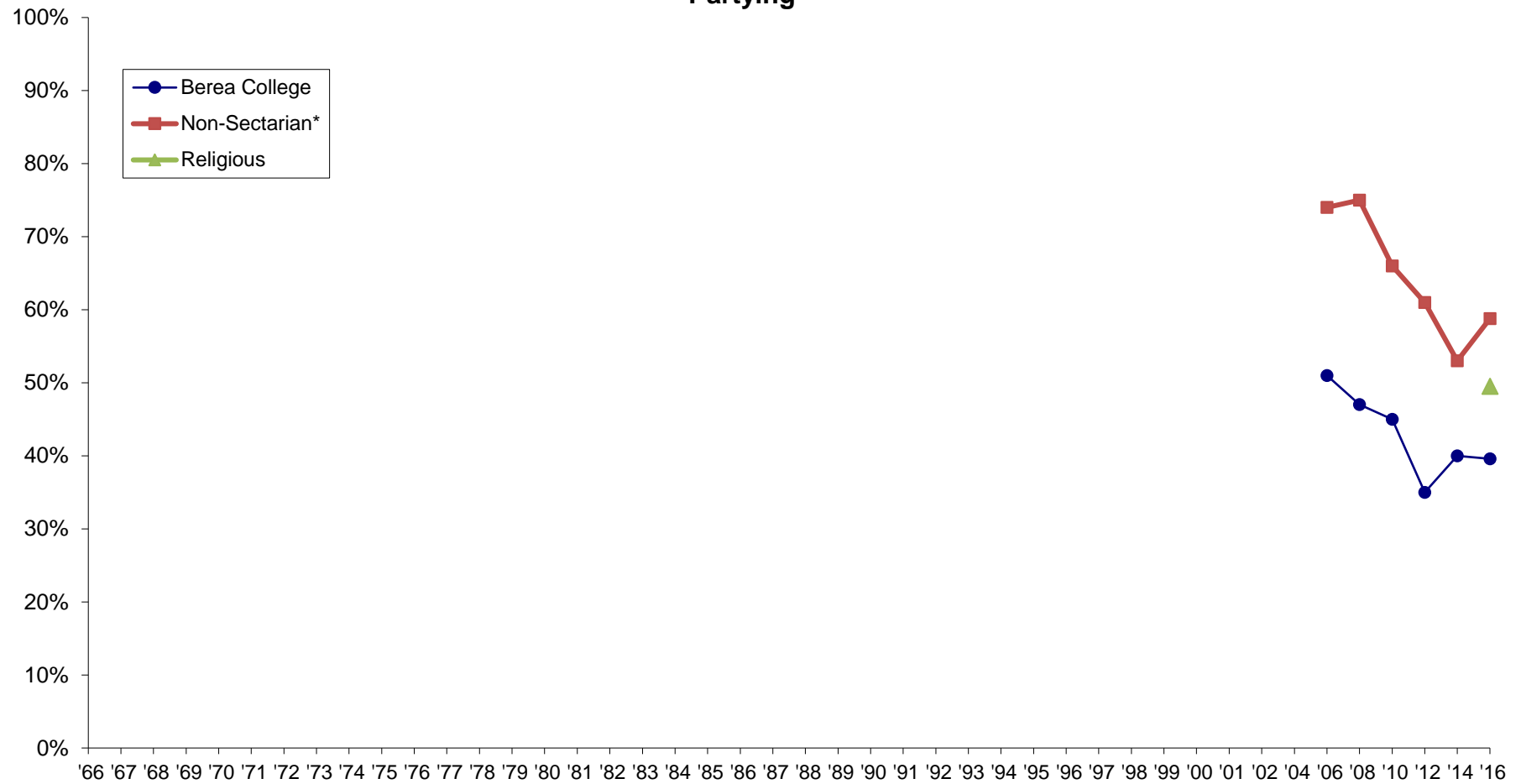
	2004		2006		2008		2010		2012		2014		2016		2018		2020	
	Berea	Non-Sectarian	Berea	Non-Sectarian	Berea	Non-Sectarian	Berea	Non-Sectarian	Berea	Non-Sectarian	Berea	Non-Sectarian	Berea	Non-Sectarian	Berea	Non-Sectarian	Berea	Non-Sectarian
None	n/a	n/a	49%	26%	53%	25%	55%	34%	65%	39%	60%	47%	59%	41%	60%	36%	Not asked.	
< 1 hour	n/a	n/a	13%	13%	19%	14%	16%	15%	13%	17%	15%	16%	17%	17%	17%	19%		
1 -2 hours	n/a	n/a	17%	16%	10%	17%	13%	17%	9%	16%	13%	16%	13%	17%	14%	20%		
0 – 2 hours	77%	50%	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a		
3 -5 hours	12%	12%	12%	20%	10%	21%	11%	17%	8%	15%	8%	13%	7%	14%	4%	16%		
6 – 20 hours	9%	26%	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a		
6 – 10 hours	n/a	n/a	4%	14%	5%	13%	3%	10%	3%	8%	3%	6%	3%	7%	4%	7%		
11 – 15 hours	n/a	n/a	1%	6%	1%	5%	1%	4%	1%	3%	1%	2%	1%	2%	0.4%	2%		
16 – 20 hours	n/a	n/a	1%	3%	1%	3%	1%	2%	1%	1%	0%	0.5%	1%	1%	0.0%	0.9%		
Over 20 hours	2%	4%	2%	3%	2%	2%	1%	2%	1%	1%	0.3%	0.5%	0.3%	1%	0.8%	0.4%		

Percent of students who indicated that they spent the following number of hours per week on

Partying

	Berea	Non-sectarian (high selectivity)	4-Year Private	4-Year Public	All Participating Institutions
None	60.5%	41.3%	42.5%	43%	40.9%
Less than 1 hour	16.2%	16.5%	16.2%	16.4%	16.9%
1 to 2 hours	12.4%	16.8%	16.9%	17.6%	17.4%
3 to 5 hours	6.8%	14.4%	14.5%	13.6%	14.8%
6 to 10 hours	2.4%	6.9%	6.1%	5.6%	6.1%
11 to 15 hours	0.9%	2.1%	2%	2%	2.1%
16 to 20 hours	0.6%	1.1%	0.9%	0.8%	0.8%
Over 20 hours	0.3%	1%	0.9%	0.9%	0.9%

Percent of Students who indicated that they spent at least one hour per week on
Partying



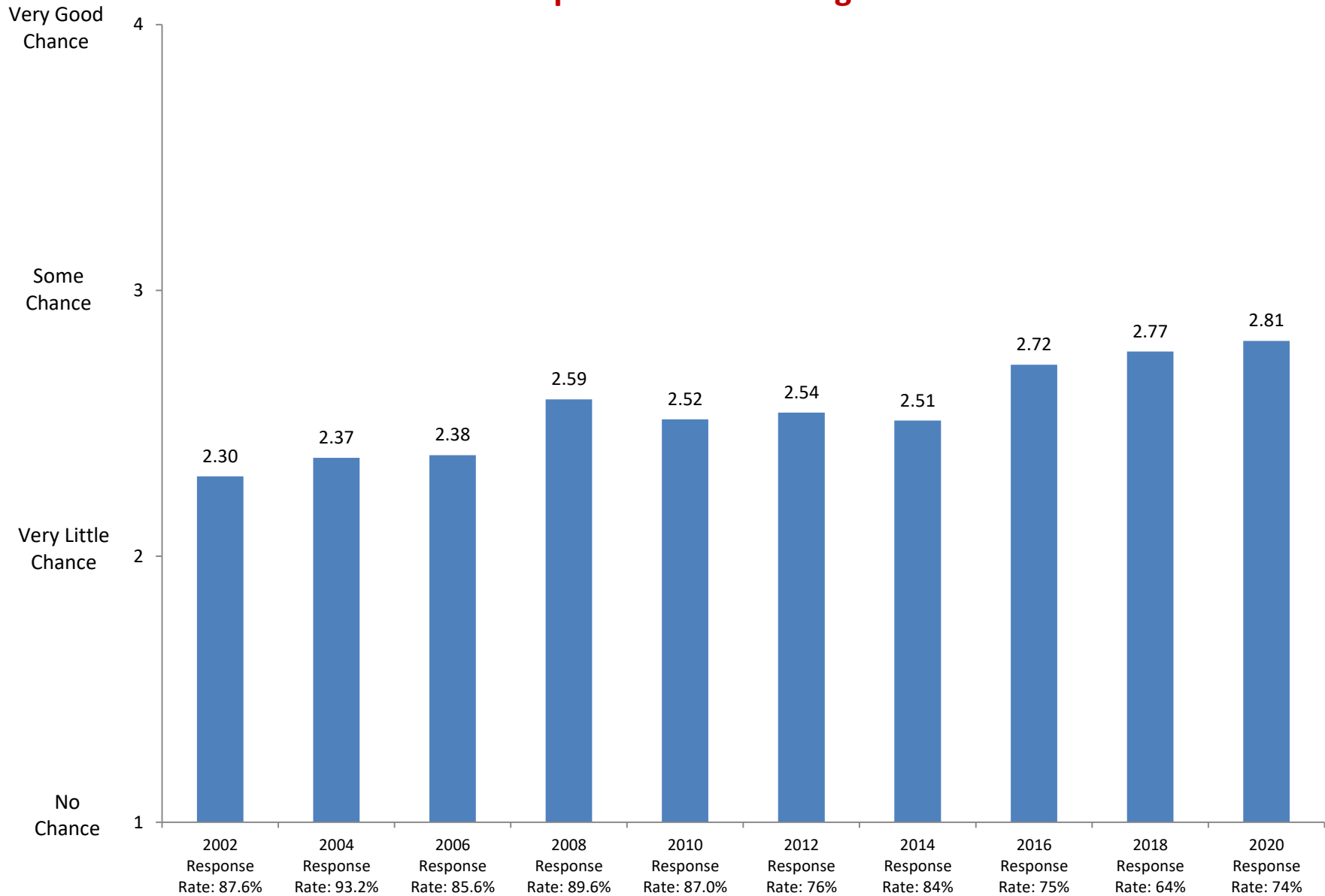
Entering Fall Term

*Comparison groups used are based selectivity (which is grouped by median SAT Verbal + Math scores and/or ACT composite scores of the entering class as reported to IPEDS). Berea was in the medium selectivity until 2008 when it moved to the high selectivity category.

NOTE: Missing data occurs because Berea did not participate from 1995 through 2001; beginning in 2002, Berea participates every other Fall Term. Also, some survey items have been added or deleted over the years.

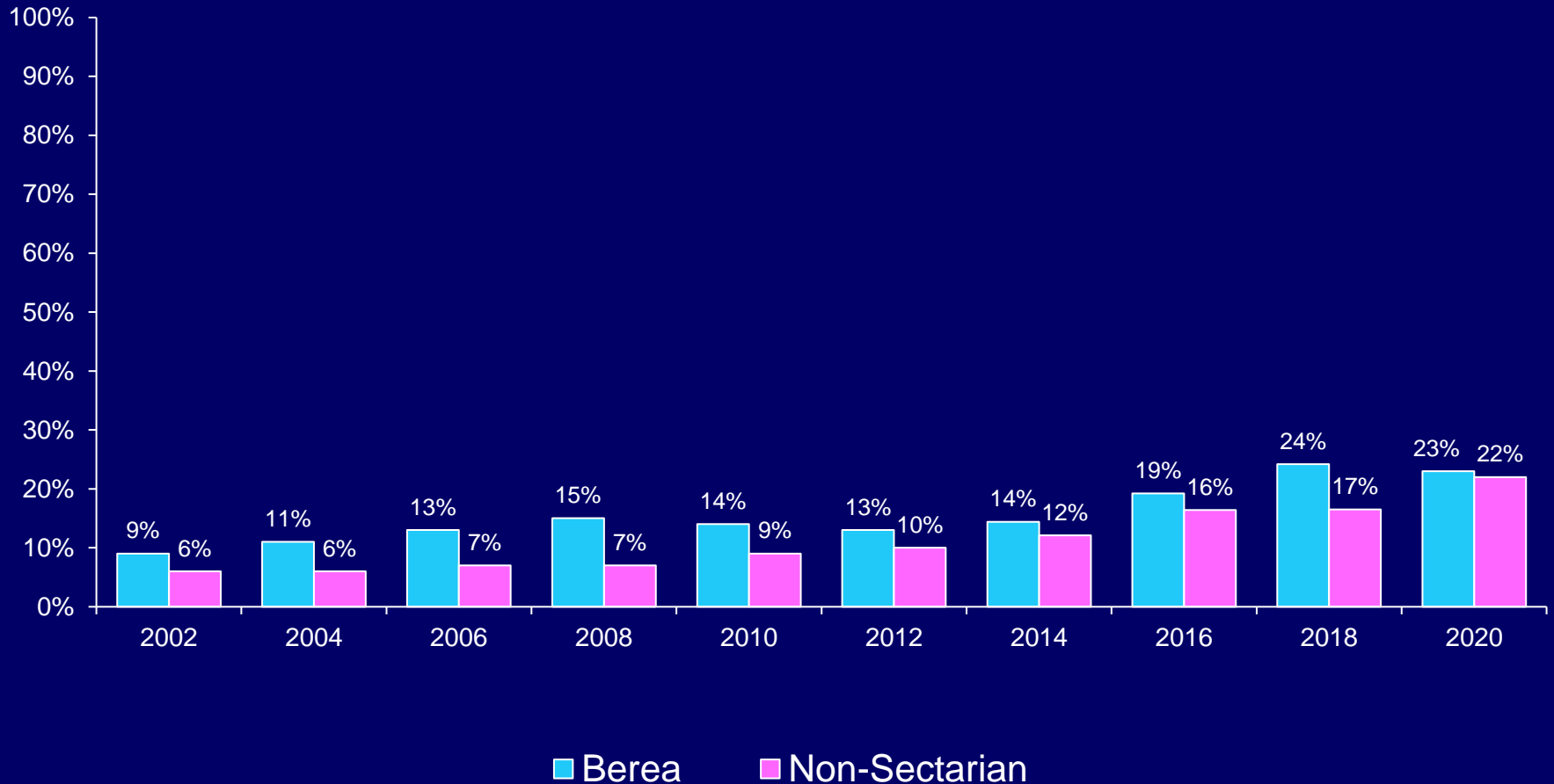
What is your best guess as to the chances that you will:

Seek personal counseling

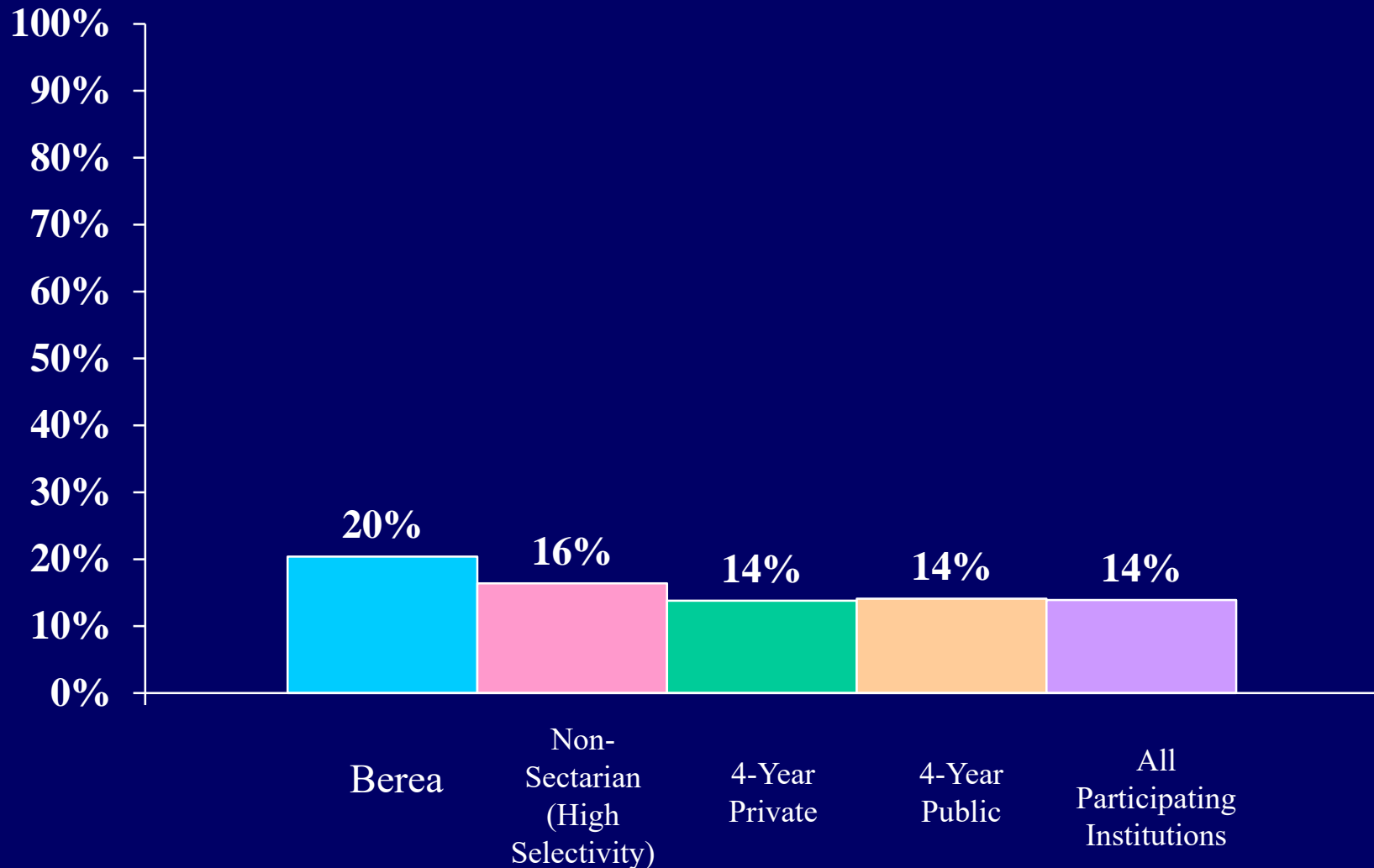


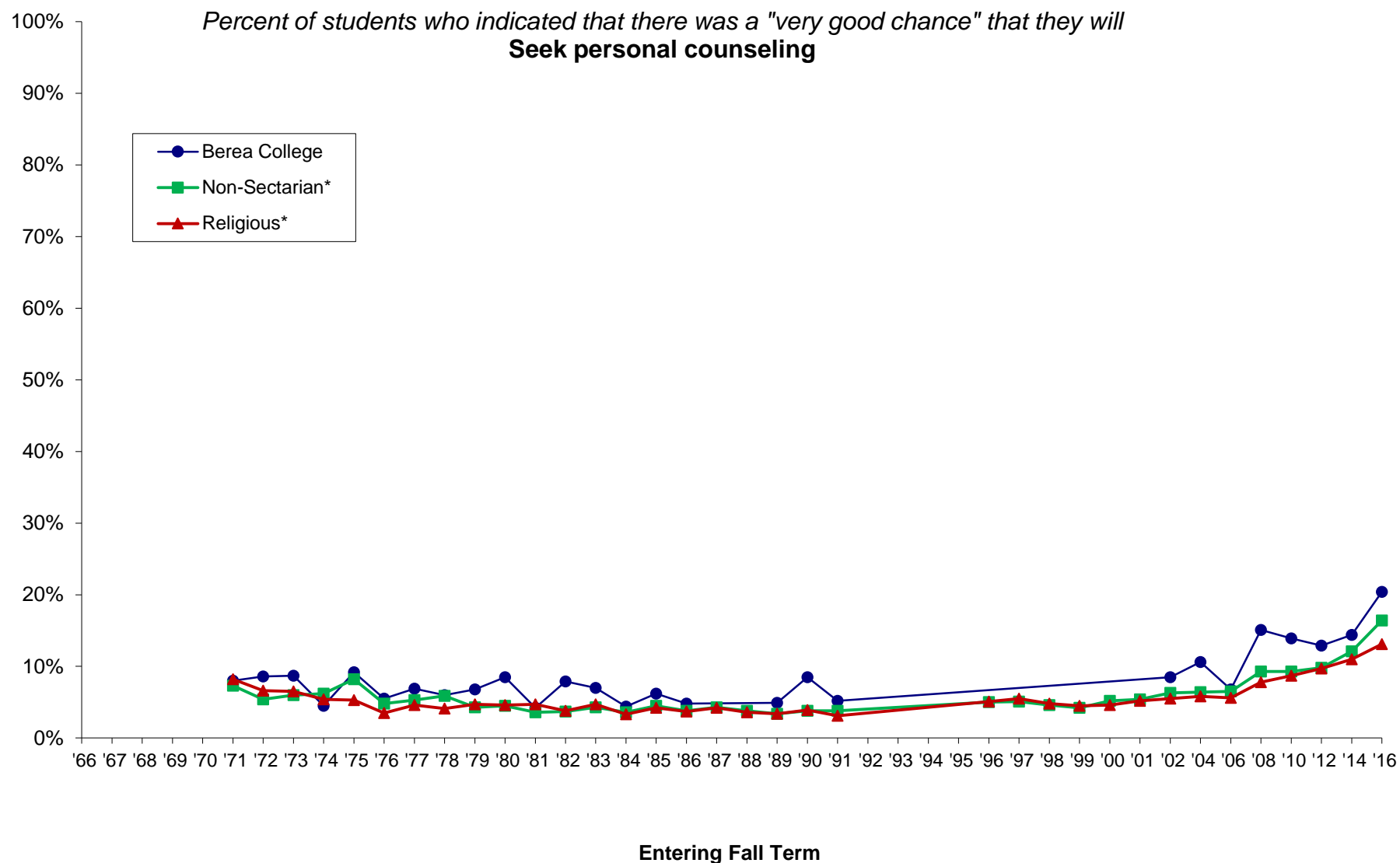
Based on first-year and new transfer student data from the Cooperative Institutional Research Program (CIRP), administered in even Fall Terms during orientation week.

Percent of students who estimate that chances are “very good” that they will:
Seek personal counseling



Percent of students who estimate that chances are “very good” that he or she will
Seek Personal Counseling

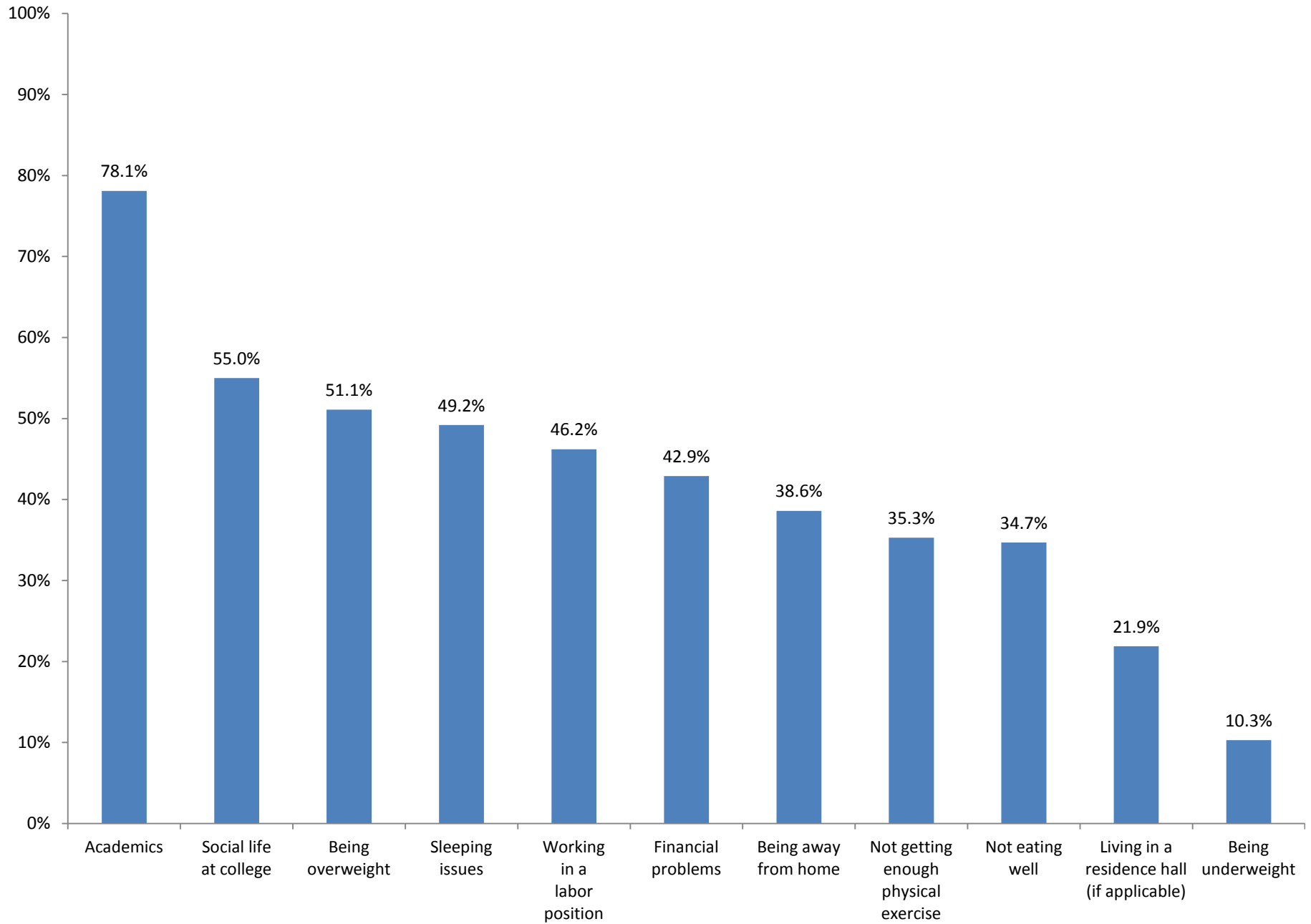




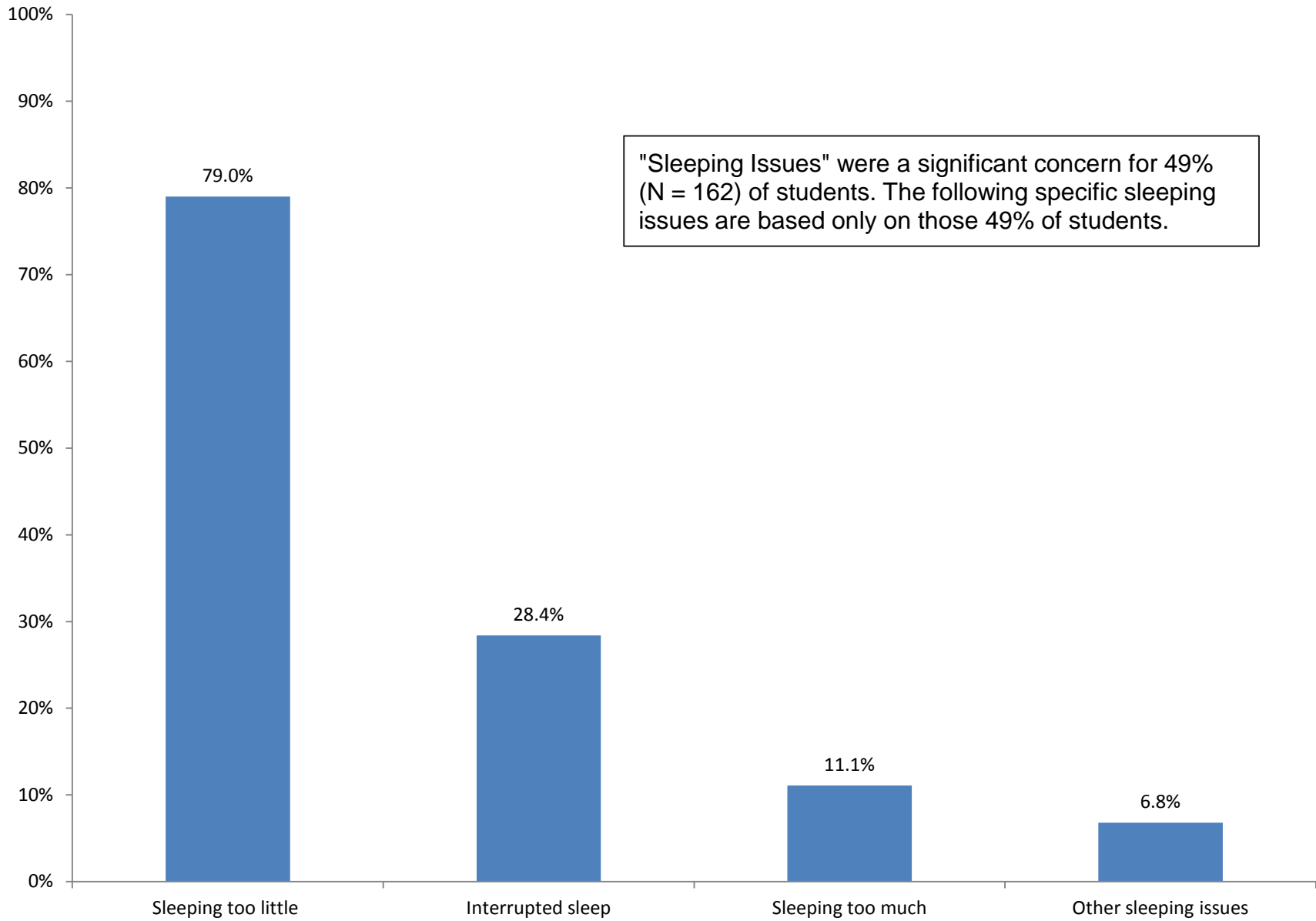
*Comparison groups used are based selectivity (which is grouped by median SAT Verbal + Math scores and/or ACT composite scores of the entering class as reported to IPEDS). Berea was in the medium selectivity until 2008 when it moved to the high selectivity category.

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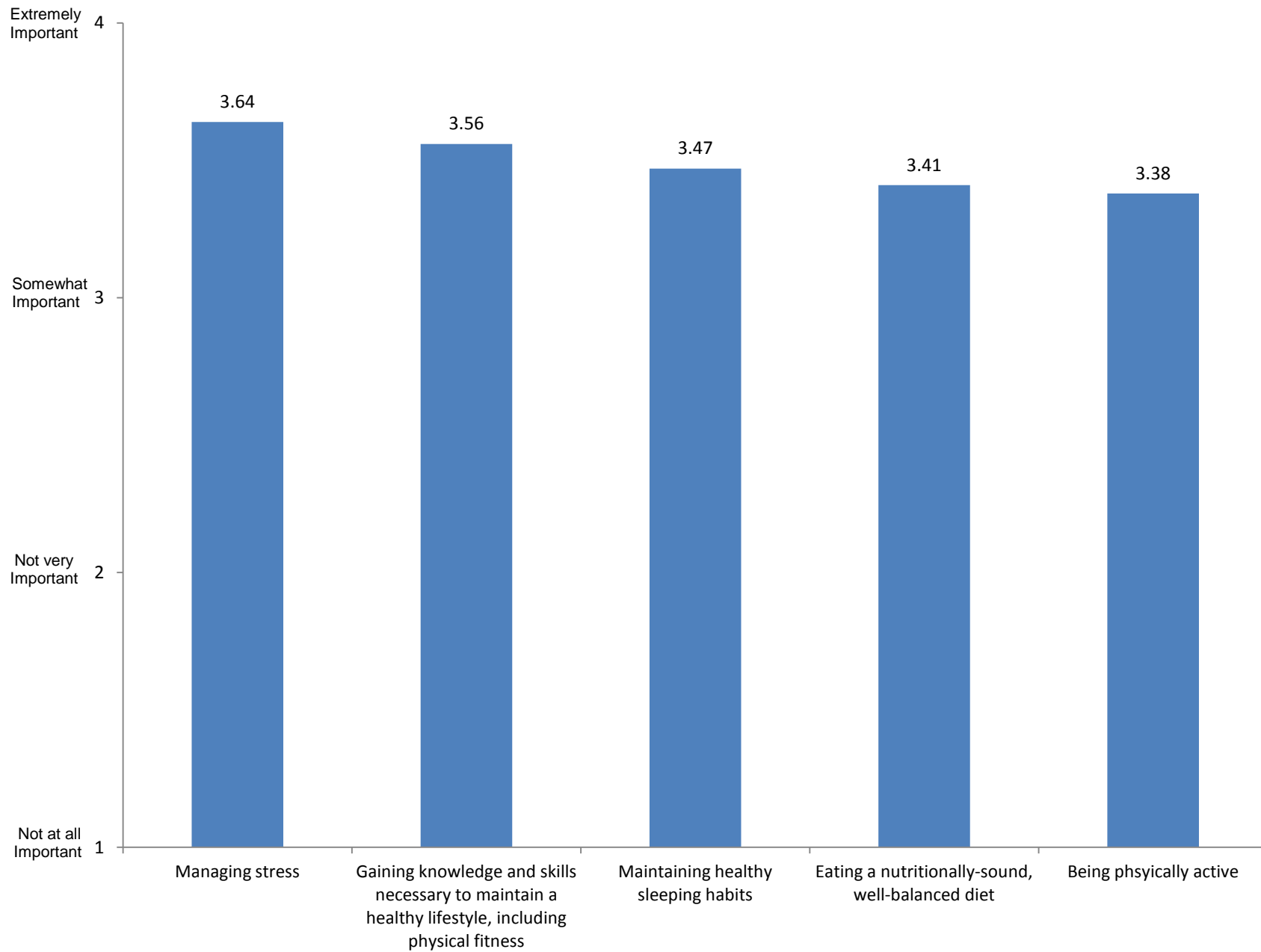
Check all of the following that are significant concerns for you:



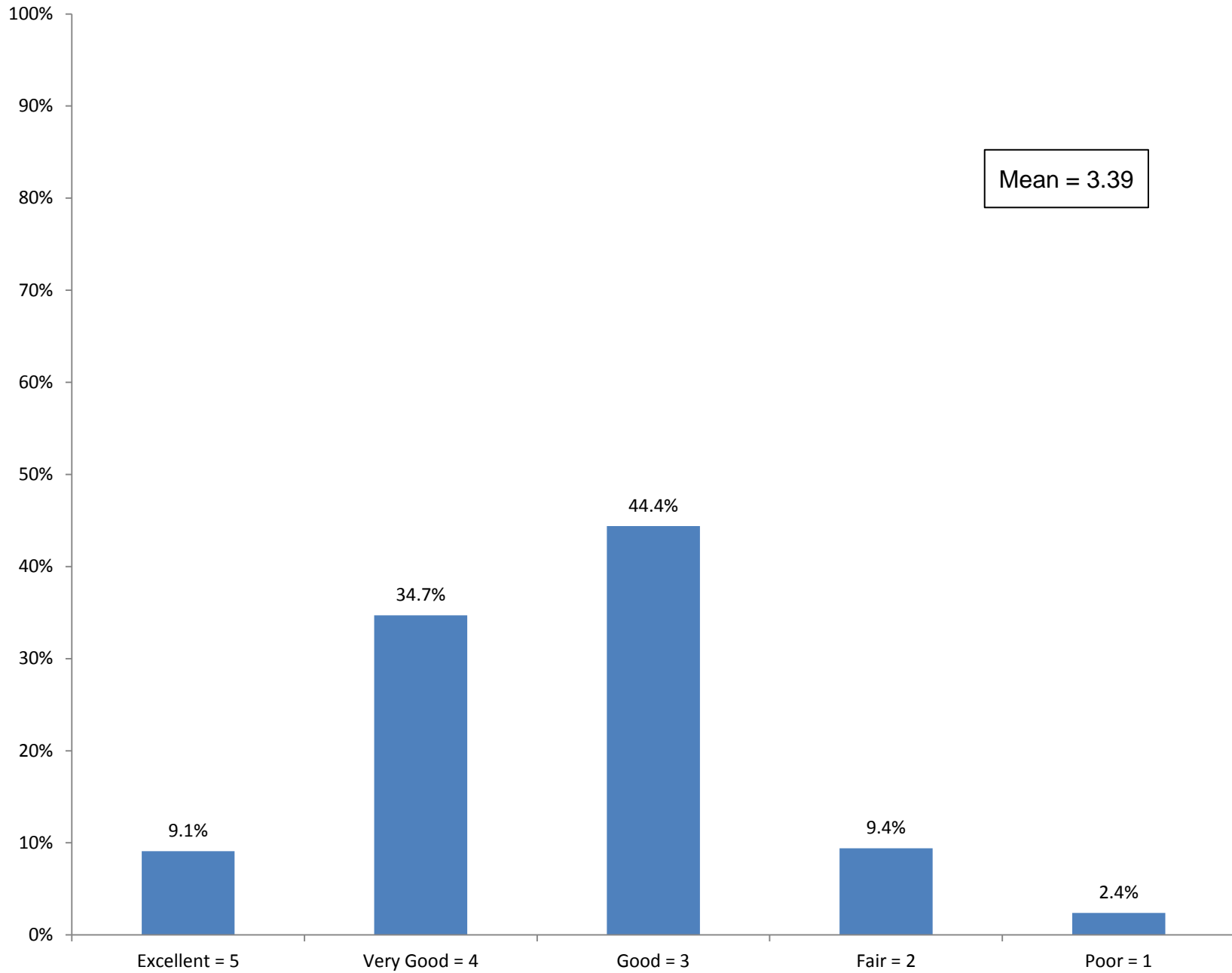
Check all of the following that are significant concerns for you:



Rate the importance of the following to you:



How would you describe your general health?



Entering Student Survey



Administered Fall Terms 2011, 2013, and 2015

[Click to see survey instruments](#)

Response Rates:			
2011	87.3%	2013	58.5%
2015	82.7%		

Fall 2015 Entering Student Survey Report

Health-Related Issues

Rate the importance of the following to you:

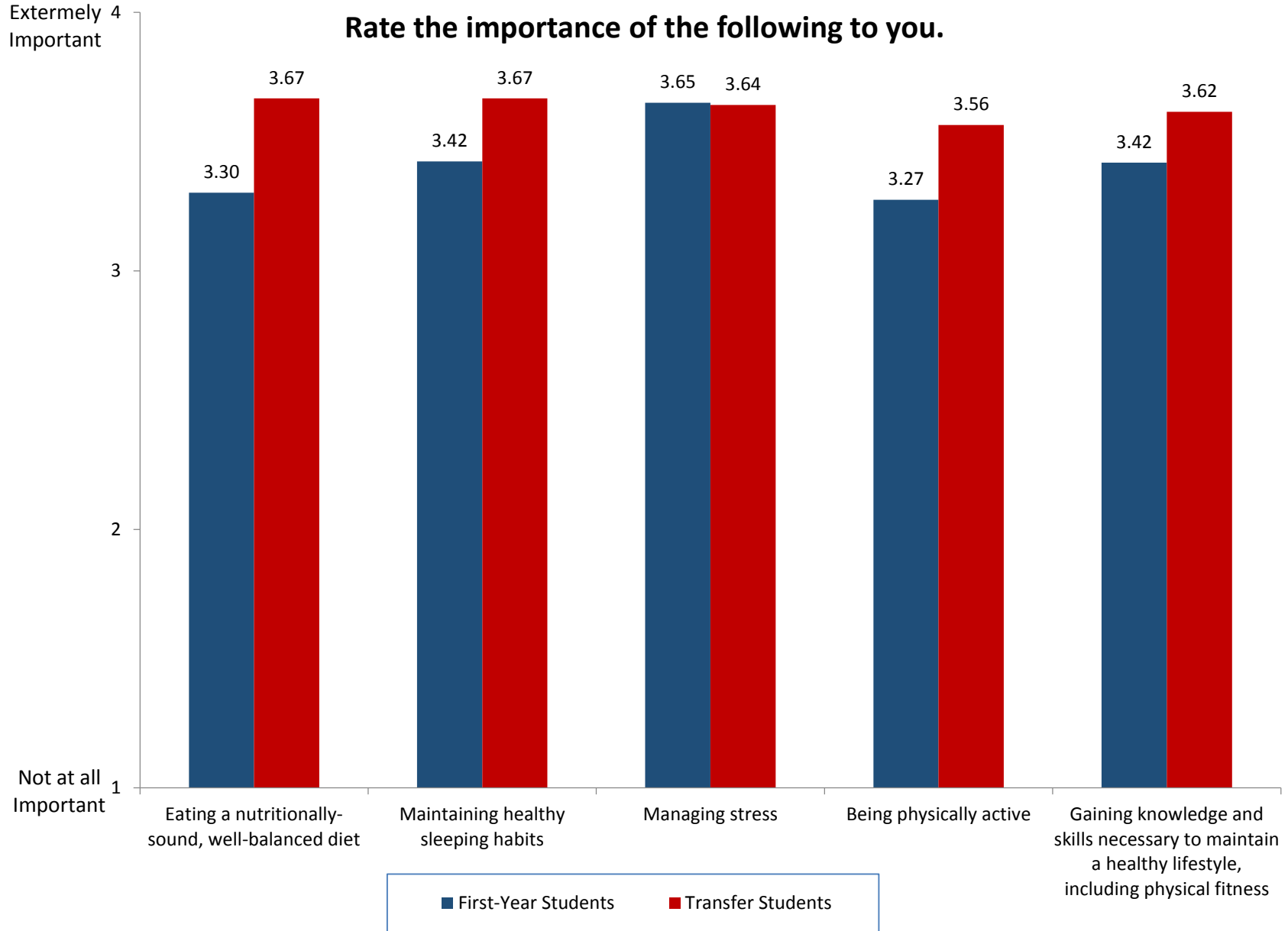
First-Year Students

	Extremely Important (4)		Somewhat important (3)		Not very important (2)		Not at all important (1)		Missing	
Eating a nutritionally-sound, well-balanced diet	141	39.3%	188	52.4%	25	7.0%	4	6.0%	1	0.3%
Maintaining healthy sleeping habits	179	49.9%	154	42.9%	20	5.6%	4	1.1%	2	0.6%
Managing stress	245	68.2%	94	26.2%	15	4.2%	0	0.0%	5	1.4%
Being physically active	143	39.8%	173	48.2%	37	10.3%	4	1.1%	2	0.6%
Gaining knowledge and skills necessary to maintain a healthy lifestyle, including physical fitness	181	50.4%	148	41.2%	22	6.1%	5	1.4%	3	0.8%

Transfer Students

	Extremely Important (4)		Somewhat important (3)		Not very important (2)		Not at all important (1)		Missing	
Eating a nutritionally-sound, well-balanced diet	26	66.7%	13	33.3%	0	0.0%	0	0.0%	0	0.0%
Maintaining healthy sleeping habits	28	71.8%	10	25.6%	0	0.0%	1	2.6%	0	0.0%
Managing stress	26	66.7%	12	30.8%	1	2.6%	0	0.0%	0	0.0%
Being physically active	23	59.0%	15	38.5%	1	2.6%	0	0.0%	0	0.0%
Gaining knowledge and skills necessary to maintain a healthy lifestyle, including physical fitness	27	69.2%	10	25.6%	1	2.6%	1	2.6%	0	0.0%

Fall 2015 Entering Student Survey Report



Fall 2015 Entering Student Survey Report

Check all of the following that are significant concerns for you:

	First-Year Students		Transfer Students		All Entering Students	
Being underweight	41	11.4%	8	20.5%	49	12.3%
Being overweight	187	52.1%	17	43.6%	204	51.3%
Academics	294	81.9%	31	79.5%	325	81.7%
Social life at college	186	51.8%	17	43.6%	203	51.0%
Working in a labor position	130	36.2%	13	33.3%	143	35.9%
Being away from home	108	30.1%	11	28.2%	119	29.9%
Living in a residence hall (if applicable)	48	13.4%	10	25.6%	58	14.6%
Financial problems	167	46.5%	21	53.8%	188	47.2%
Not getting enough physical exercise	140	39.0%	19	48.7%	159	39.9%
Not eating well	168	46.8%	13	33.3%	181	45.5%
Sleeping issues	208	57.9%	18	46.2%	226	56.8%

Check which sleeping issues apply to you (based on those who indicated “Sleeping issues” above):

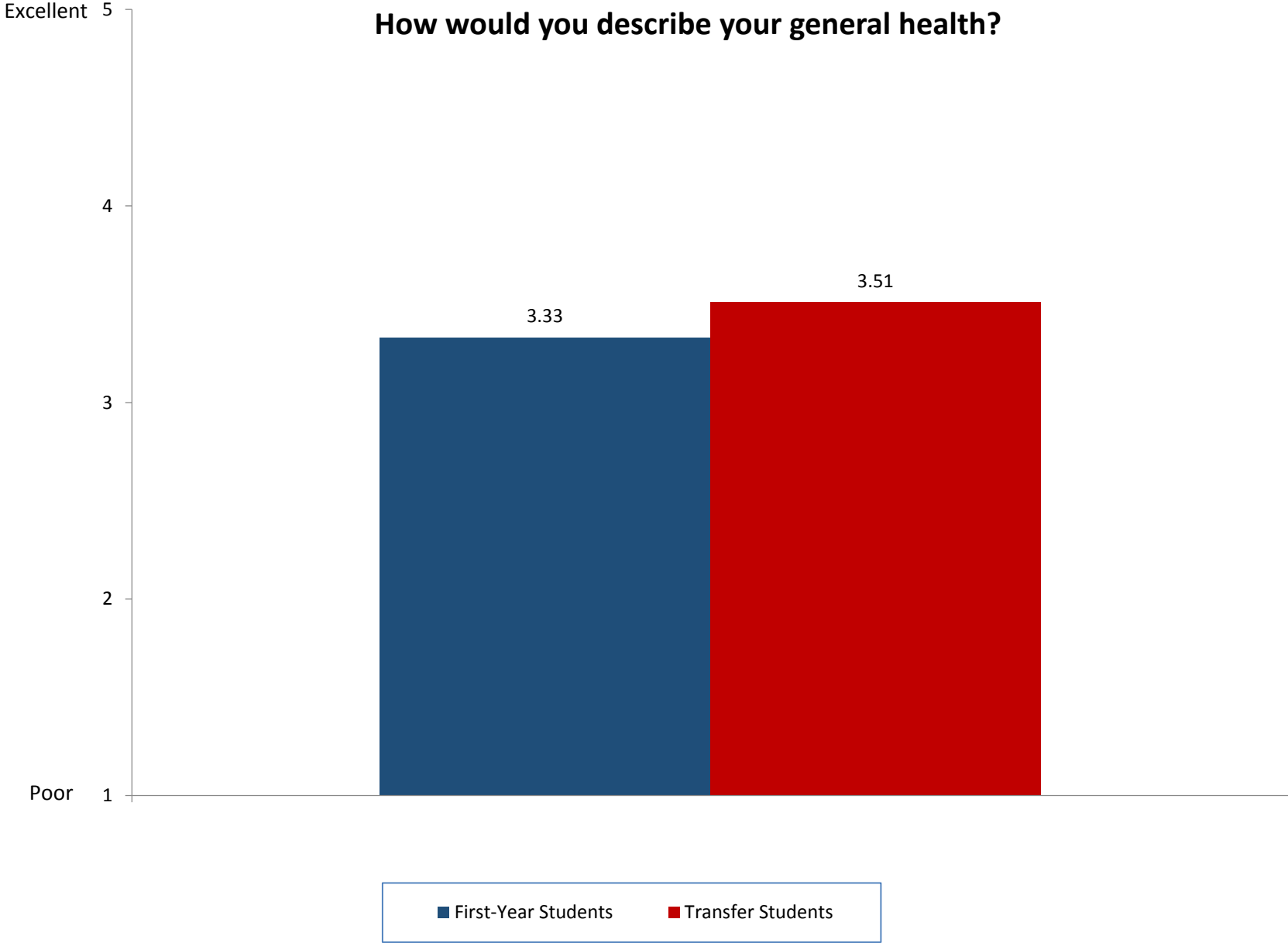
	First-Year Students N=208		Transfer Students N=18		All Entering Students N=226	
Sleeping too much	16	7.7%	3	16.7%	19	8.4%
Sleeping too little	174	83.7%	15	83.3%	189	83.6%
Interrupted sleep	55	26.4%	9	50.0%	64	28.3%
Other, please list	12	5.8%	0	0.0%	12	5.3%

Fall 2015 Entering Student Survey Report

How would you describe your general health?

	Excellent (5)		Very good (4)		Good (3)		Fair (2)		Poor (1)		Missing	
First-Year Students	34	9.5%	108	30.1%	156	43.5%	49	13.6%	5	1.4%	7	1.9%
Transfer Students	2	5.1%	19	48.7%	15	38.5%	3	7.7%	0	0.0%	0	0.0%

Fall 2015 Entering Student Survey Report



Fall 2015 Entering Student Survey Report

Rate yourself on the following statements:

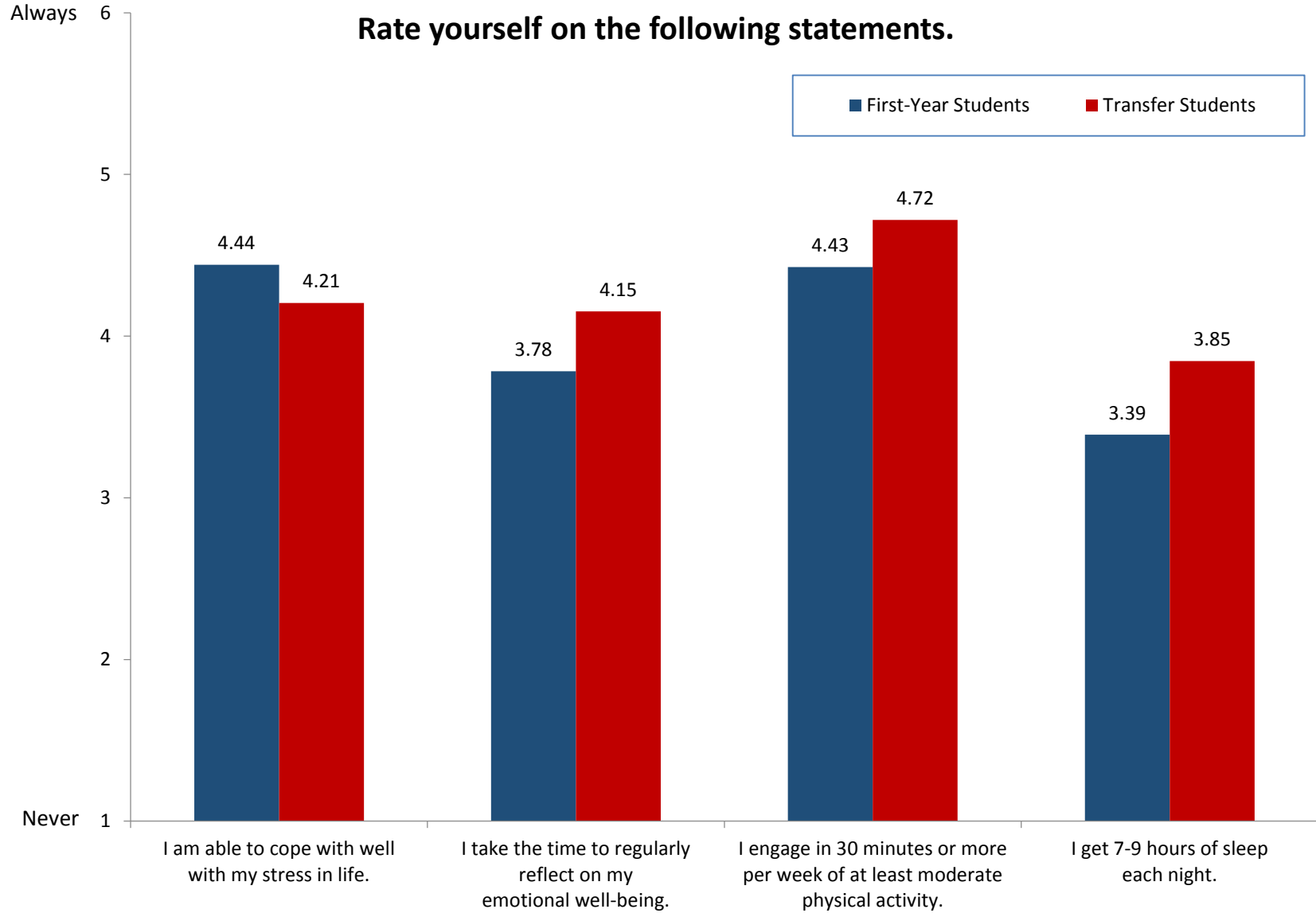
First-Year Students

	Always (6)		Mostly (5)		Often (4)		Sometimes (3)		Rarely (2)		Never (1)		Missing	
I am able to cope with well with my stress in life.	43	12.0%	168	46.8%	71	19.8%	46	12.8%	23	6.4%	2	0.6%	6	1.7%
I take the time to regularly reflect on my emotional well-being.	36	10.0%	85	23.7%	78	21.7%	87	24.2%	49	13.6%	16	4.5%	8	2.2%
I engage in 30 minutes or more per week of at least moderate physical activity.	132	36.8%	66	18.4%	47	13.1%	50	13.9%	45	12.5%	13	3.6%	6	1.7%
I get 7-9 hours of sleep each night.	29	8.1%	57	15.9%	72	20.1%	82	22.8%	91	25.3%	22	6.1%	6	1.7%

Transfer Students

	Always (6)		Mostly (5)		Often (4)		Sometimes (3)		Rarely (2)		Never (1)		Missing	
I am able to cope with well with my stress in life.	4	10.3%	15	38.5%	11	28.2%	4	10.3%	4	10.3%	1	2.6%	0	0.0%
I take the time to regularly reflect on my emotional well-being.	8	20.5%	9	23.1%	7	17.9%	12	30.8%	2	5.1%	1	2.6%	0	0.0%
I engage in 30 minutes or more per week of at least moderate physical activity.	14	35.9%	13	33.3%	2	5.1%	8	20.5%	1	2.6%	1	2.6%	0	0.0%
I get 7-9 hours of sleep each night.	2	5.1%	12	30.8%	10	25.6%	9	23.1%	5	12.8%	1	2.6%	0	0.0%

Fall 2015 Entering Student Survey Report



Fall 2015 Entering Student Survey Report

Health-Related Issues

Rate the importance of the following to you:

First-Year Students

	Extremely Important (4)		Somewhat important (3)		Not very important (2)		Not at all important (1)		Missing	
Eating a nutritionally-sound, well-balanced diet	141	39.3%	188	52.4%	25	7.0%	4	6.0%	1	0.3%
Maintaining healthy sleeping habits	179	49.9%	154	42.9%	20	5.6%	4	1.1%	2	0.6%
Managing stress	245	68.2%	94	26.2%	15	4.2%	0	0.0%	5	1.4%
Being physically active	143	39.8%	173	48.2%	37	10.3%	4	1.1%	2	0.6%
Gaining knowledge and skills necessary to maintain a healthy lifestyle, including physical fitness	181	50.4%	148	41.2%	22	6.1%	5	1.4%	3	0.8%

Transfer Students

	Extremely Important (4)		Somewhat important (3)		Not very important (2)		Not at all important (1)		Missing	
Eating a nutritionally-sound, well-balanced diet	26	66.7%	13	33.3%	0	0.0%	0	0.0%	0	0.0%
Maintaining healthy sleeping habits	28	71.8%	10	25.6%	0	0.0%	1	2.6%	0	0.0%
Managing stress	26	66.7%	12	30.8%	1	2.6%	0	0.0%	0	0.0%
Being physically active	23	59.0%	15	38.5%	1	2.6%	0	0.0%	0	0.0%
Gaining knowledge and skills necessary to maintain a healthy lifestyle, including physical fitness	27	69.2%	10	25.6%	1	2.6%	1	2.6%	0	0.0%

Higher Education Research Institute (HERI) Faculty Survey

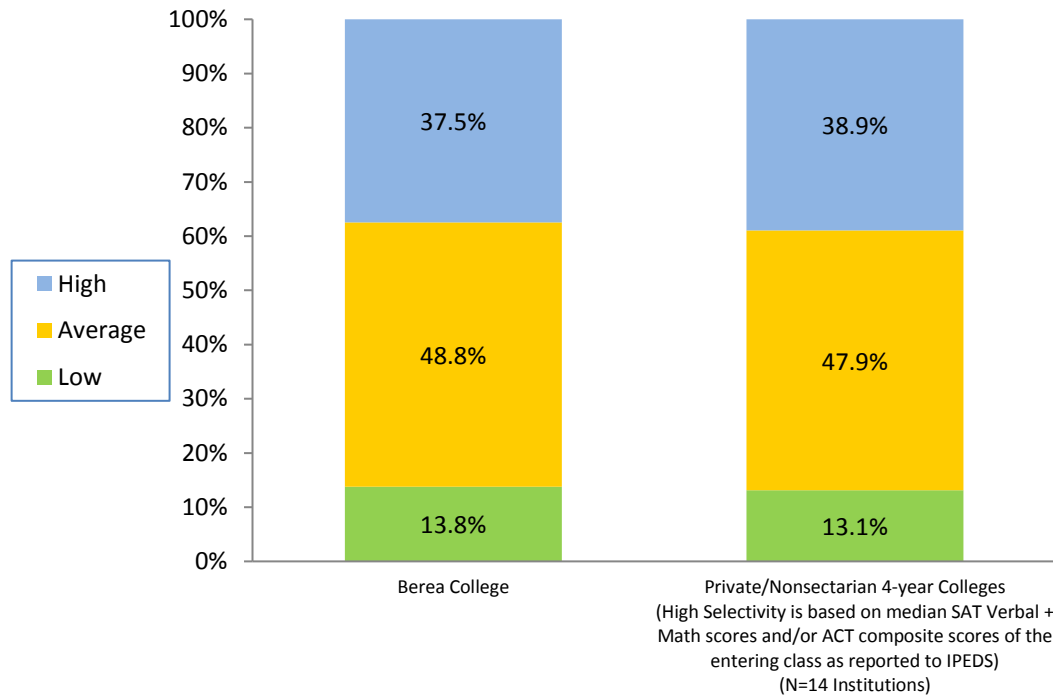


Administered Fall Terms 1989, 2004, and 2014

[Click to see survey instruments](#)

Response Rates:			
1989	65.0%	2004	93.2%
2014	72.2%		

Construct: Career Related Stress - Measures the amount of stress faculty experience related to their career.



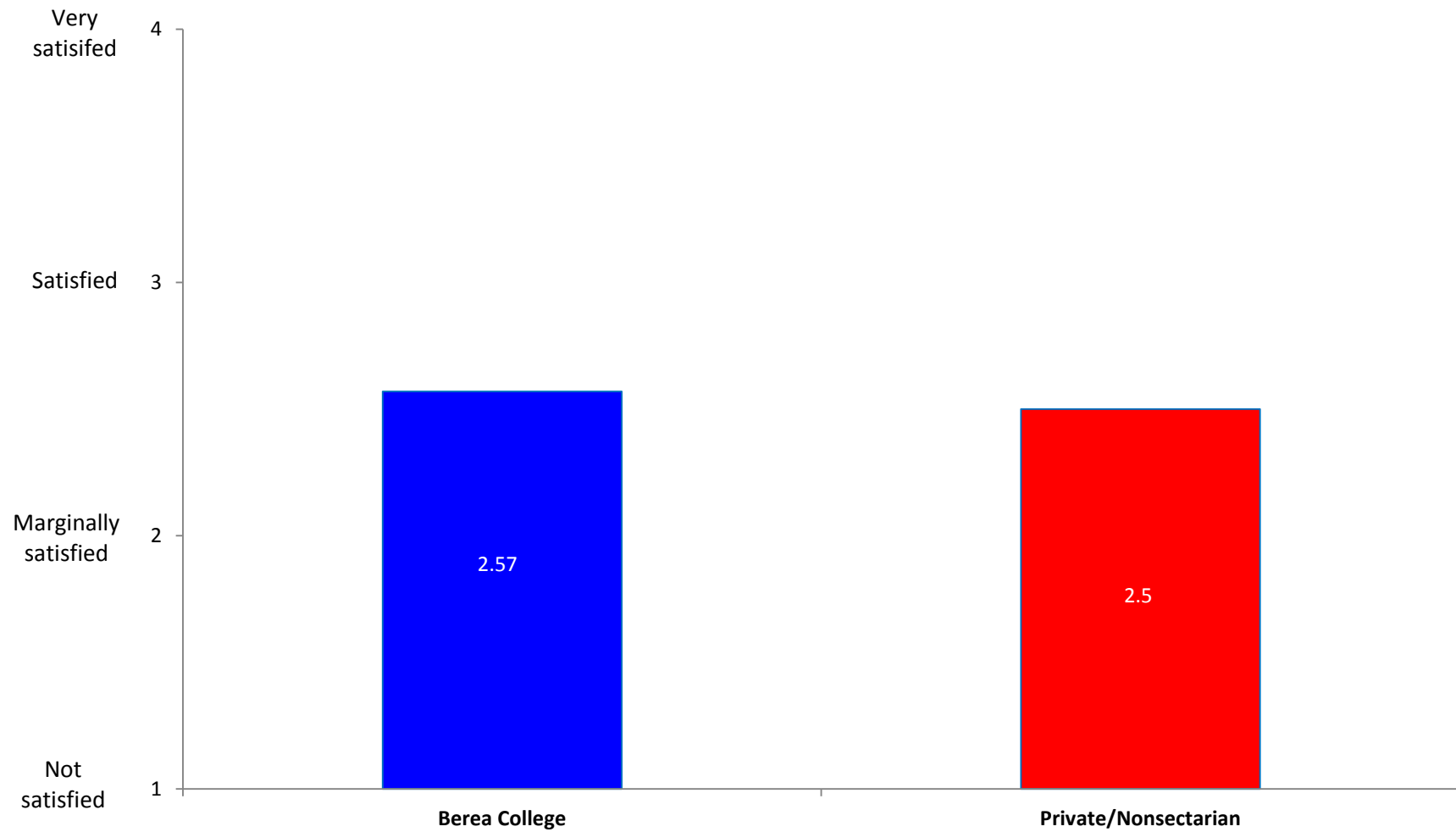
Survey items included in the construct,
Career Related Stress:

*Please indicate the extent to which each of the following has been a source of stress for you during the last two years:
 (Extensive, Somewhat, Not at All, Not Applicable)*

- Lack of personal time
- Teaching load
- Committee work
- Institutional procedures/red tape
- Colleagues
- Research or publishing demands
- Self-imposed high expectations
- Students

NOTE: "Low" represents faculty rating that are 0.5 standard deviation below the construct mean for Undergraduate Education Goal: Personal Development. "Average" represents faculty ratings that are within 0.5 standard deviation of the construct mean. "High" represents faculty ratings that are 0.5 standard deviation or more above the construct mean.

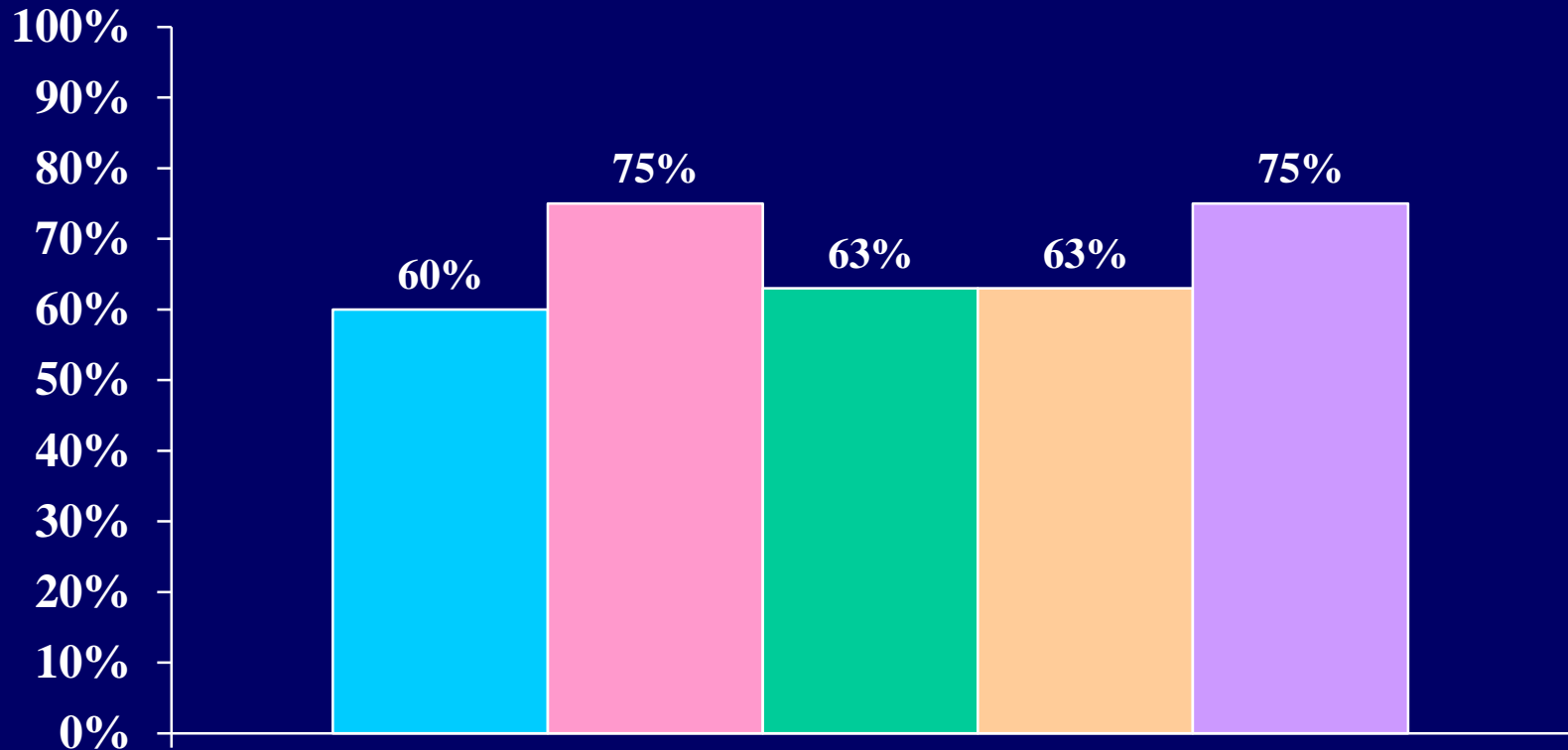
Health benefits



How satisfied are you with the following aspect of your job?

Percent of faculty who indicated "Very Satisfied" or "Satisfied"

Health benefits



 Berea

 Benchmark
Institutions

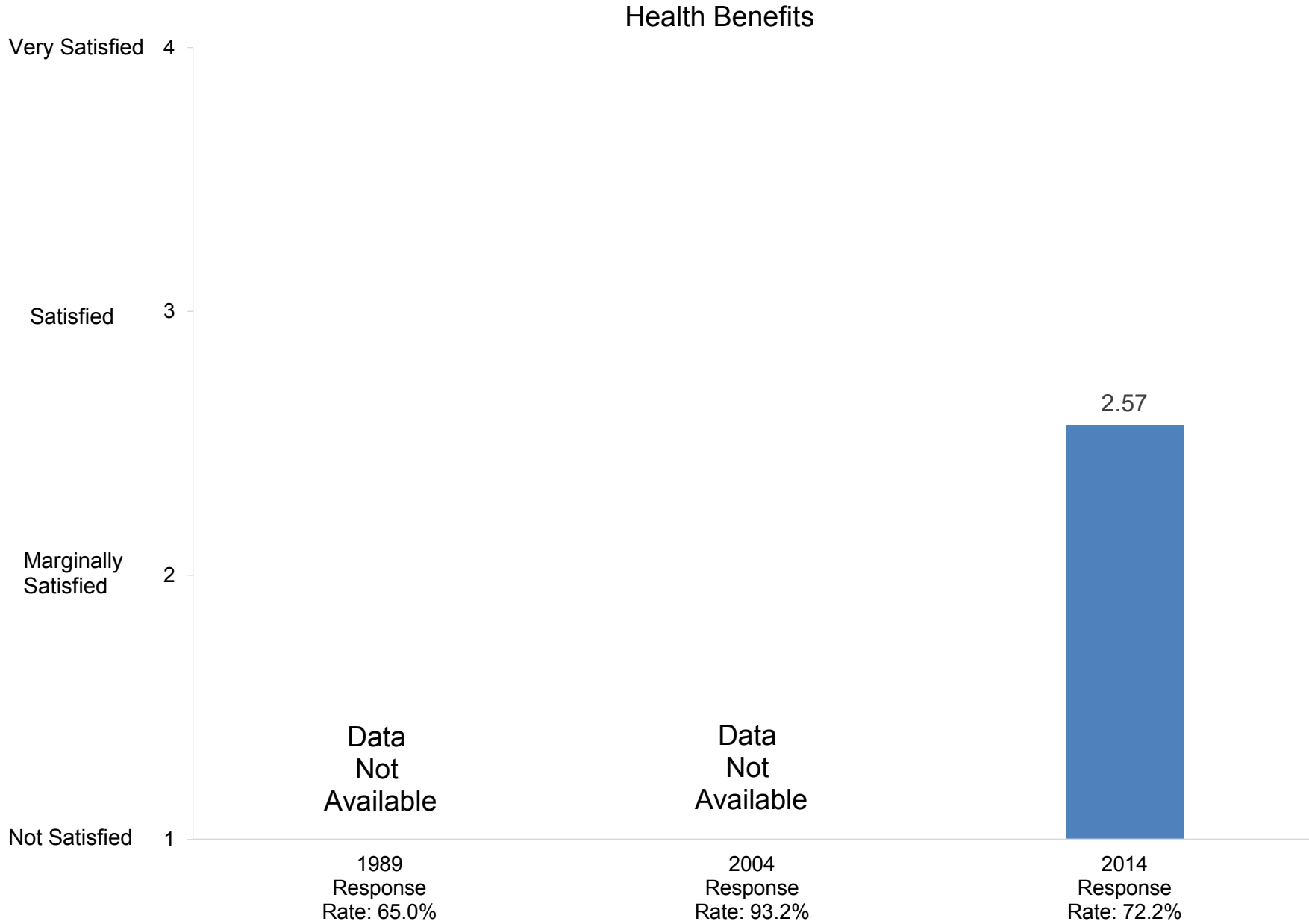
 Non-Sectarian –
High Selectivity

 4-Year
Private

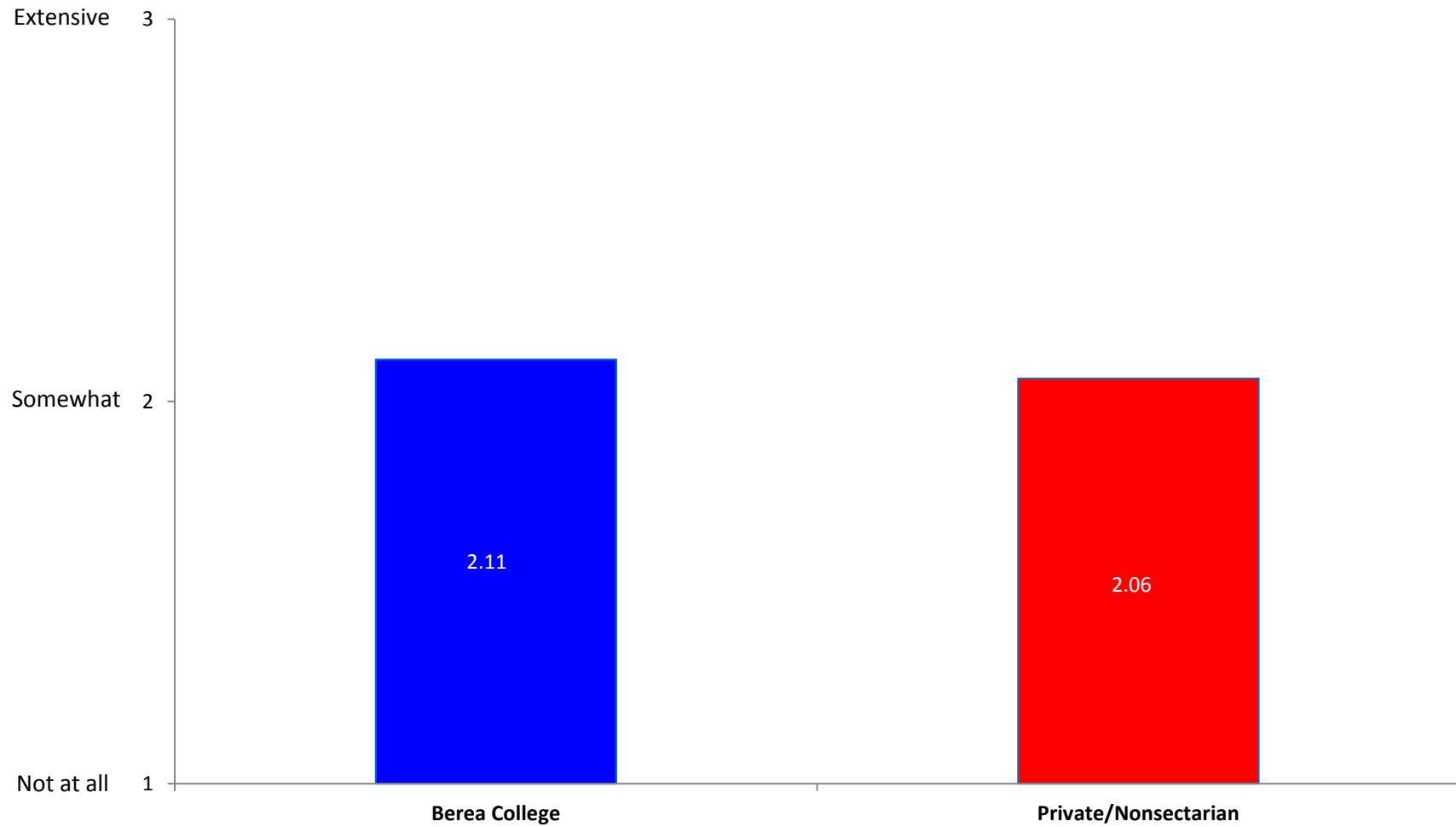
 Publics

Higher Education Research Institute (HERI) Faculty Survey

How satisfied are you with the following aspects of your job?



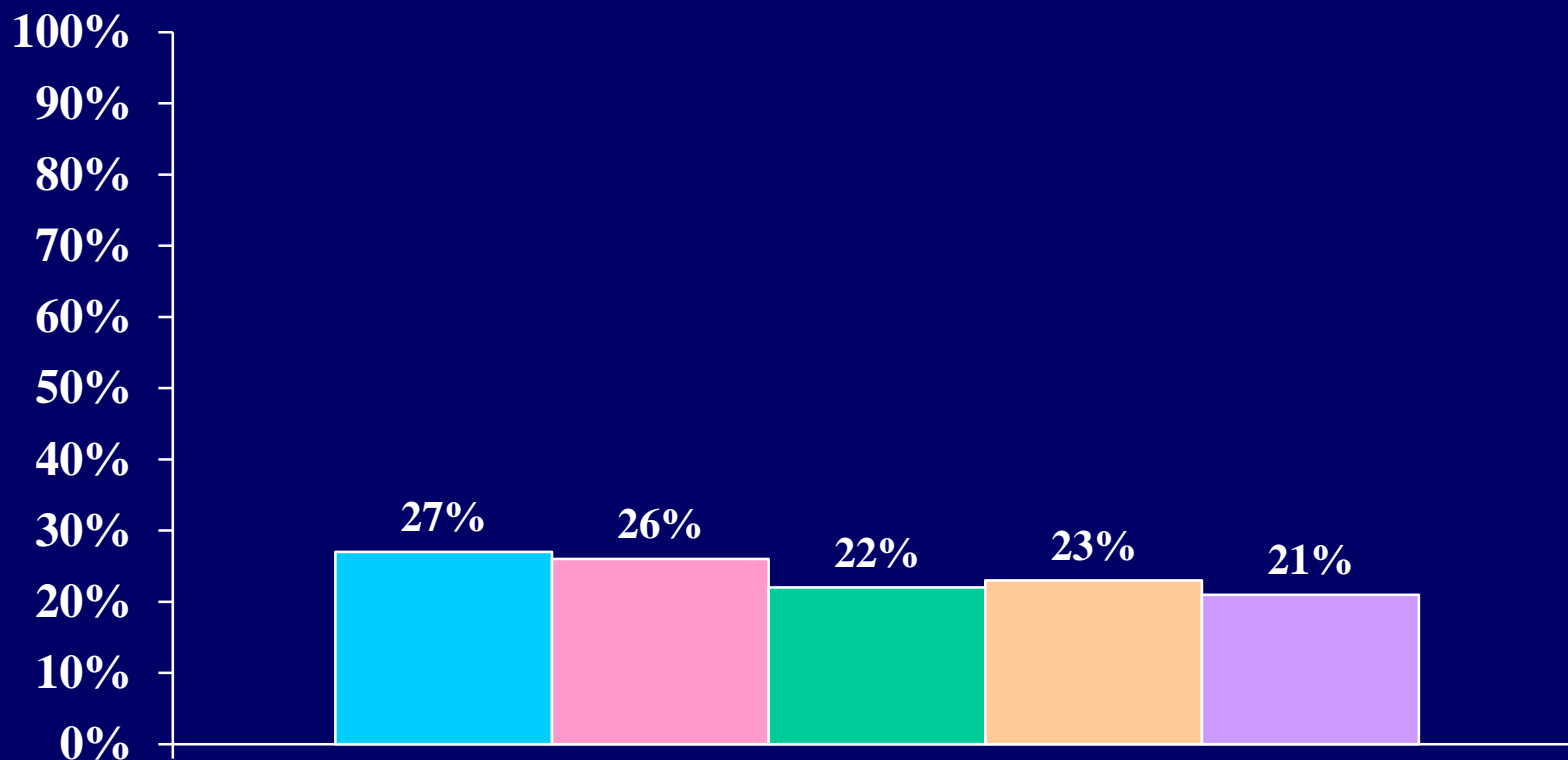
Managing household responsibilities



Please indicate the extent to which each of the following has been a source of stress for you during the past two years?

Percent of faculty who indicated “Extensive”

Managing household responsibilities



 Berea

 Benchmark
Institutions

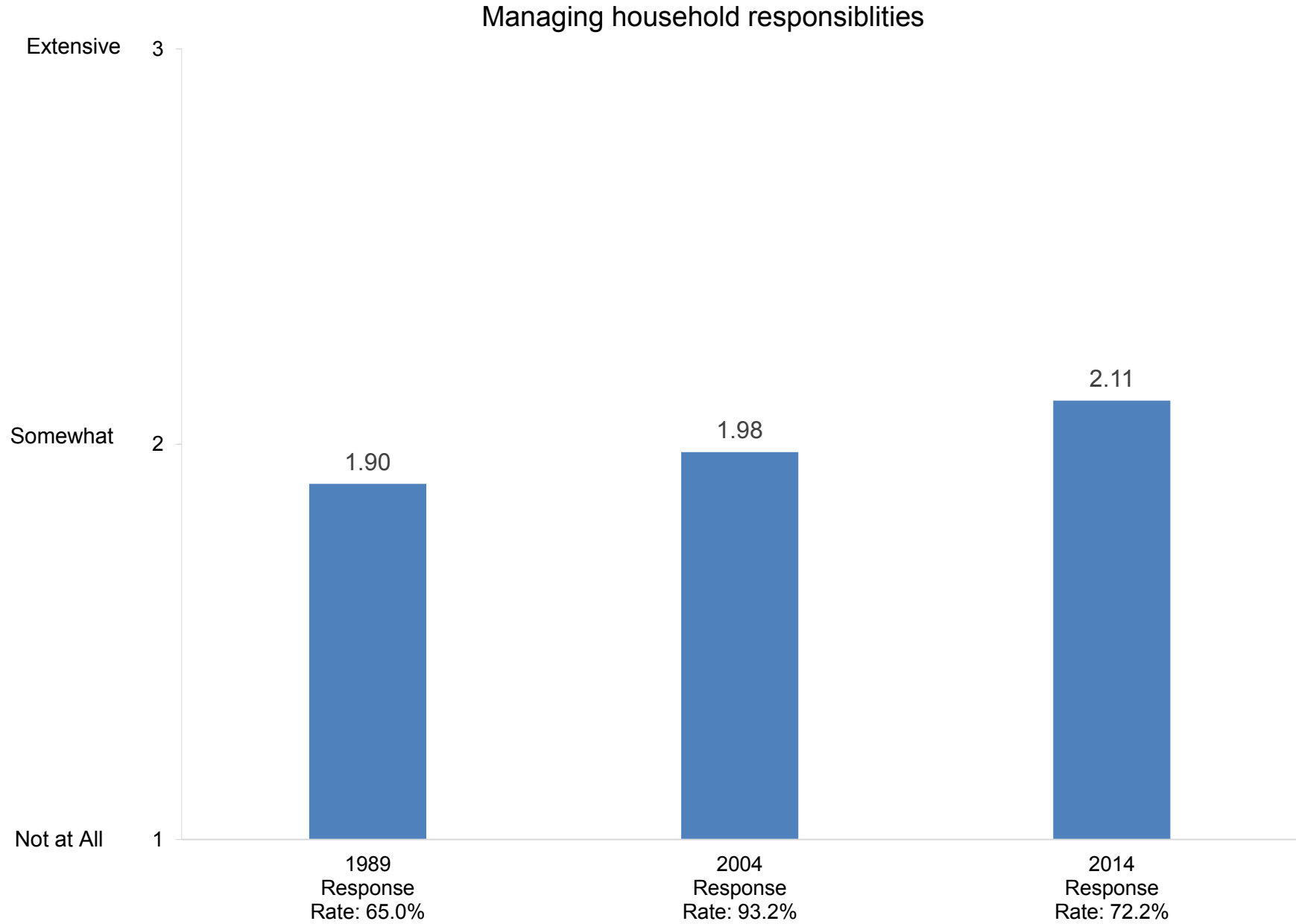
 Non-Sectarian –
High Selectivity

 4-Year
Private

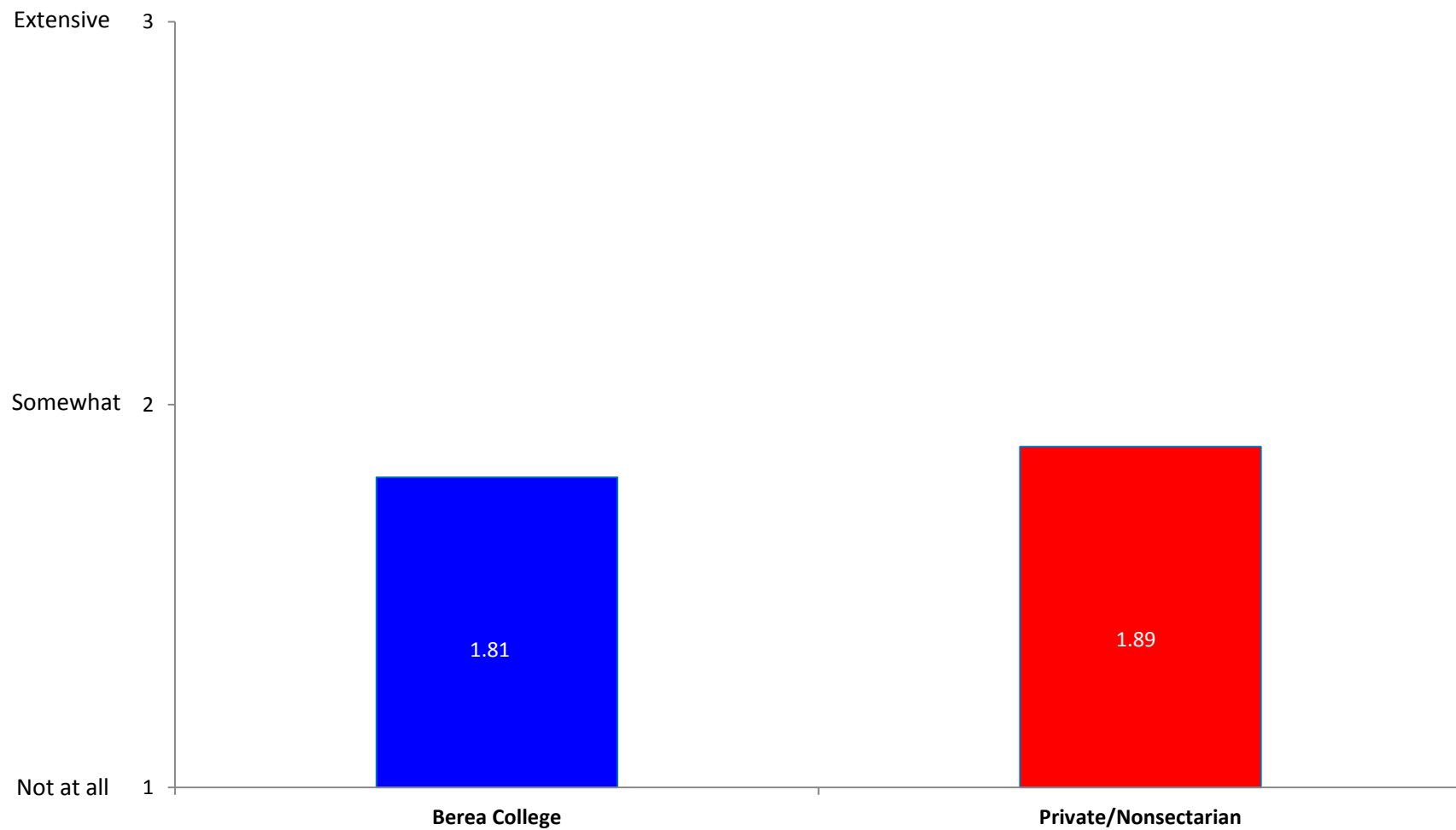
 Publics

Higher Education Research Institute (HERI) Faculty Survey

Indicate the extent to which each of the following has been a source of stress for you during the past two years.



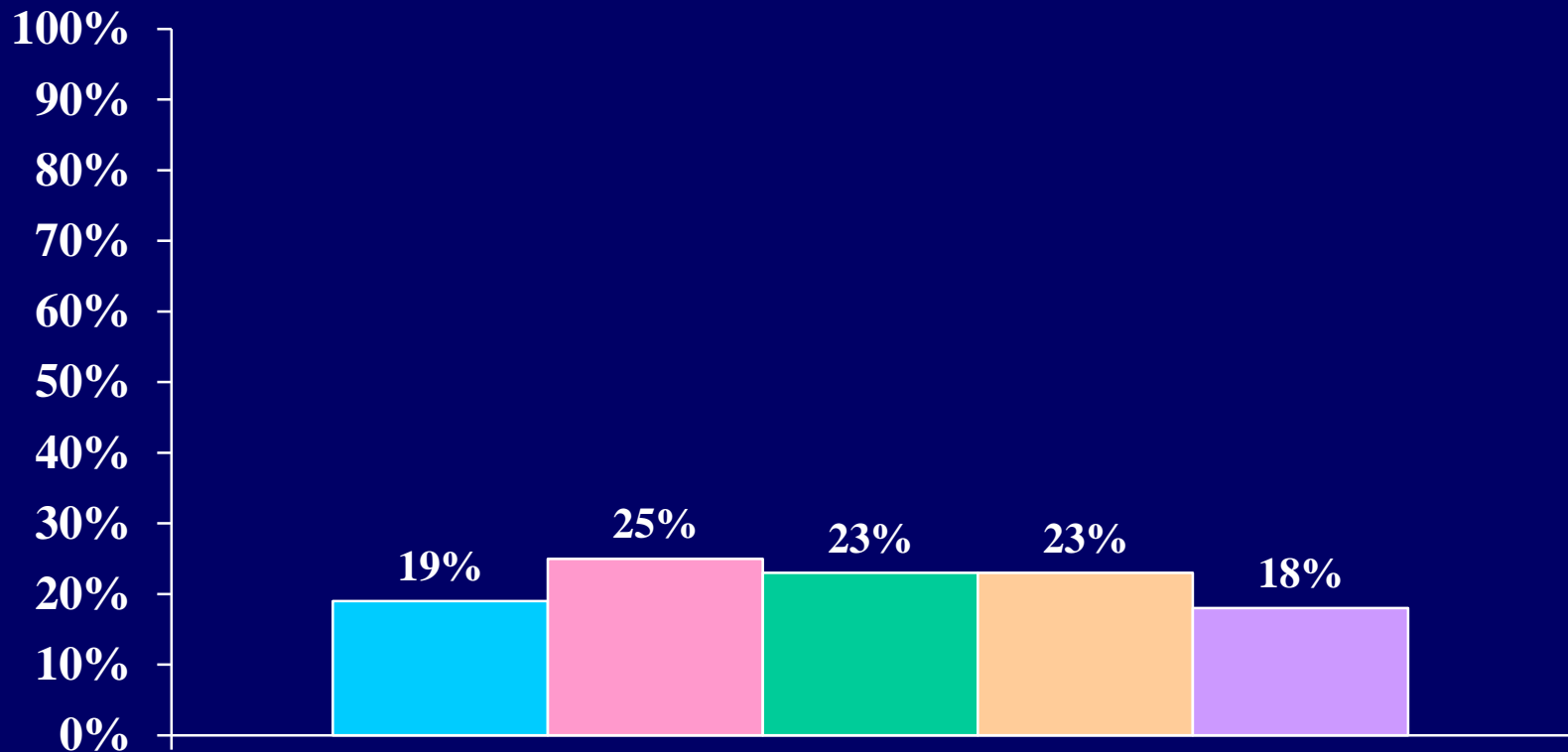
Child care



Please indicate the extent to which each of the following has been a source of stress for you during the past two years?

Percent of faculty who indicated “Extensive”

Child care



 Berea

 Benchmark
Institutions

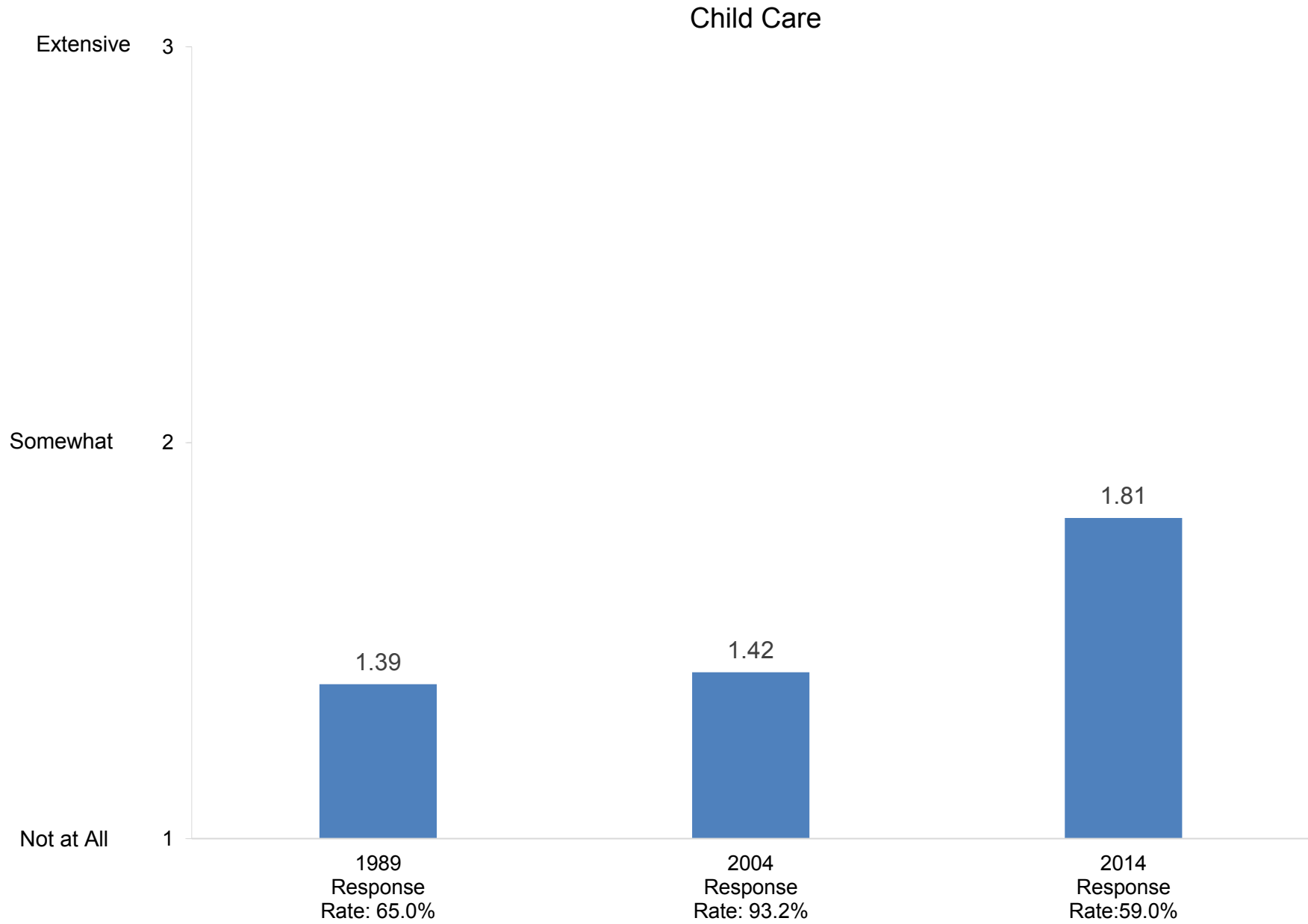
 Non-Sectarian –
High Selectivity

 4-Year
Private

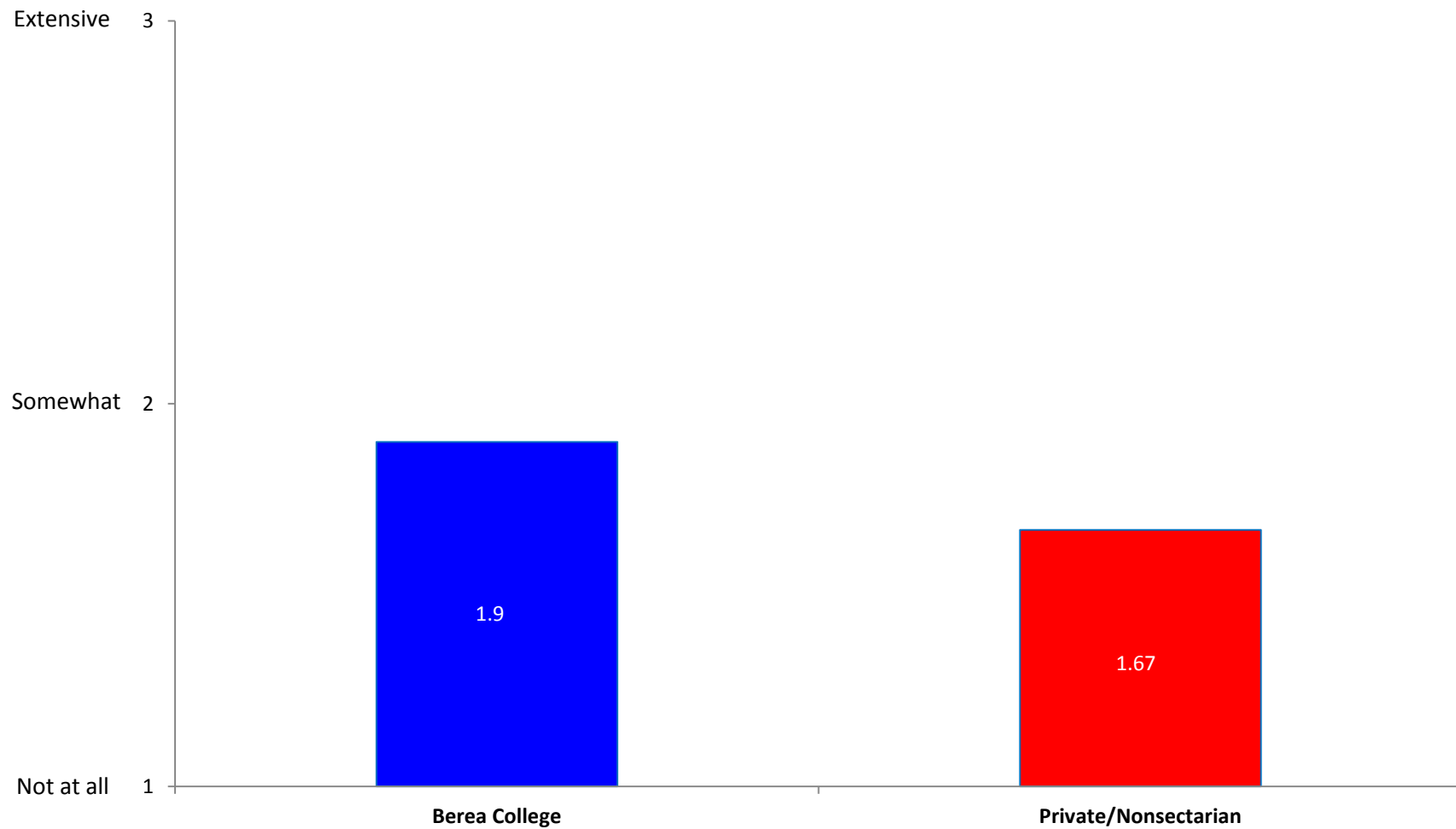
 Publics

Higher Education Research Institute (HERI) Faculty Survey

Indicate the extent to which each of the following has been a source of stress for you during the past two years.



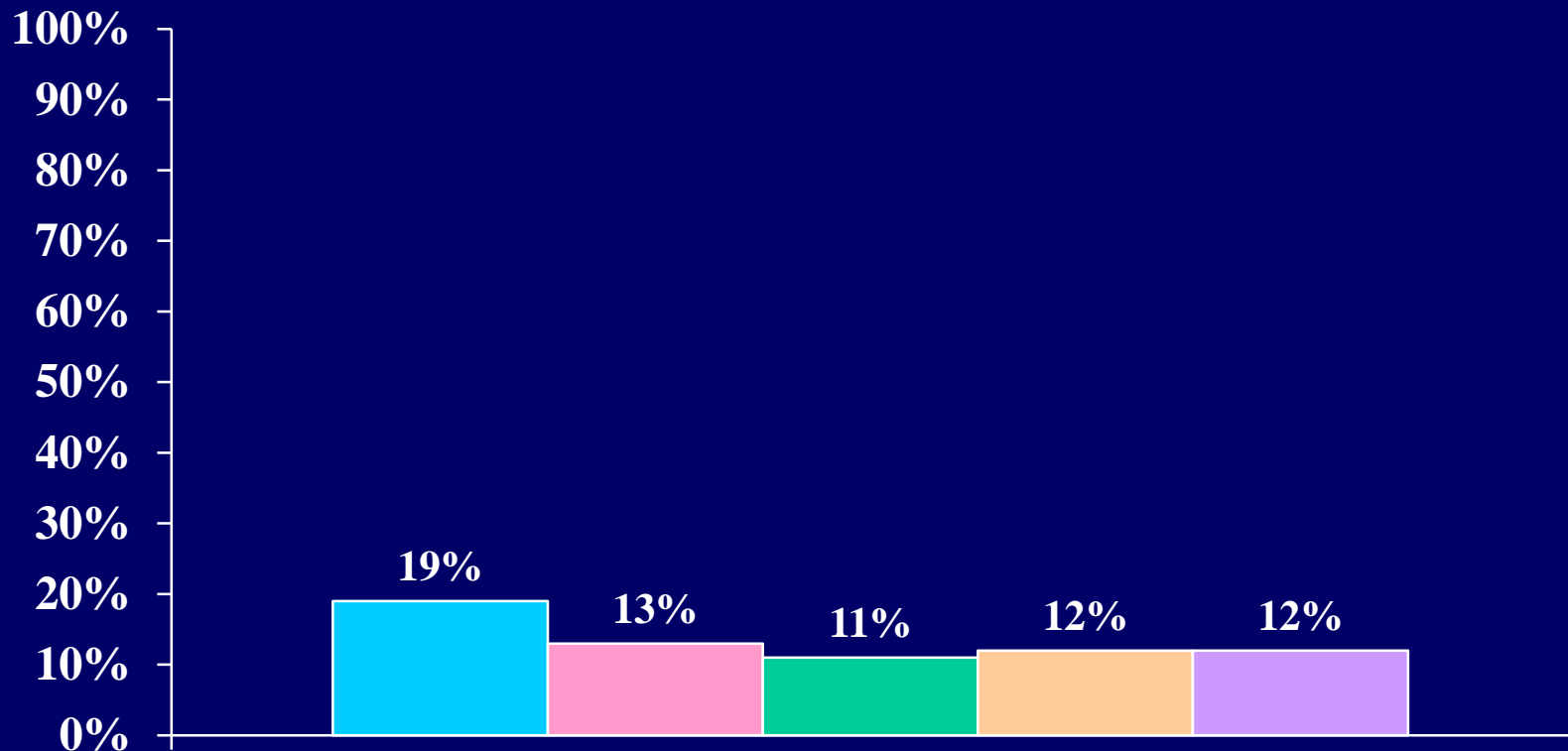
My physical health



Please indicate the extent to which each of the following has been a source of stress for you during the past two years?

Percent of faculty who indicated “Extensive”

My physical health



 Berea

 Benchmark
Institutions

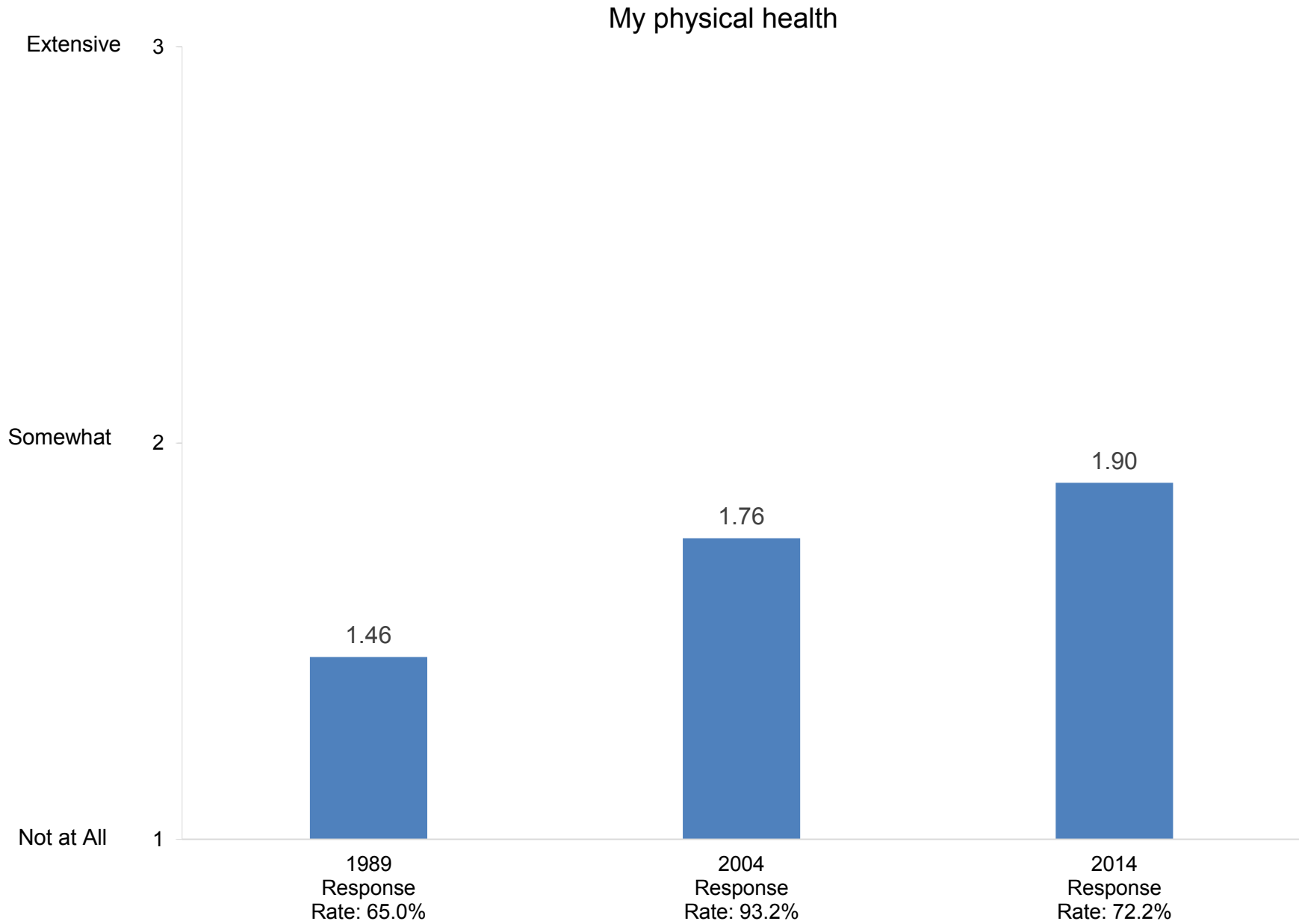
 Non-Sectarian –
High Selectivity

 4-Year
Private

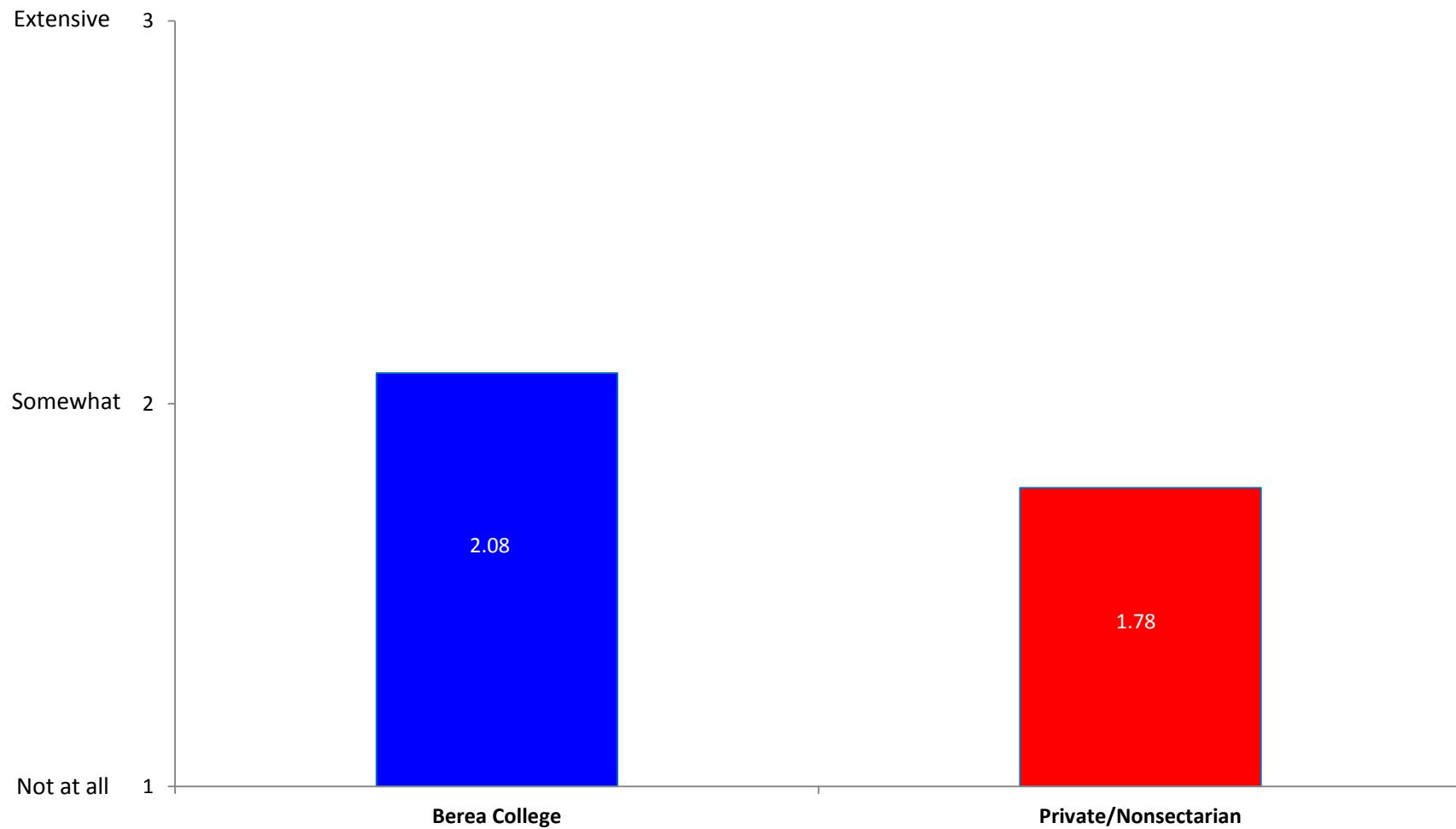
 Publics

Higher Education Research Institute (HERI) Faculty Survey

Indicate the extent to which each of the following has been a source of stress for you during the past two years.



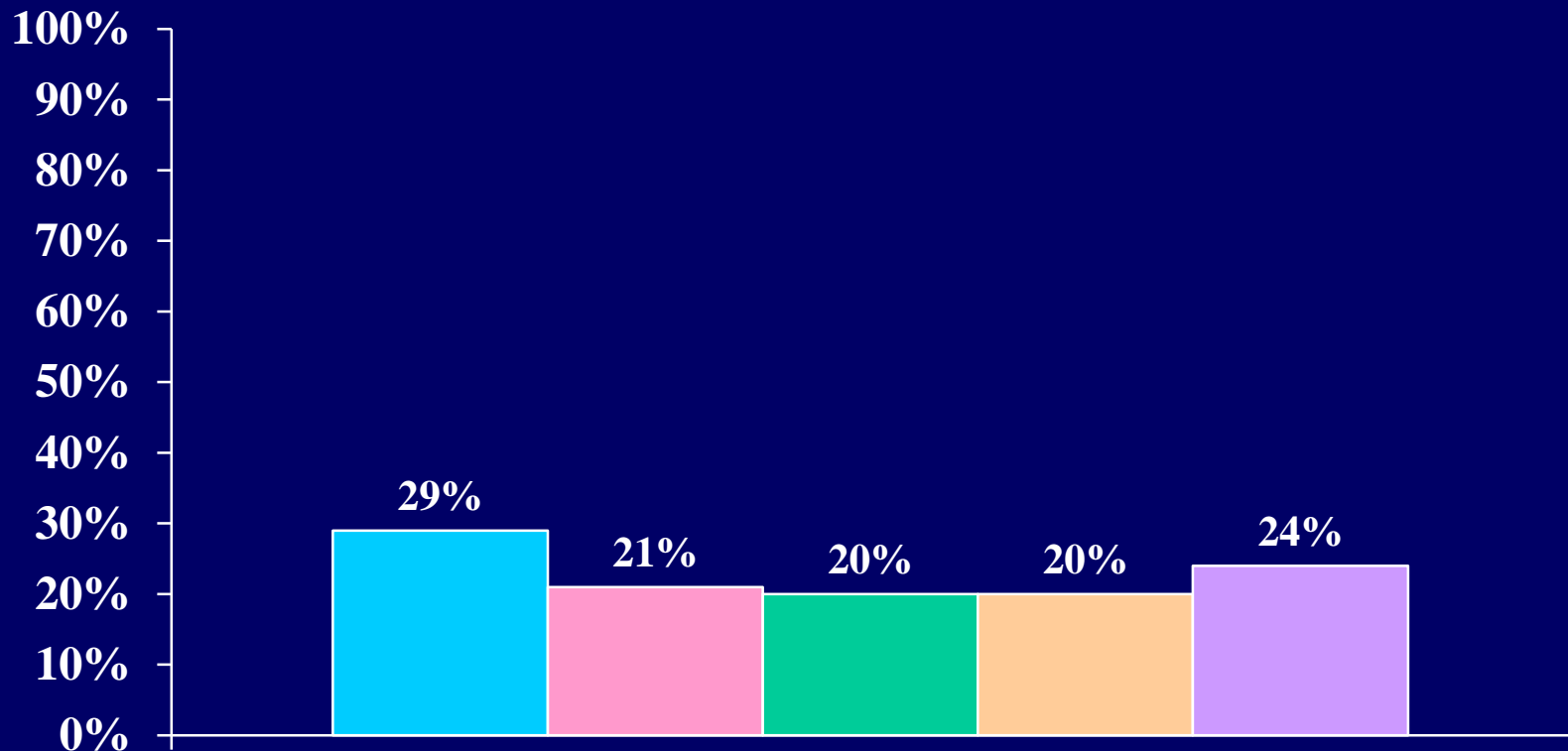
Review/promotion process



Please indicate the extent to which each of the following has been a source of stress for you during the past two years?

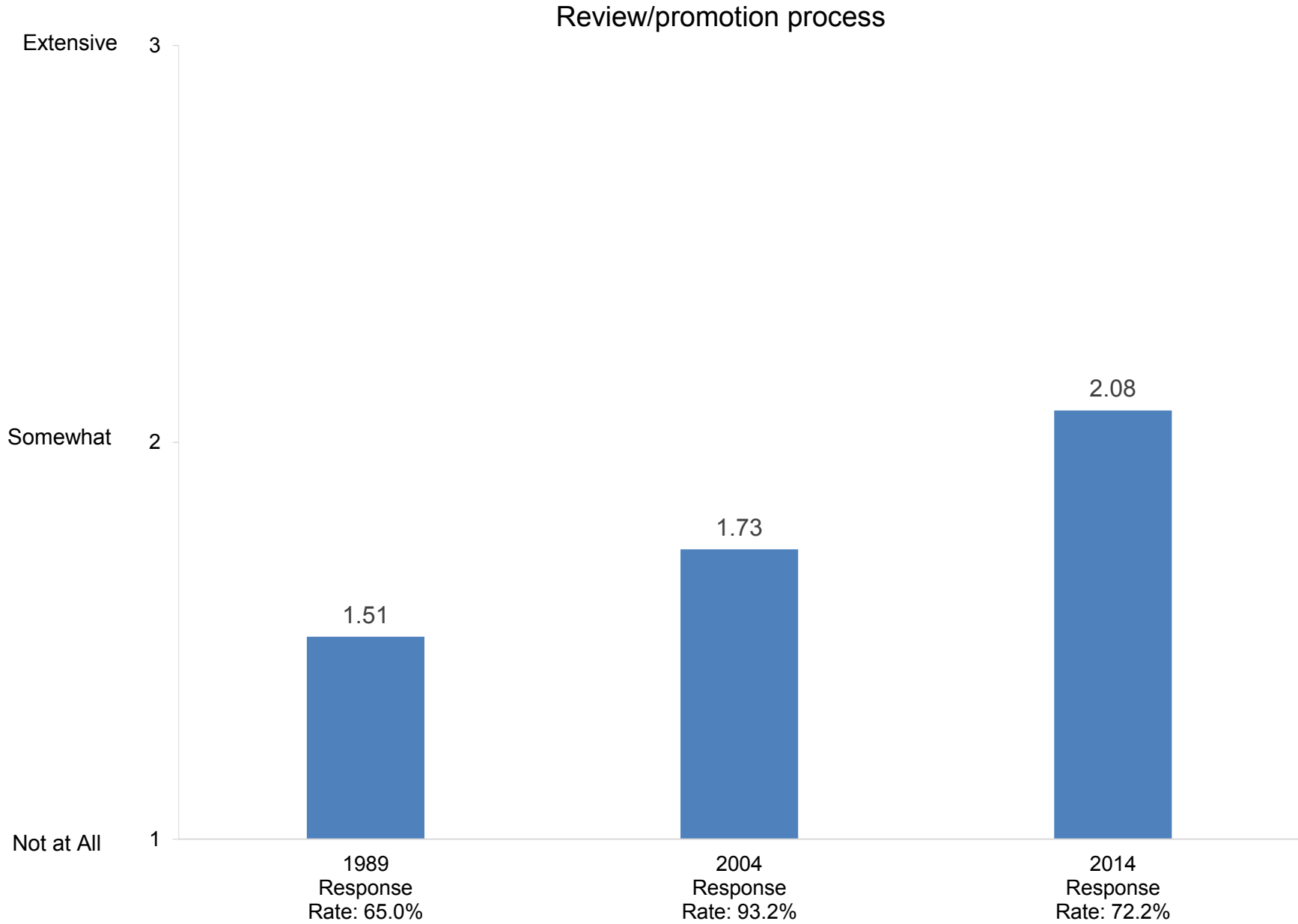
Percent of faculty who indicated "Extensive"

Review/promotion process

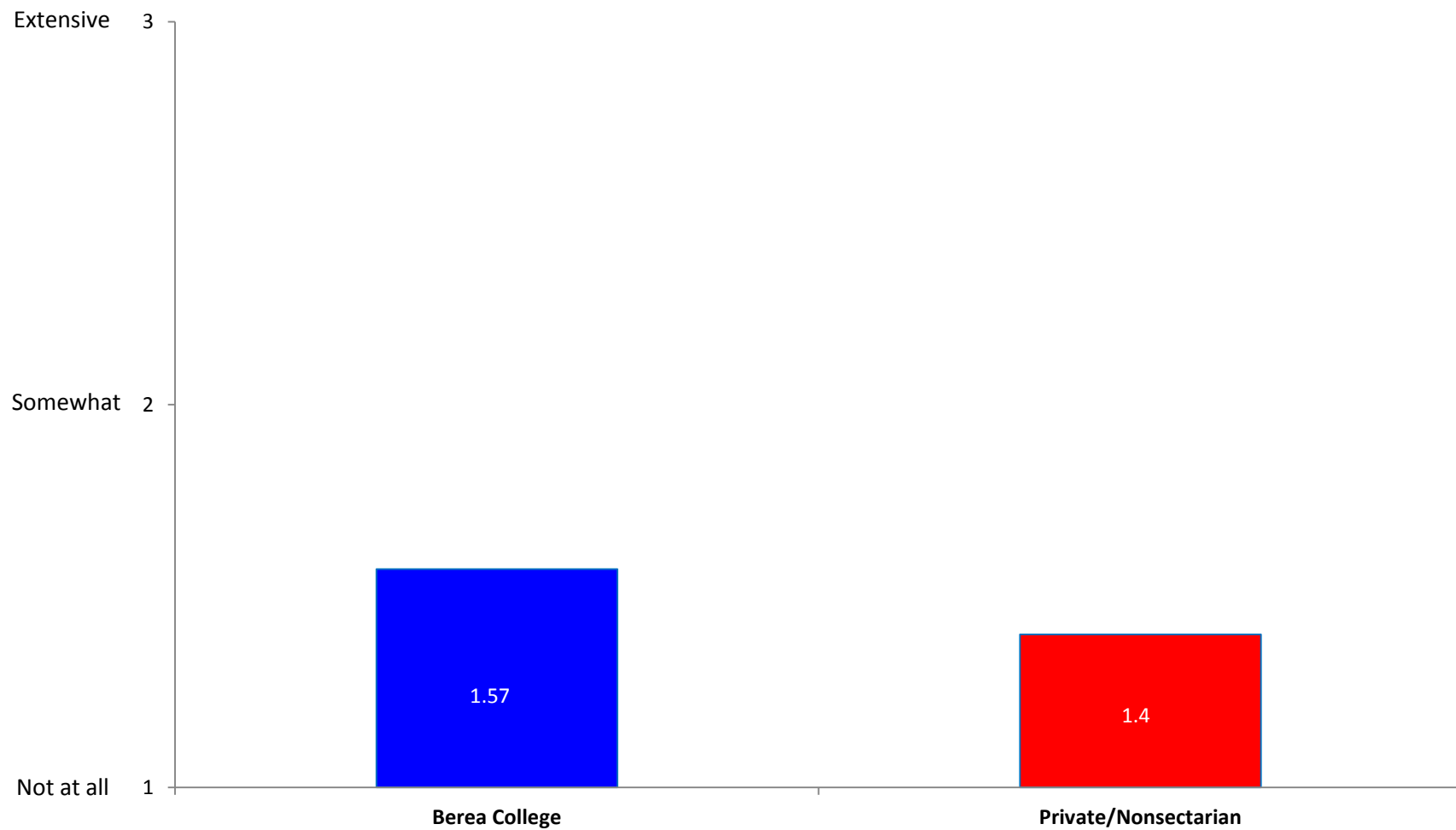


Higher Education Research Institute (HERI) Faculty Survey

Indicate the extent to which each of the following has been a source of stress for you during the past two years.



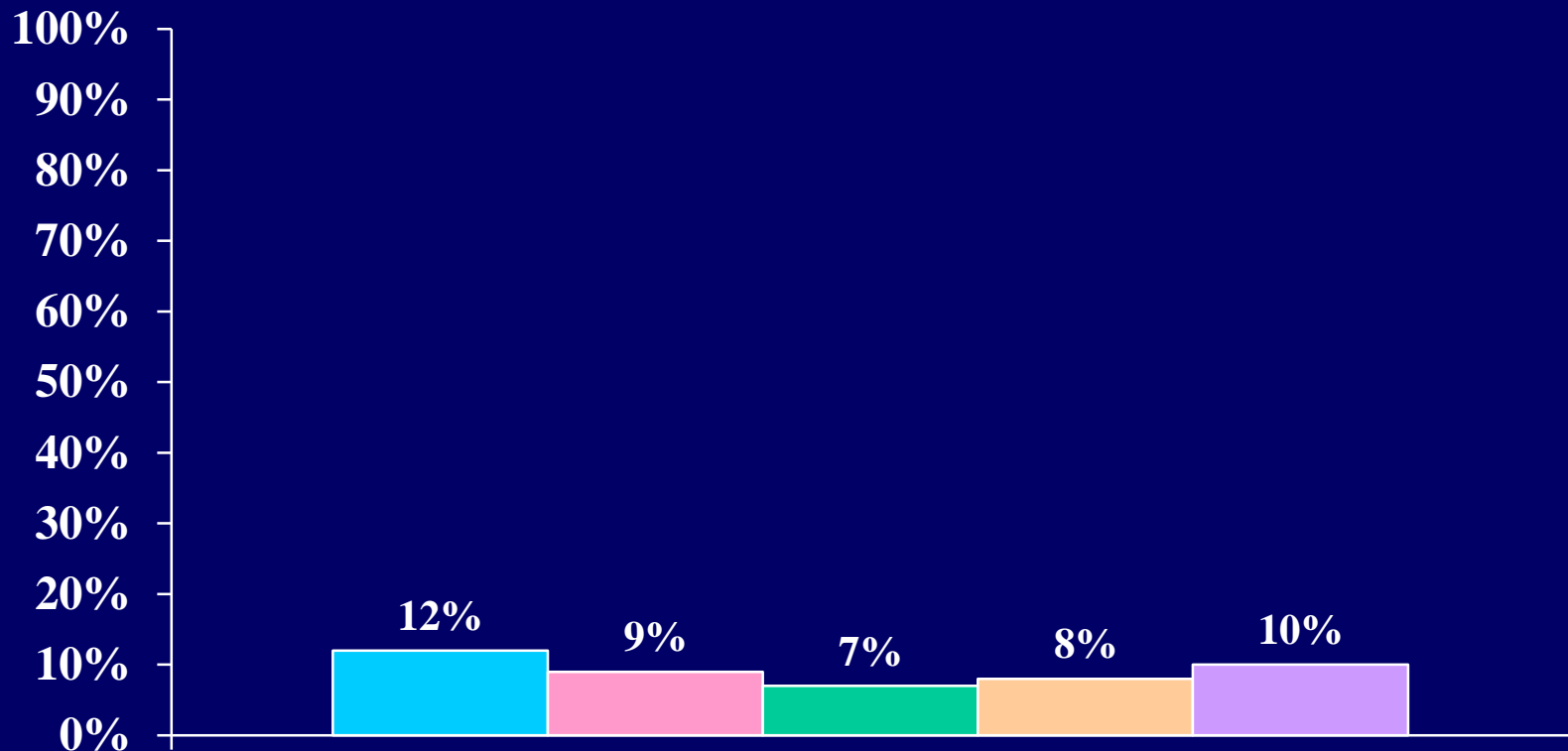
Subtle discrimination (e.g., prejudice, racism, sexism)



Please indicate the extent to which each of the following has been a source of stress for you during the past two years?

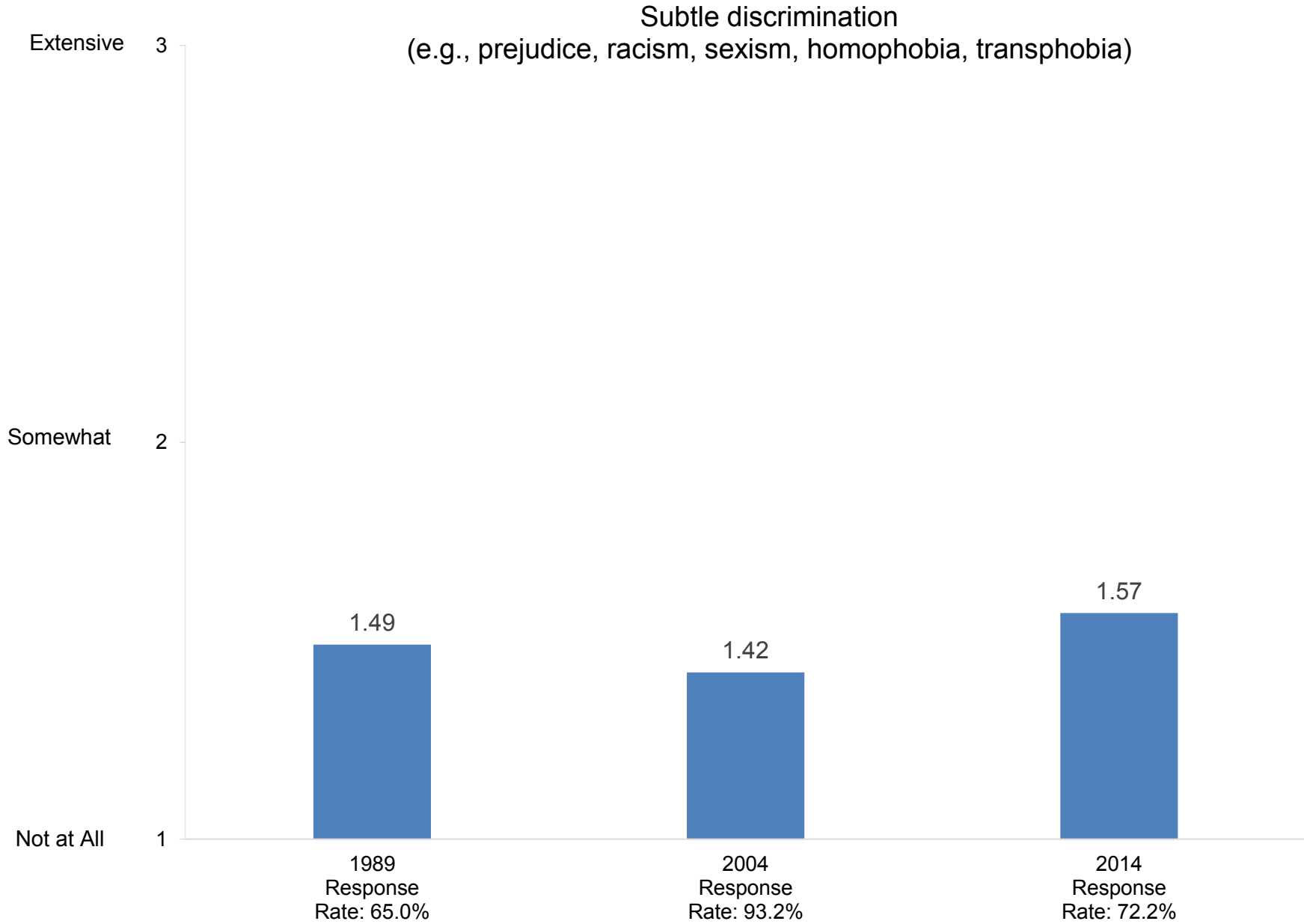
Percent of faculty who indicated “Extensive”

Subtle discrimination (e.g., prejudice, racism, sexism)

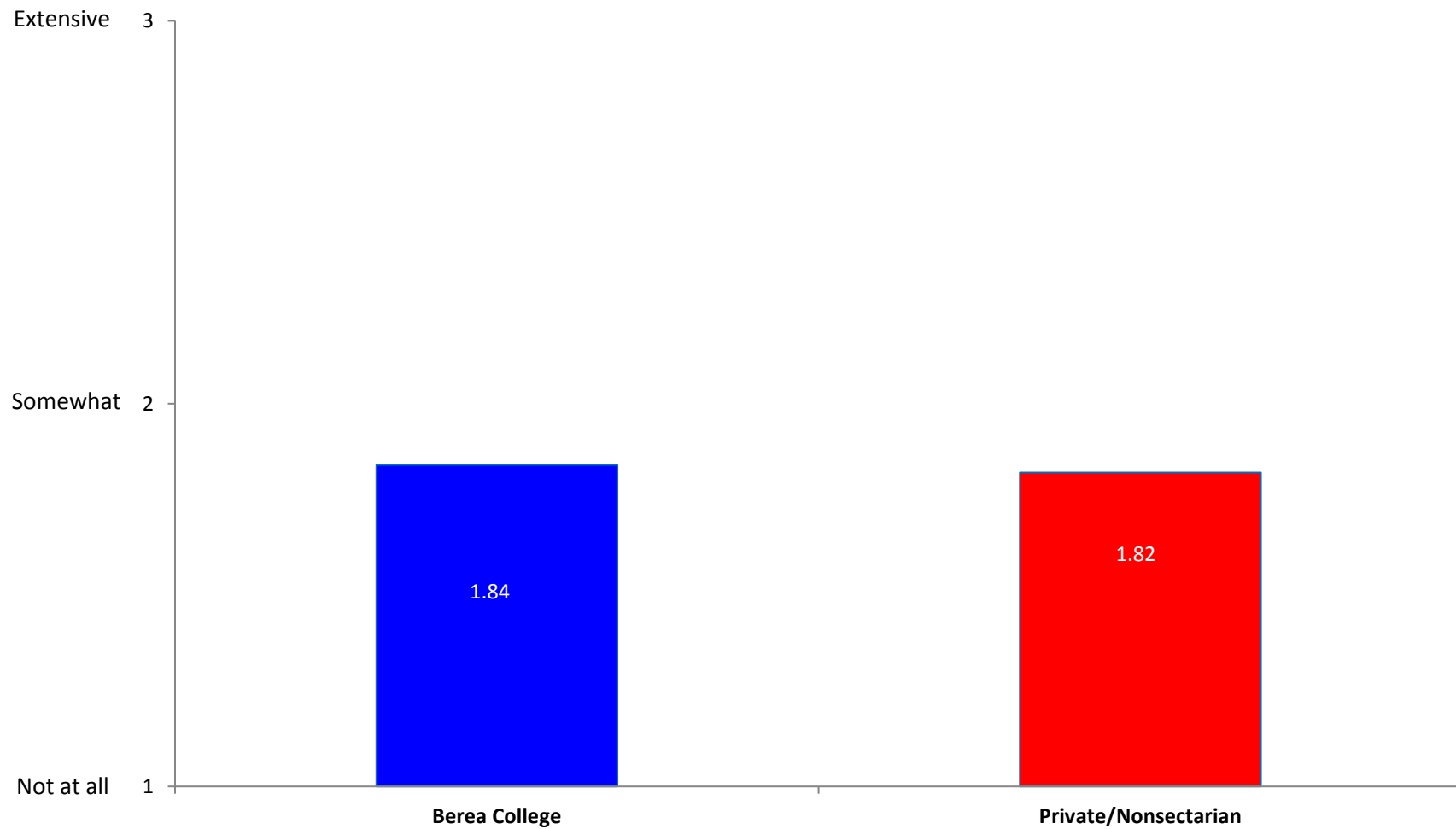


Higher Education Research Institute (HERI) Faculty Survey

Indicate the extent to which each of the following has been a source of stress for you during the past two years.



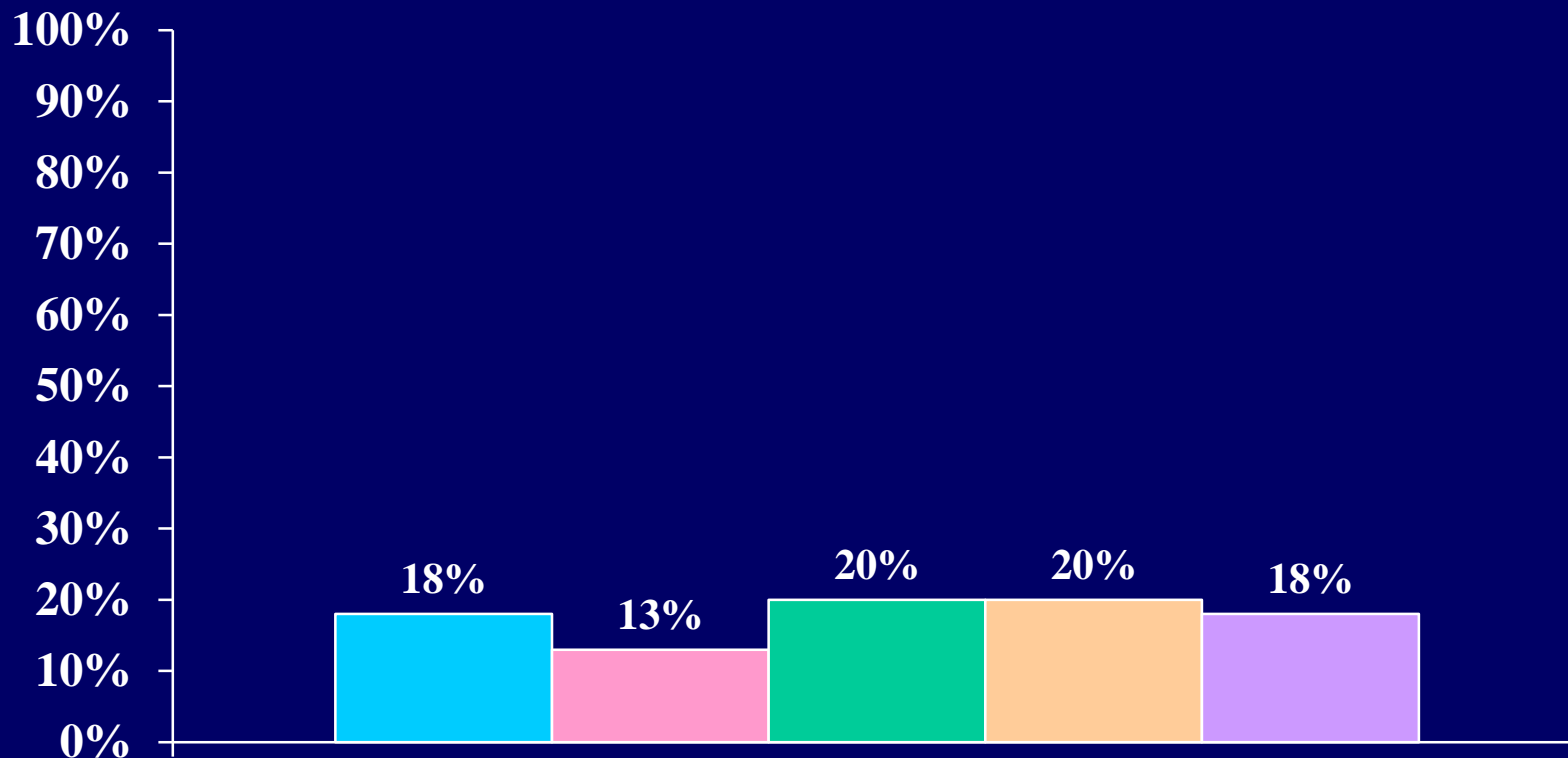
Personal finances



Please indicate the extent to which each of the following has been a source of stress for you during the past two years?

Percent of faculty who indicated “Extensive”

Personal finances



 Berea

 Benchmark
Institutions

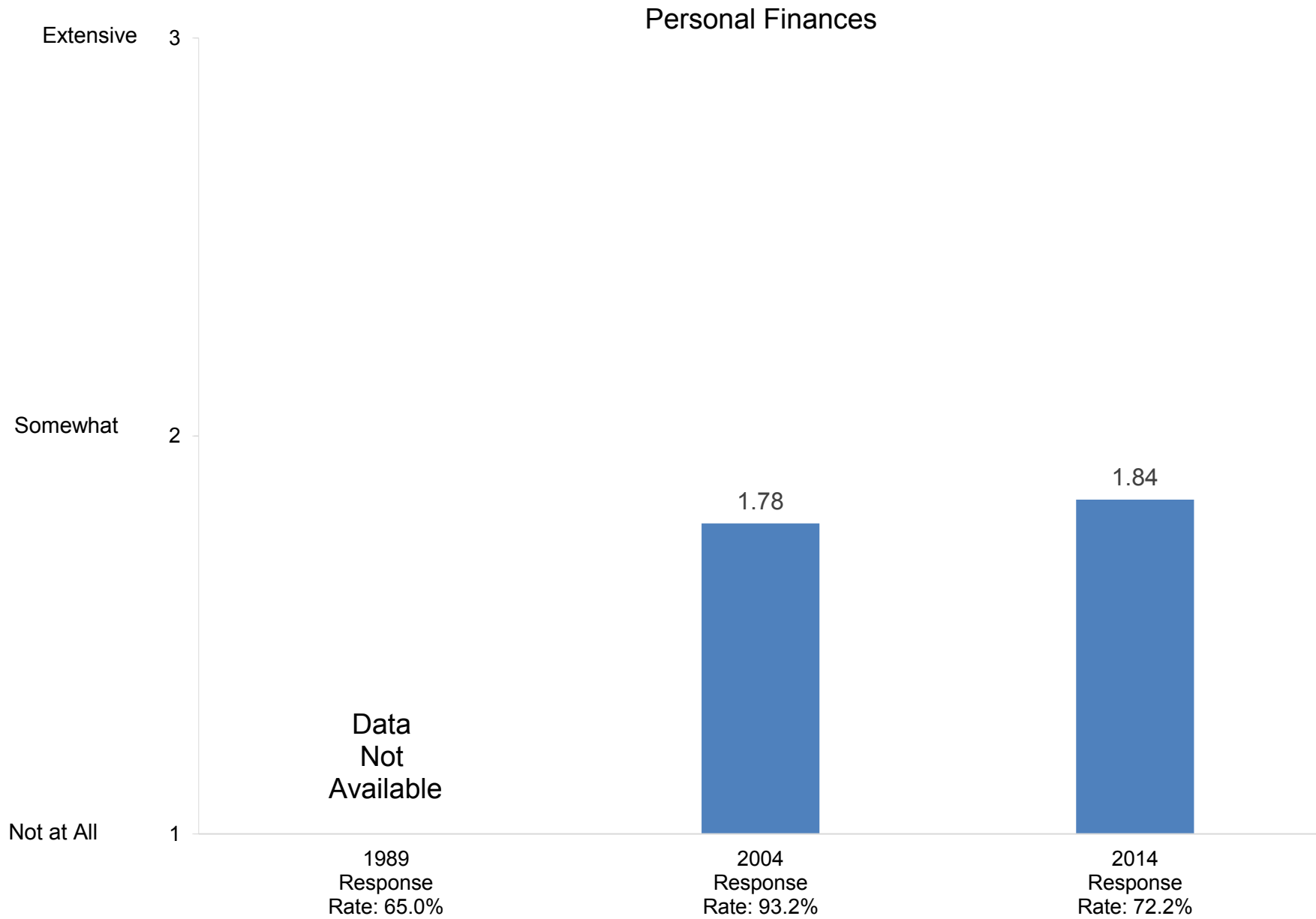
 Non-Sectarian –
High Selectivity

 4-Year
Private

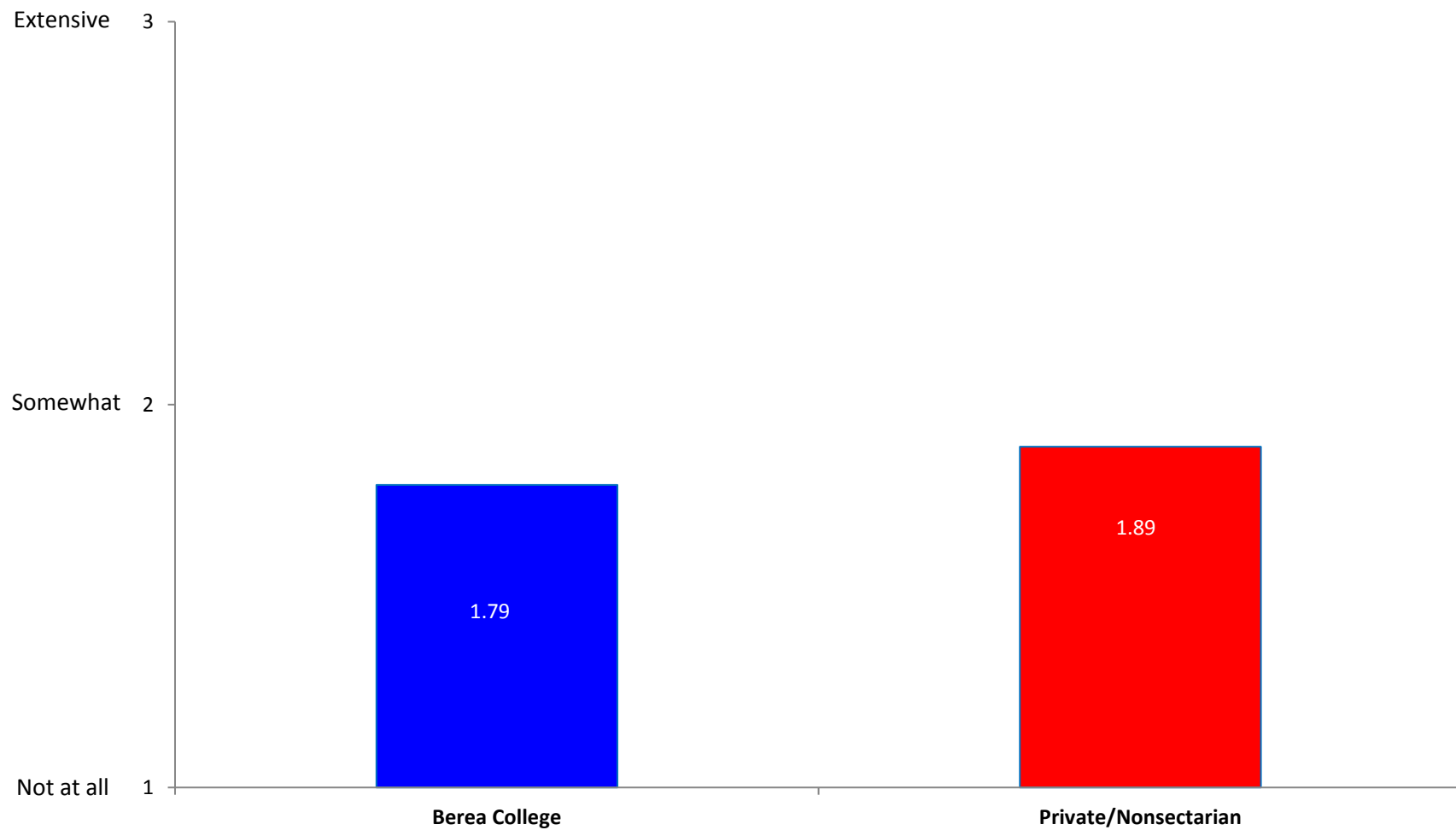
 Publics

Higher Education Research Institute (HERI) Faculty Survey

Indicate the extent to which each of the following has been a source of stress for you during the past two years.



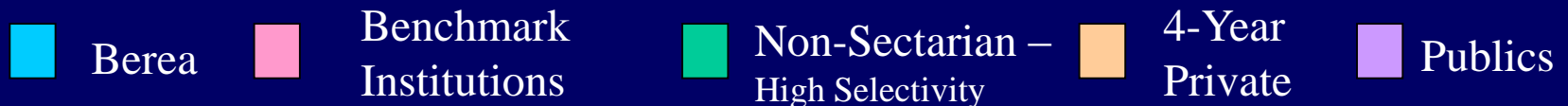
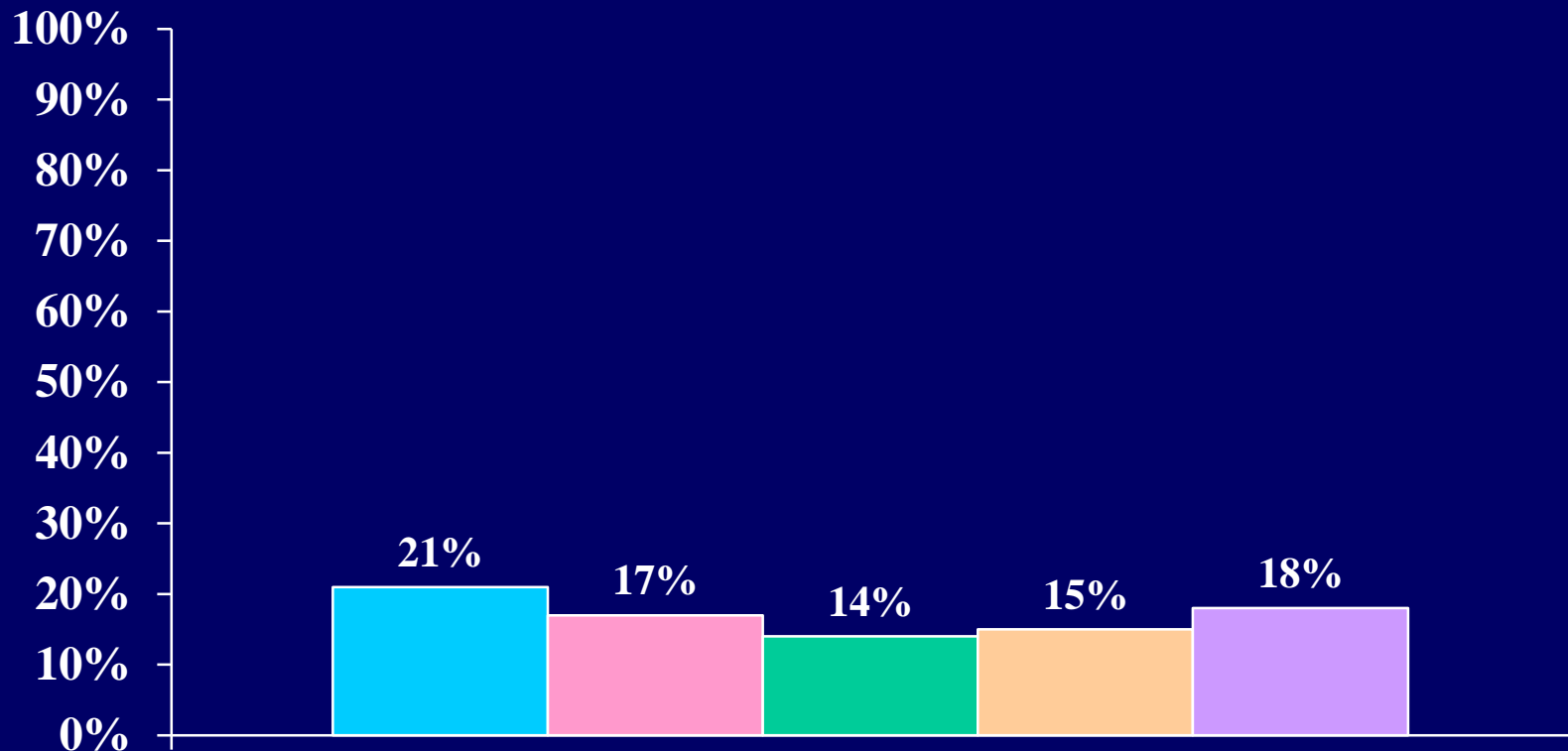
Committee work



Please indicate the extent to which each of the following has been a source of stress for you during the past two years?

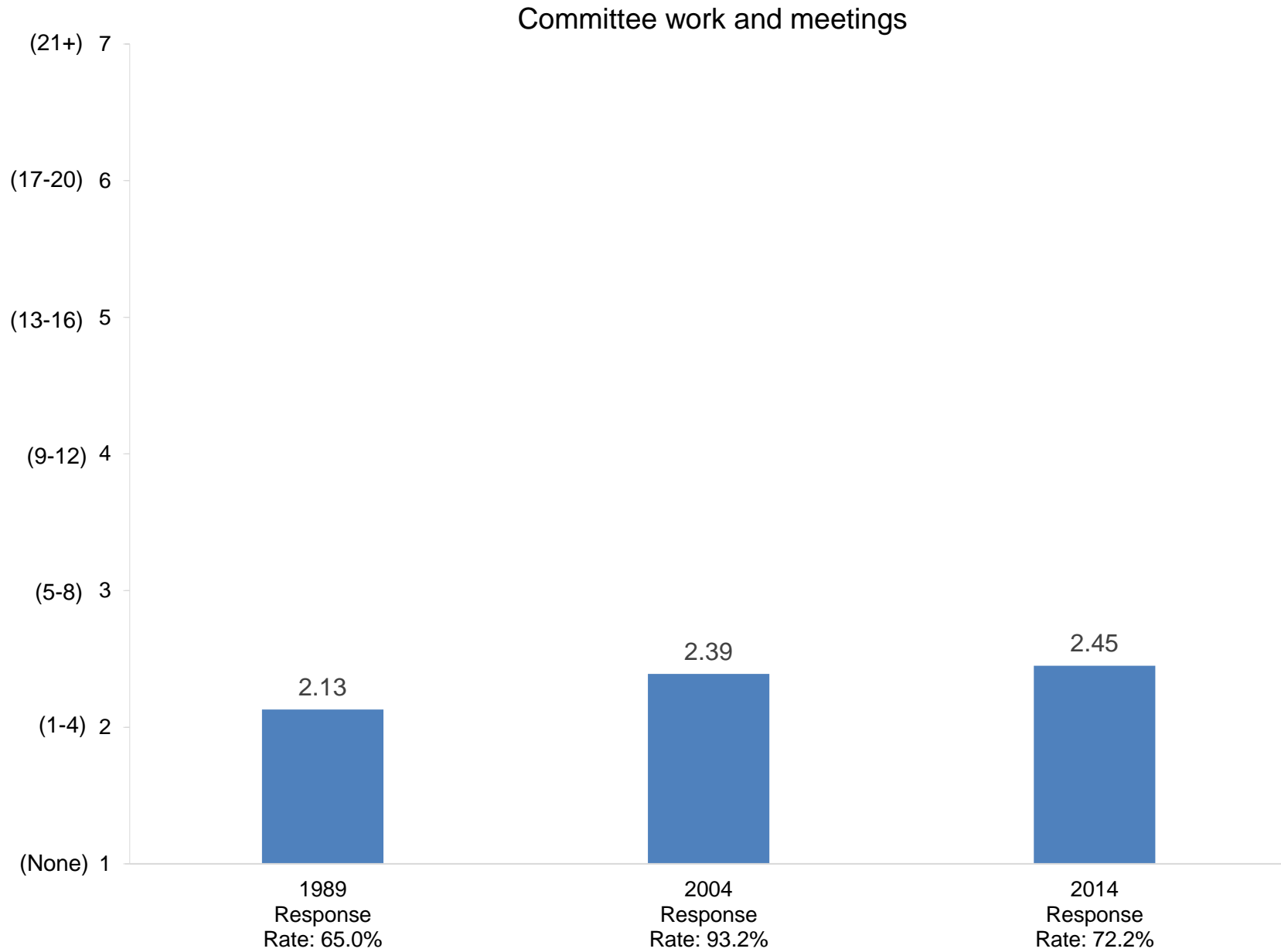
Percent of faculty who indicated “Extensive”

Committee work

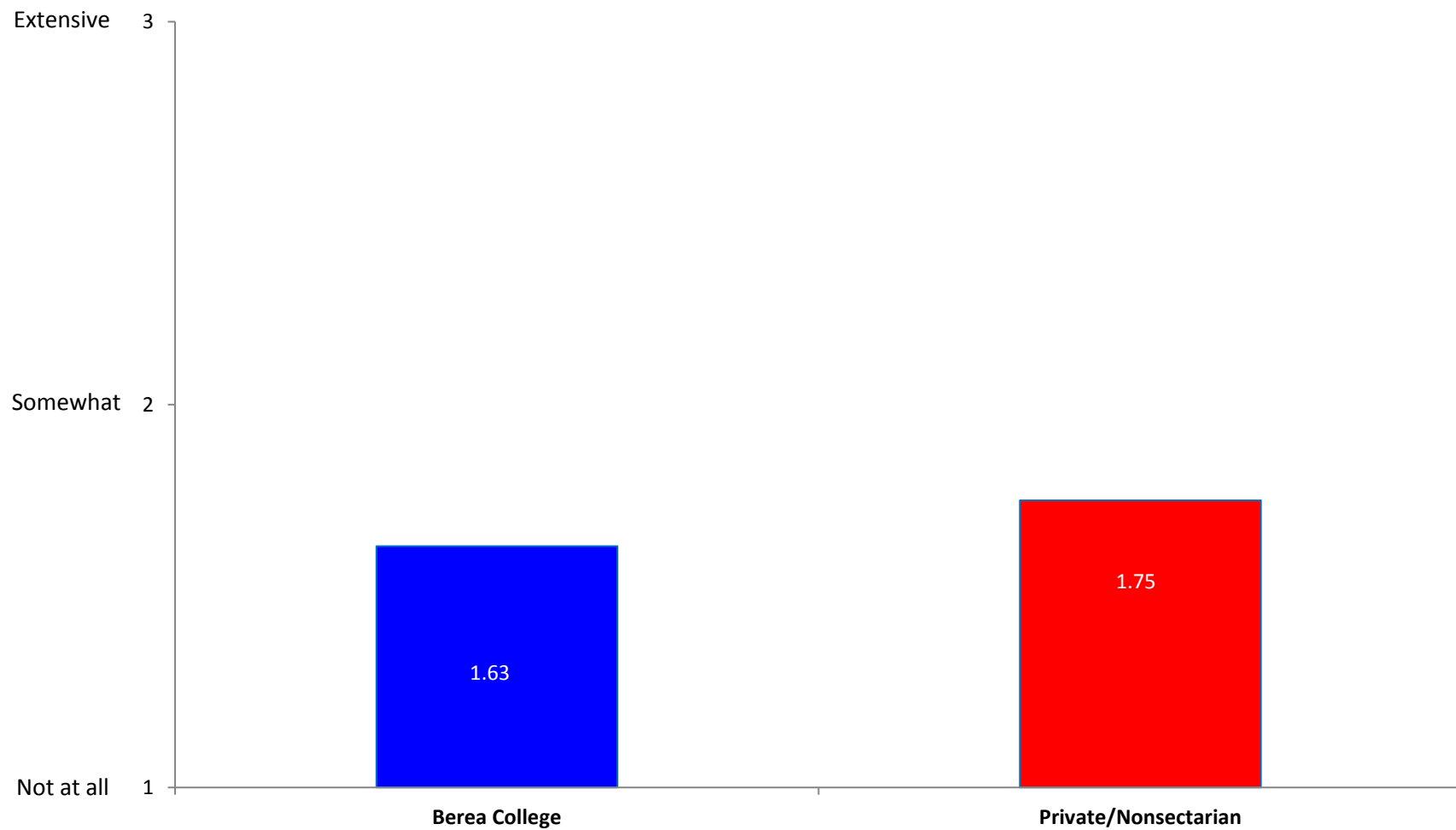


Higher Education Research Institute (HERI) Faculty Survey

During the present term, how many hours per week on average do you actually spend on each of the following activities?



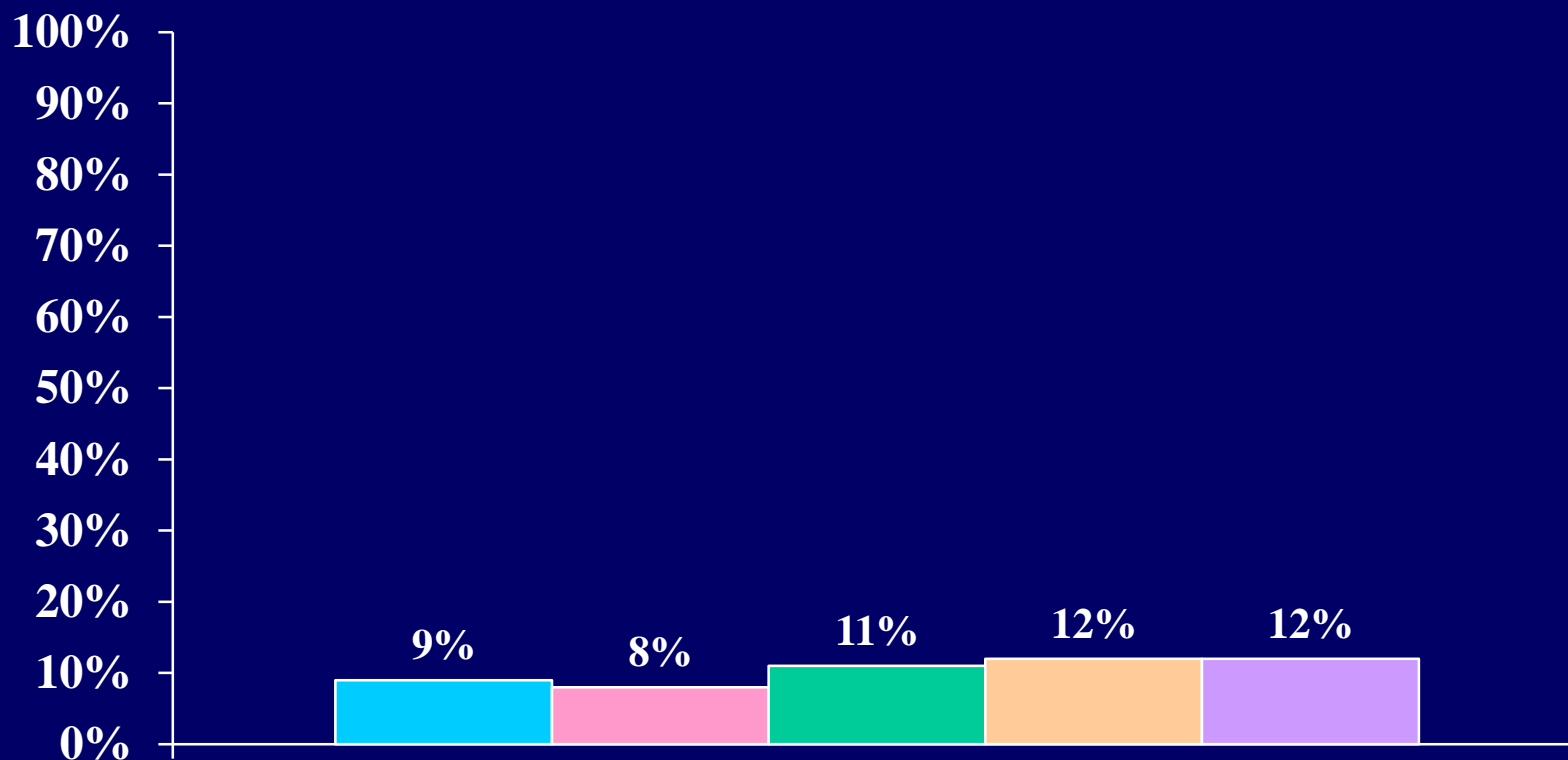
Faculty meetings



Please indicate the extent to which each of the following has been a source of stress for you during the past two years?

Percent of faculty who indicated “Extensive”

Faculty meetings



 Berea

 Benchmark
Institutions

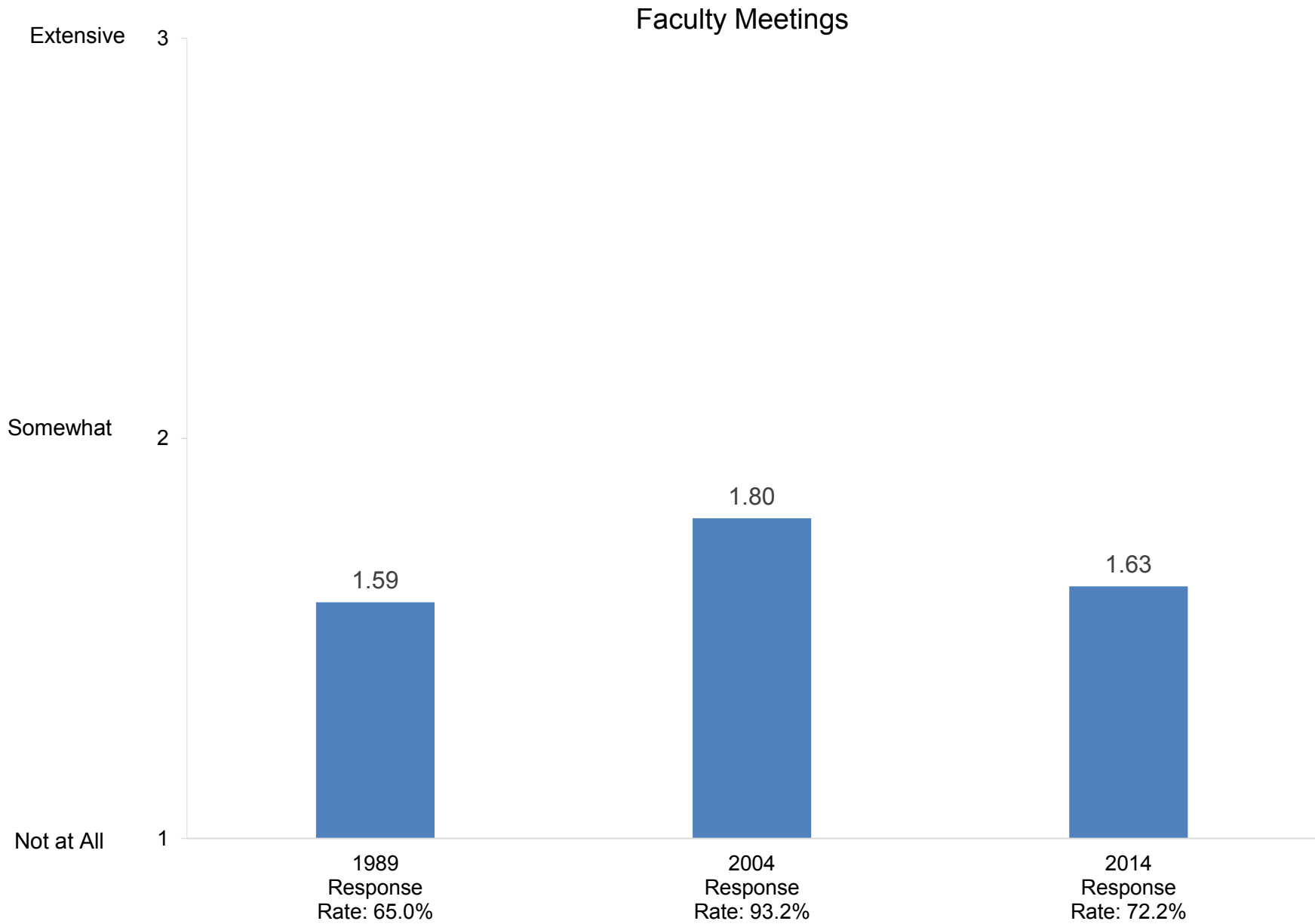
 Non-Sectarian –
High Selectivity

 4-Year
Private

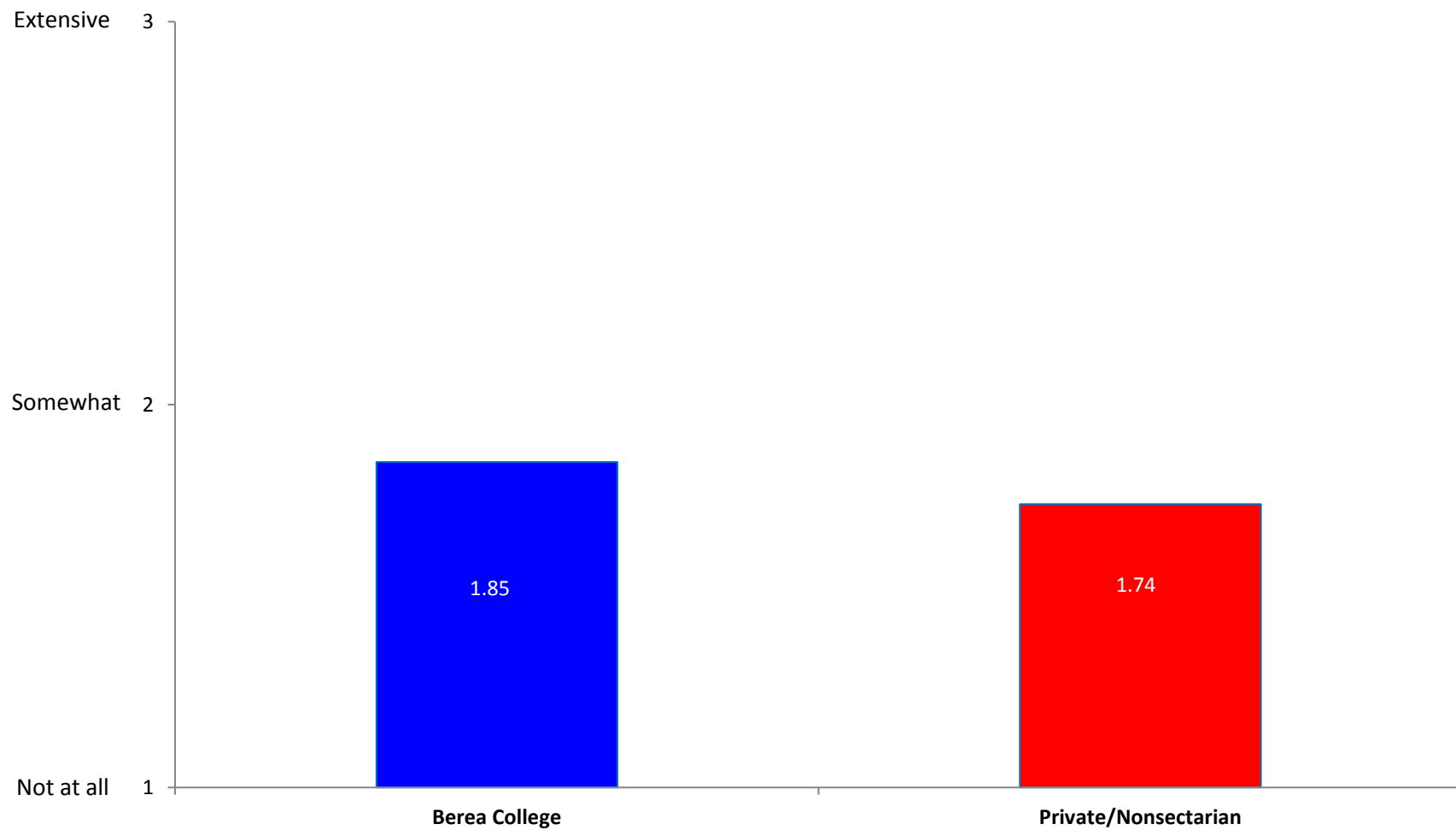
 Publics

Higher Education Research Institute (HERI) Faculty Survey

Indicate the extent to which each of the following has been a source of stress for you during the past two years.



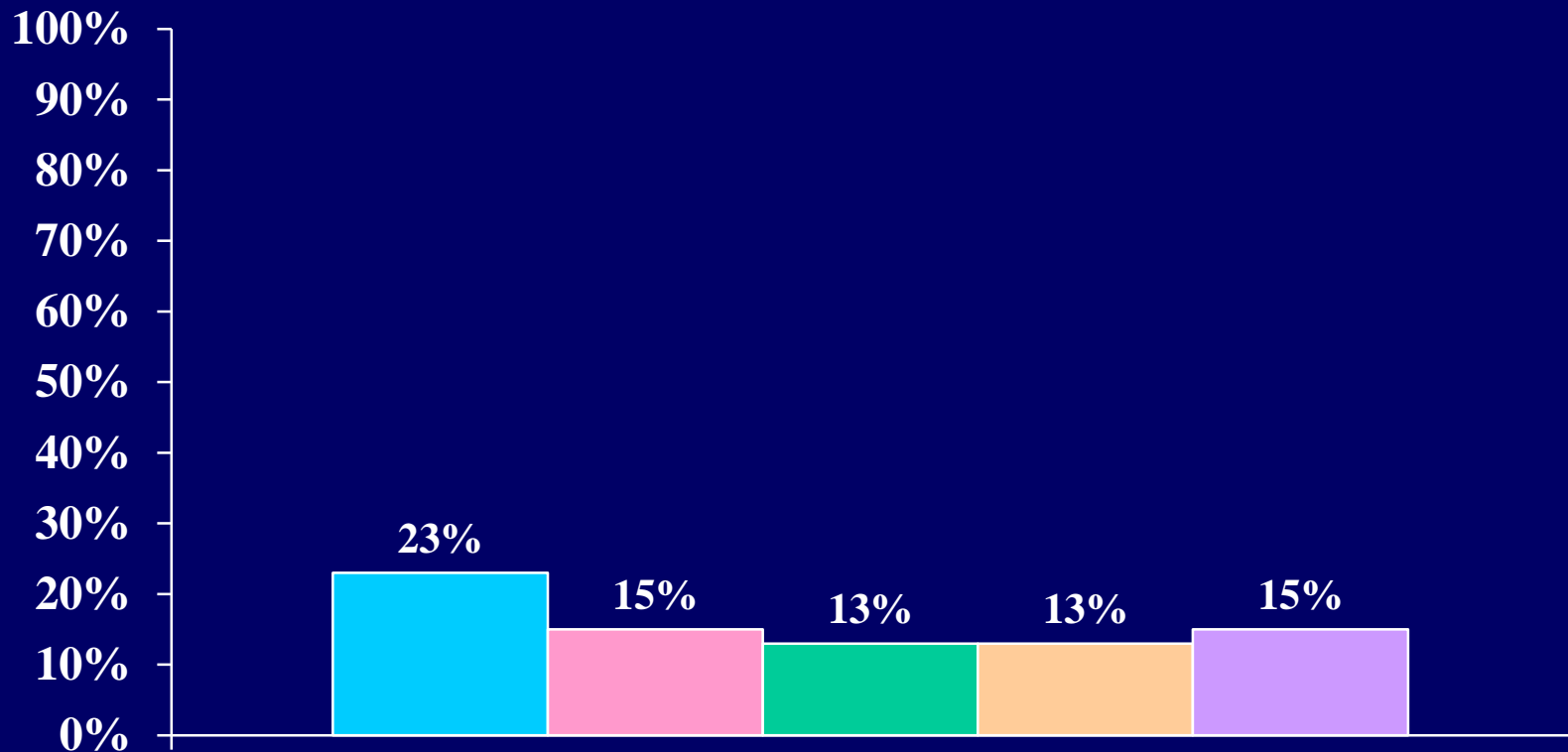
Colleagues



Please indicate the extent to which each of the following has been a source of stress for you during the past two years?

Percent of faculty who indicated “Extensive”

Colleagues



 Berea

 Benchmark Institutions

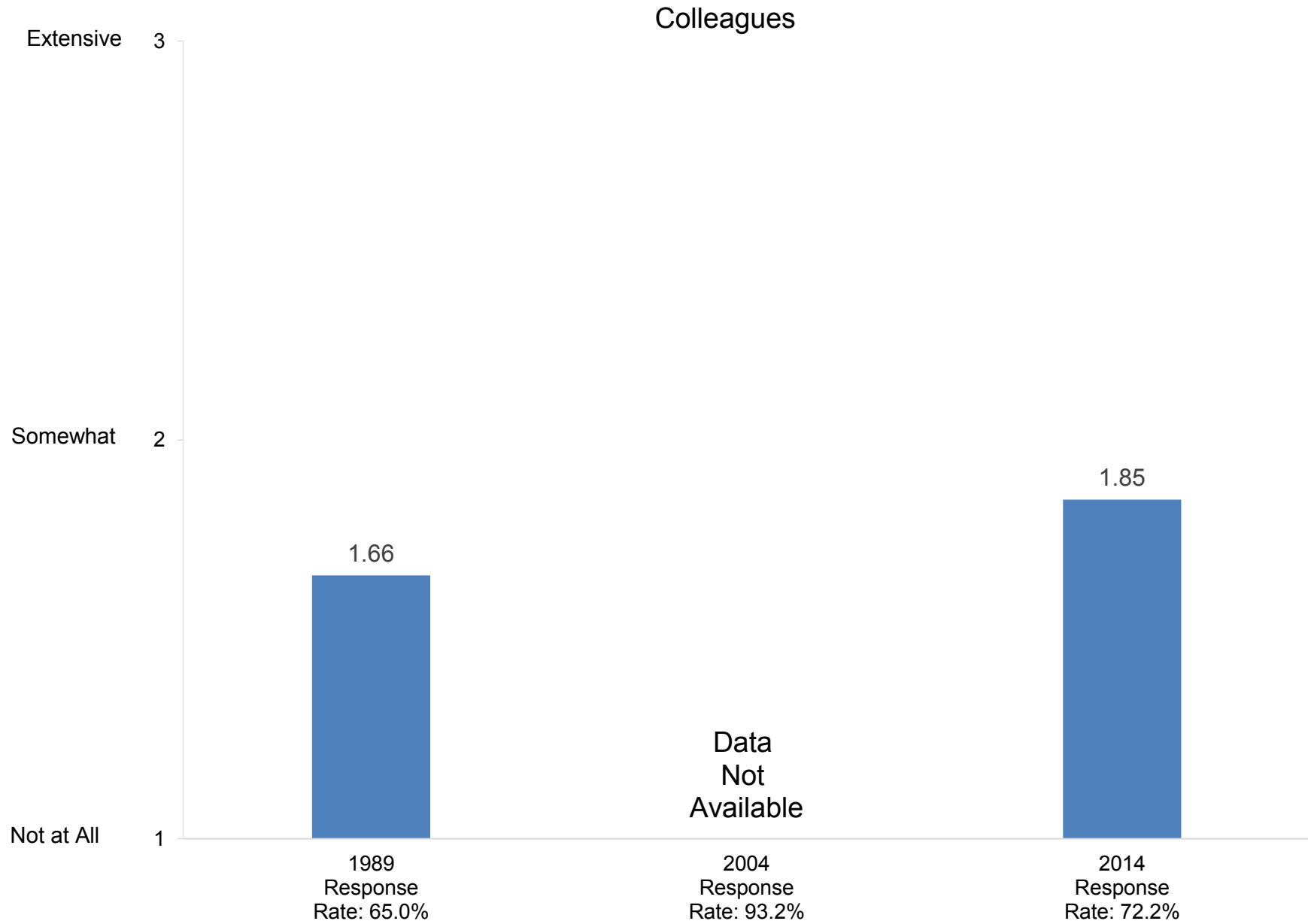
 Non-Sectarian – High Selectivity

 4-Year Private

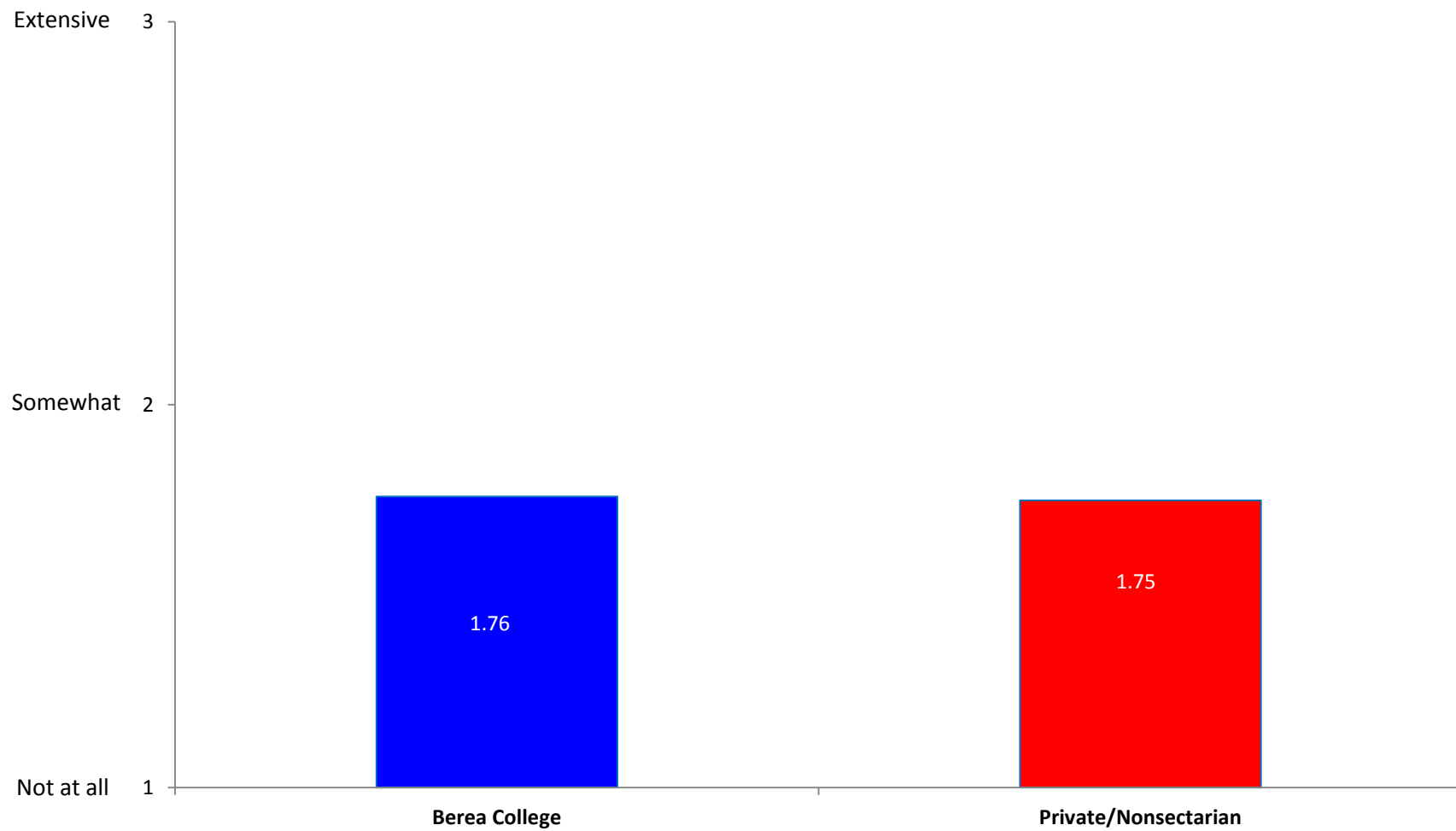
 Publics

Higher Education Research Institute (HERI) Faculty Survey

Indicate the extent to which each of the following has been a source of stress for you during the past two years.



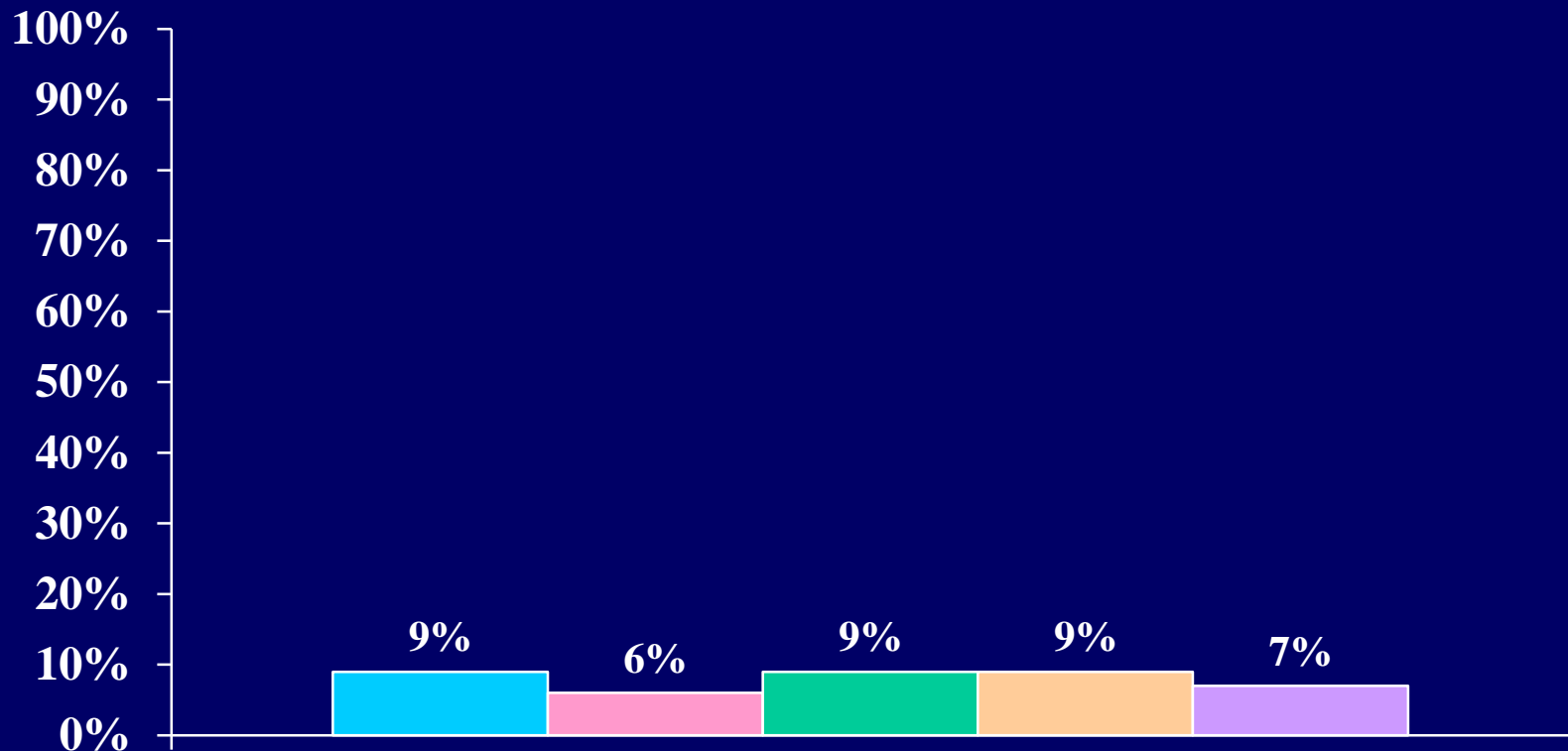
Students



Please indicate the extent to which each of the following has been a source of stress for you during the past two years?

Percent of faculty who indicated "Extensive"

Students



 Berea

 Benchmark
Institutions

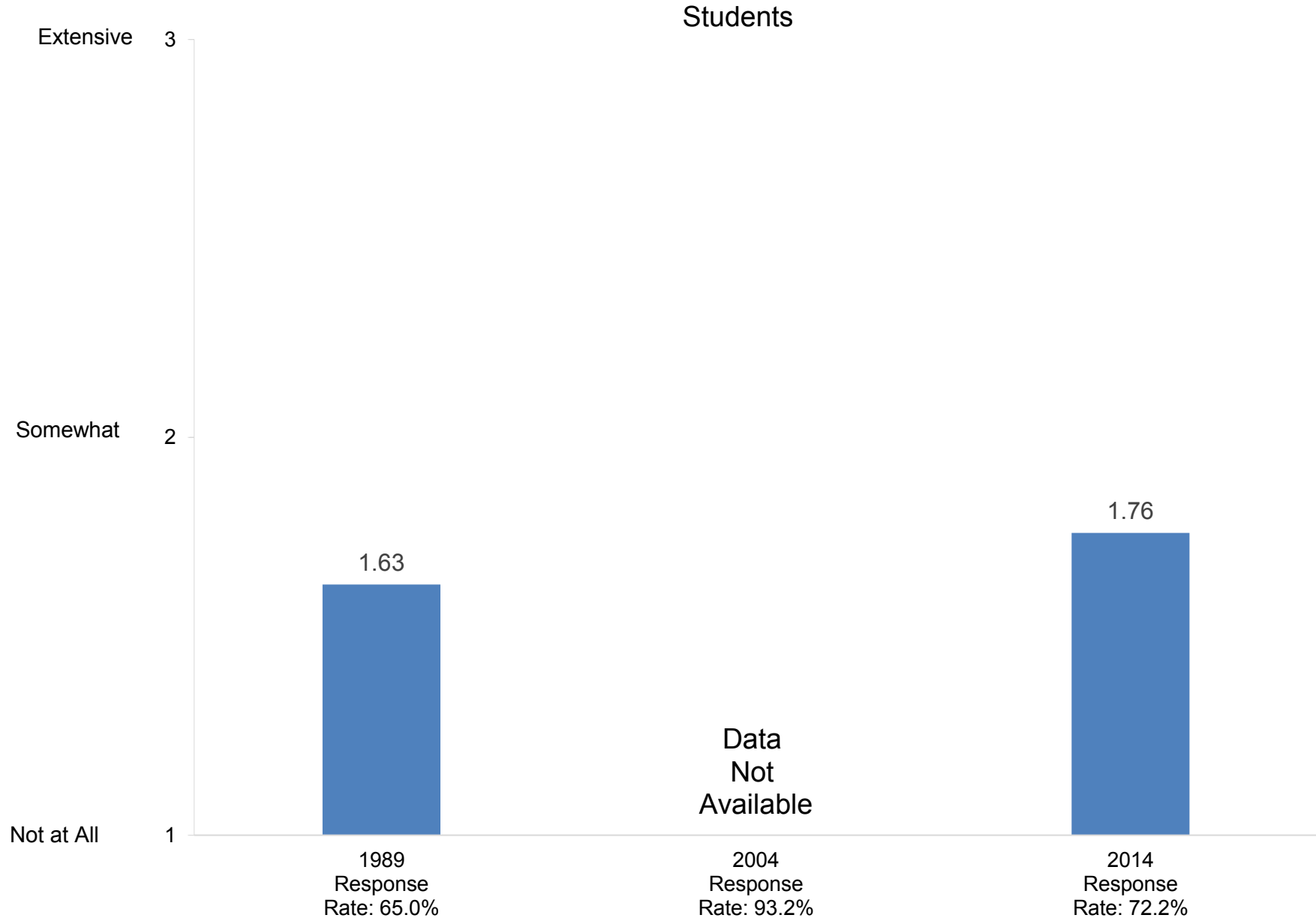
 Non-Sectarian –
High Selectivity

 4-Year
Private

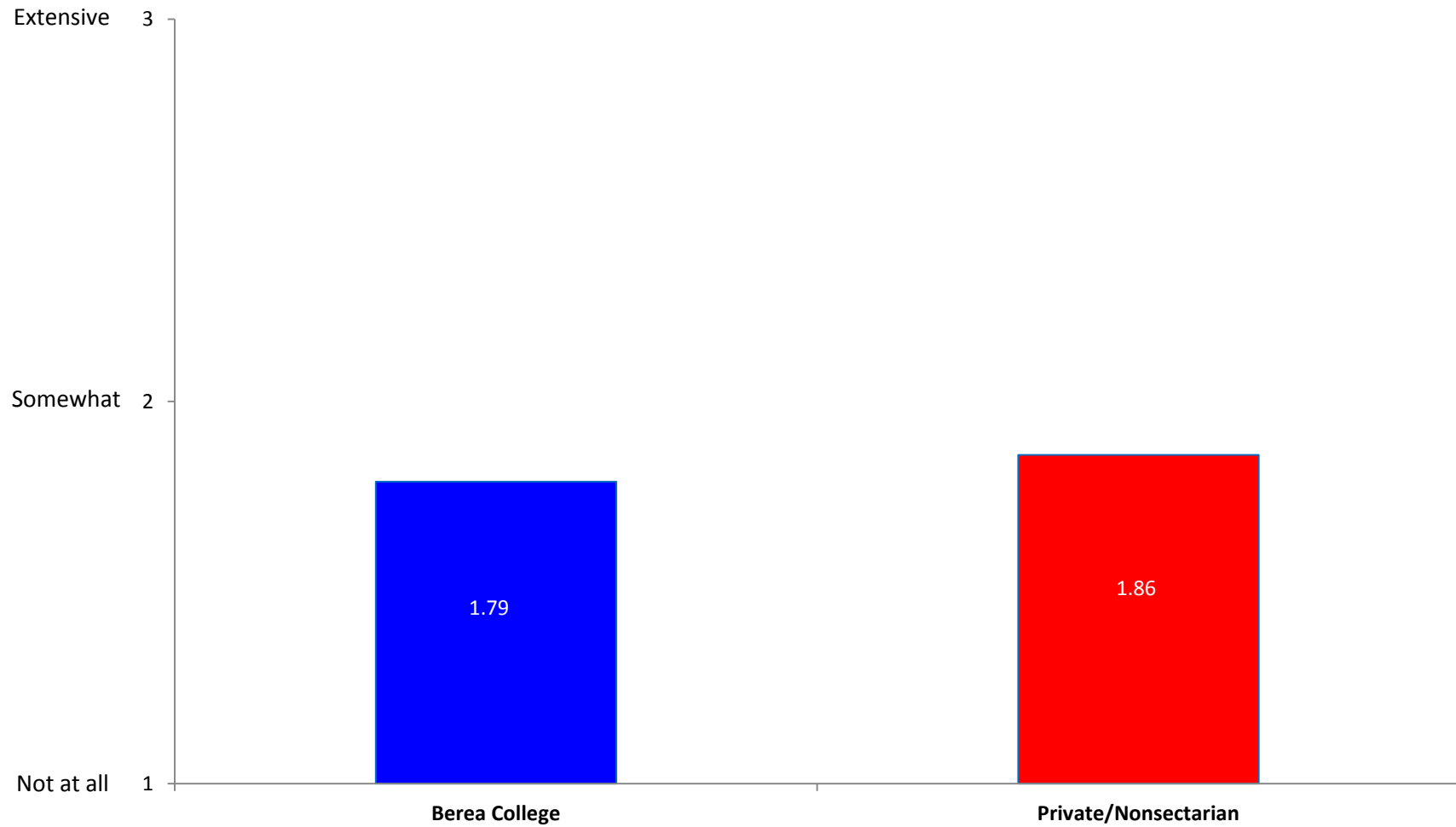
 Publics

Higher Education Research Institute (HERI) Faculty Survey

Indicate the extent to which each of the following has been a source of stress for you during the past two years.



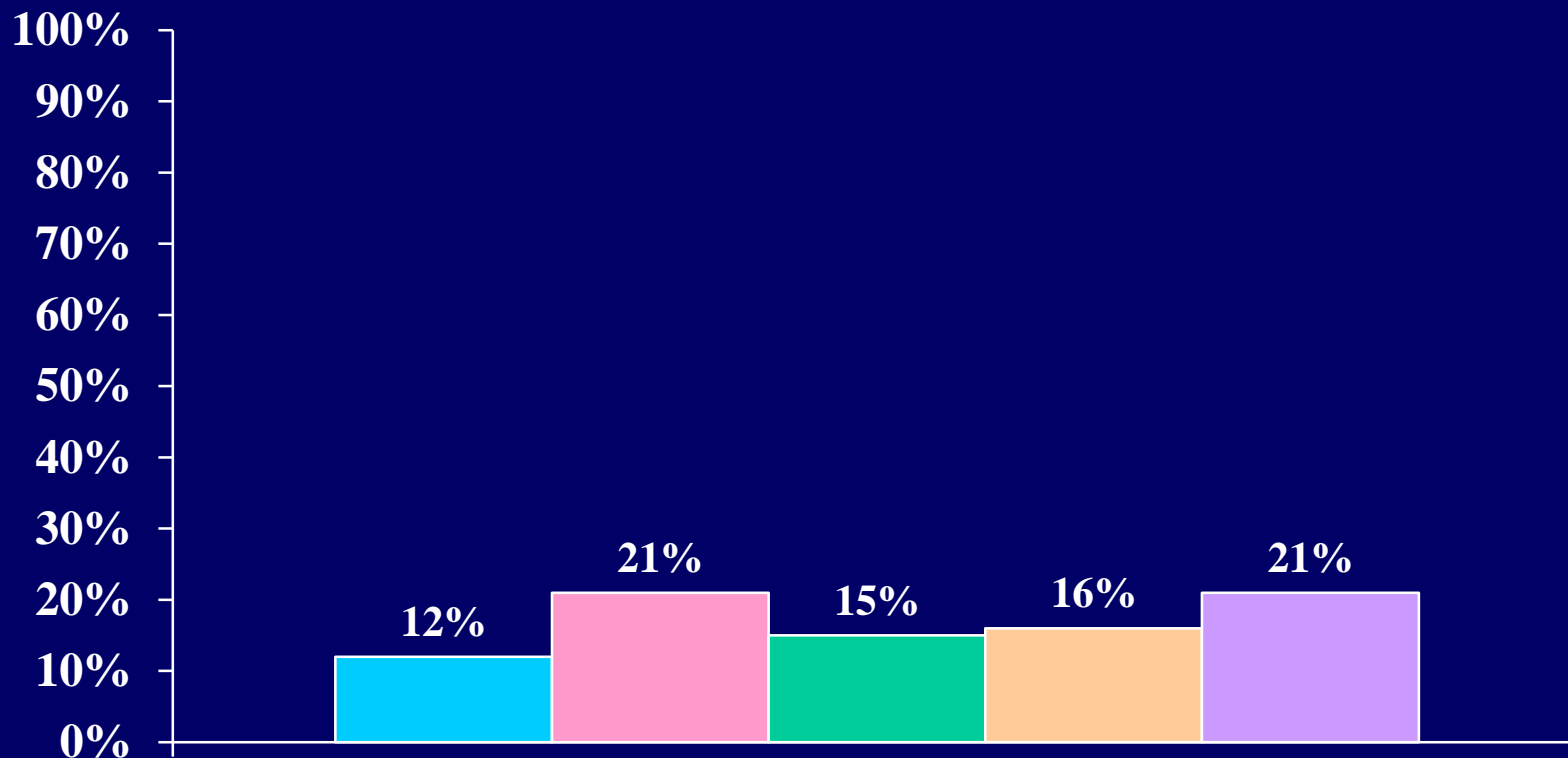
Research or publishing demands



Please indicate the extent to which each of the following has been a source of stress for you during the past two years?

Percent of faculty who indicated “Extensive”

Research or publishing demands



 Berea

 Benchmark
Institutions

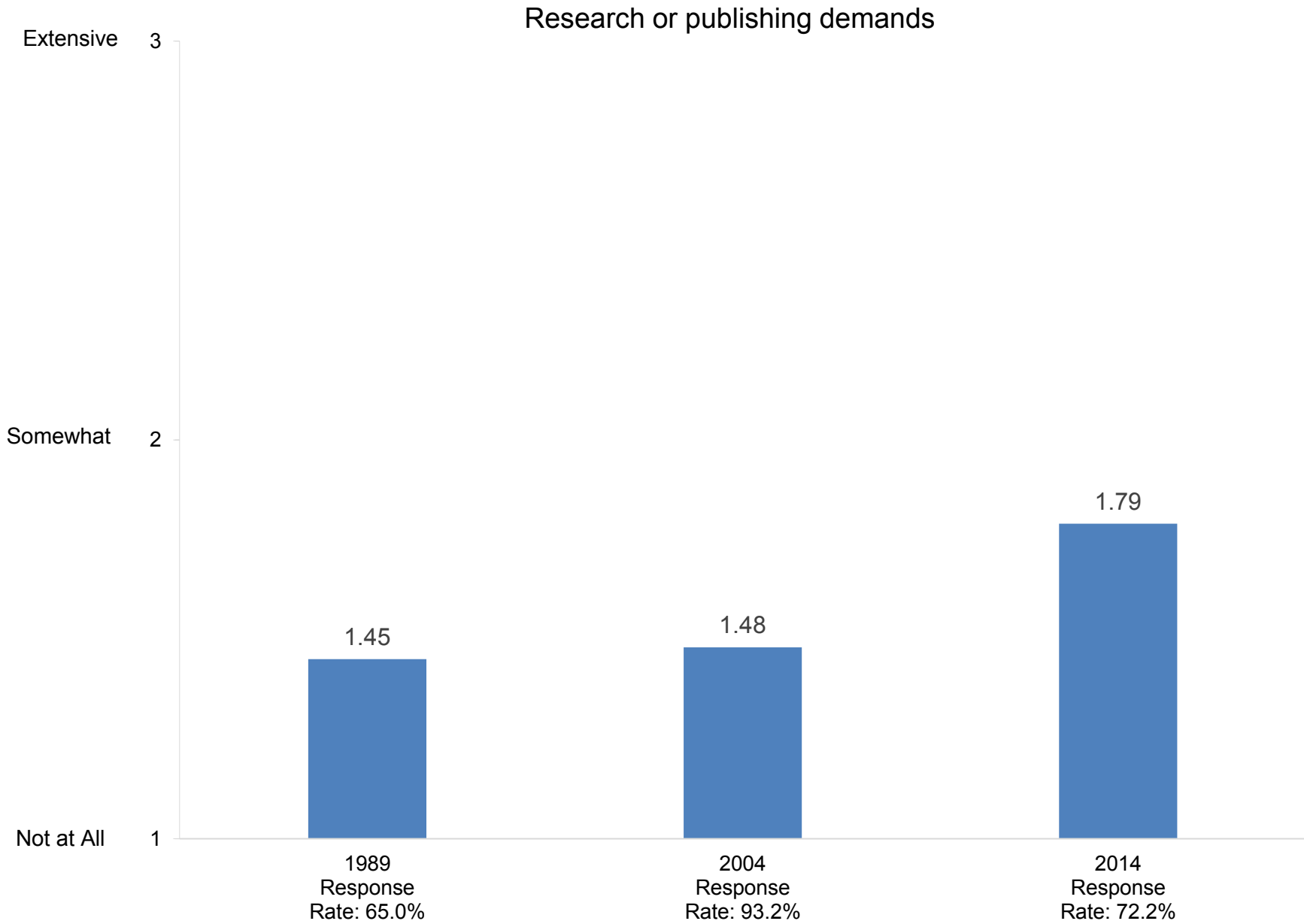
 Non-Sectarian –
High Selectivity

 4-Year
Private

 Publics

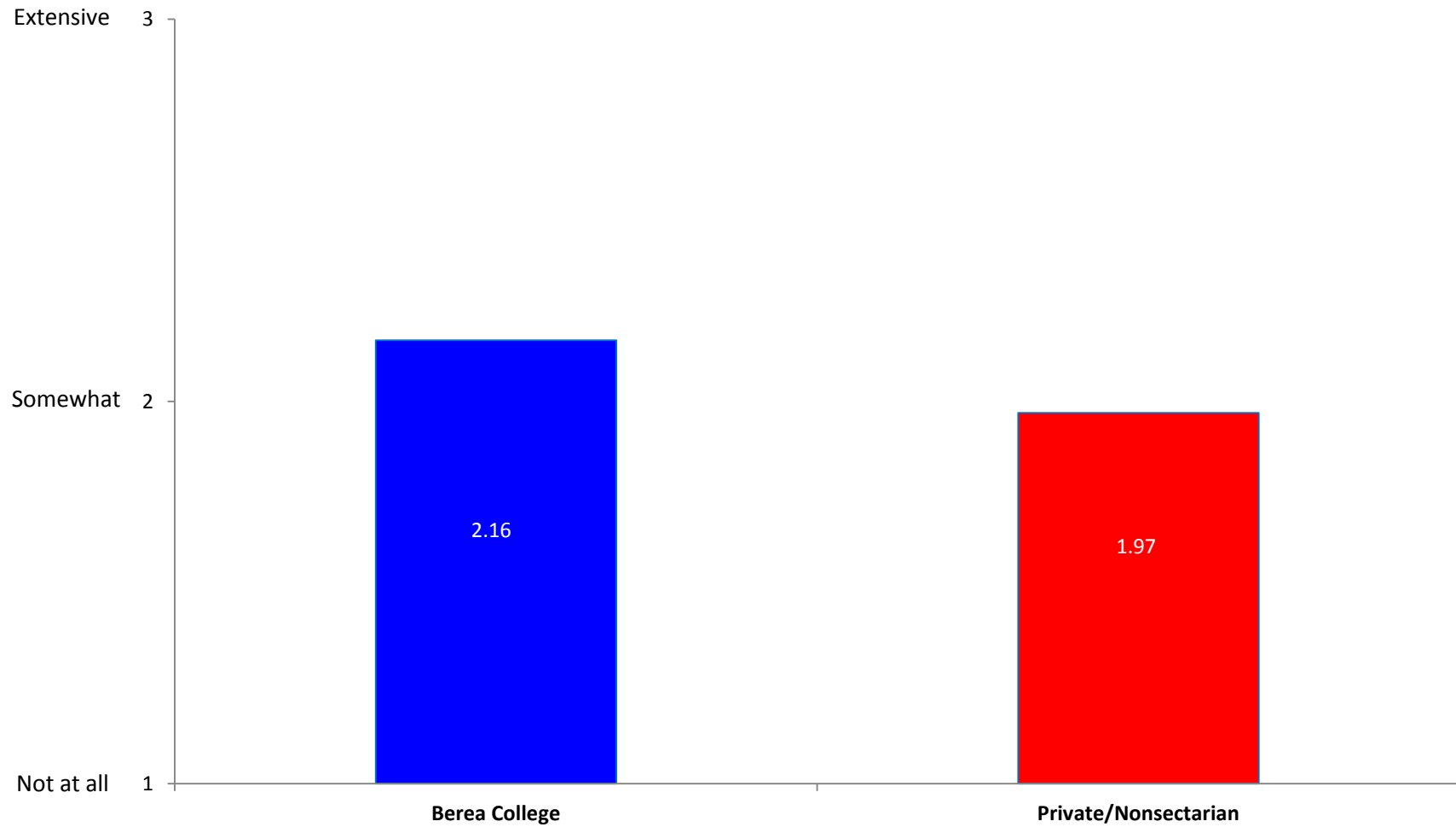
Higher Education Research Institute (HERI) Faculty Survey

Indicate the extent to which each of the following has been a source of stress for you during the past two years.



Indicate the extent to which the following has been a source of stress:

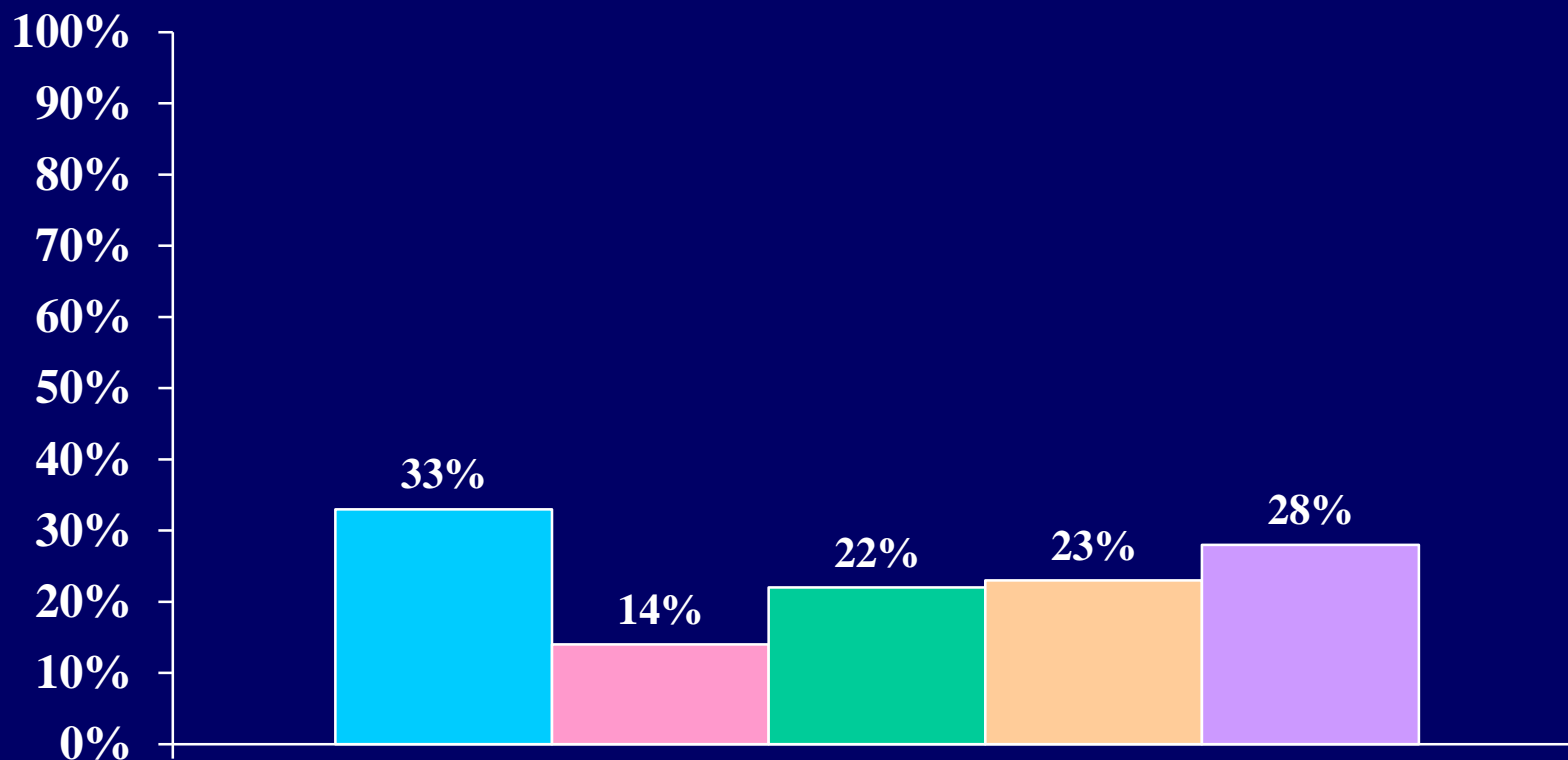
Institutional procedures and "red tape"



Please indicate the extent to which each of the following has been a source of stress for you during the past two years?

Percent of faculty who indicated “Extensive”

Institutional procedures and “red tape”



 Berea

 Benchmark
Institutions

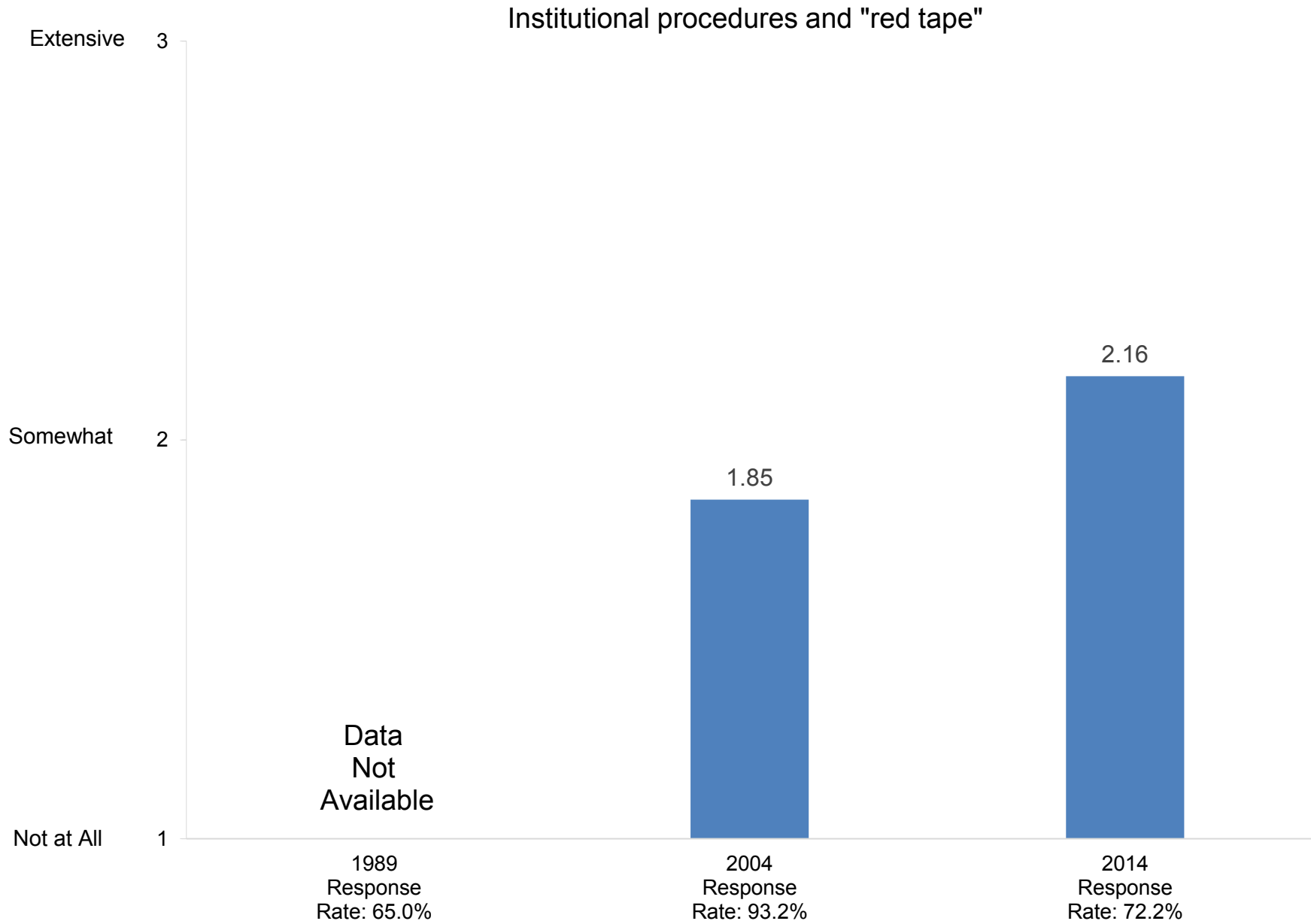
 Non-Sectarian –
High Selectivity

 4-Year
Private

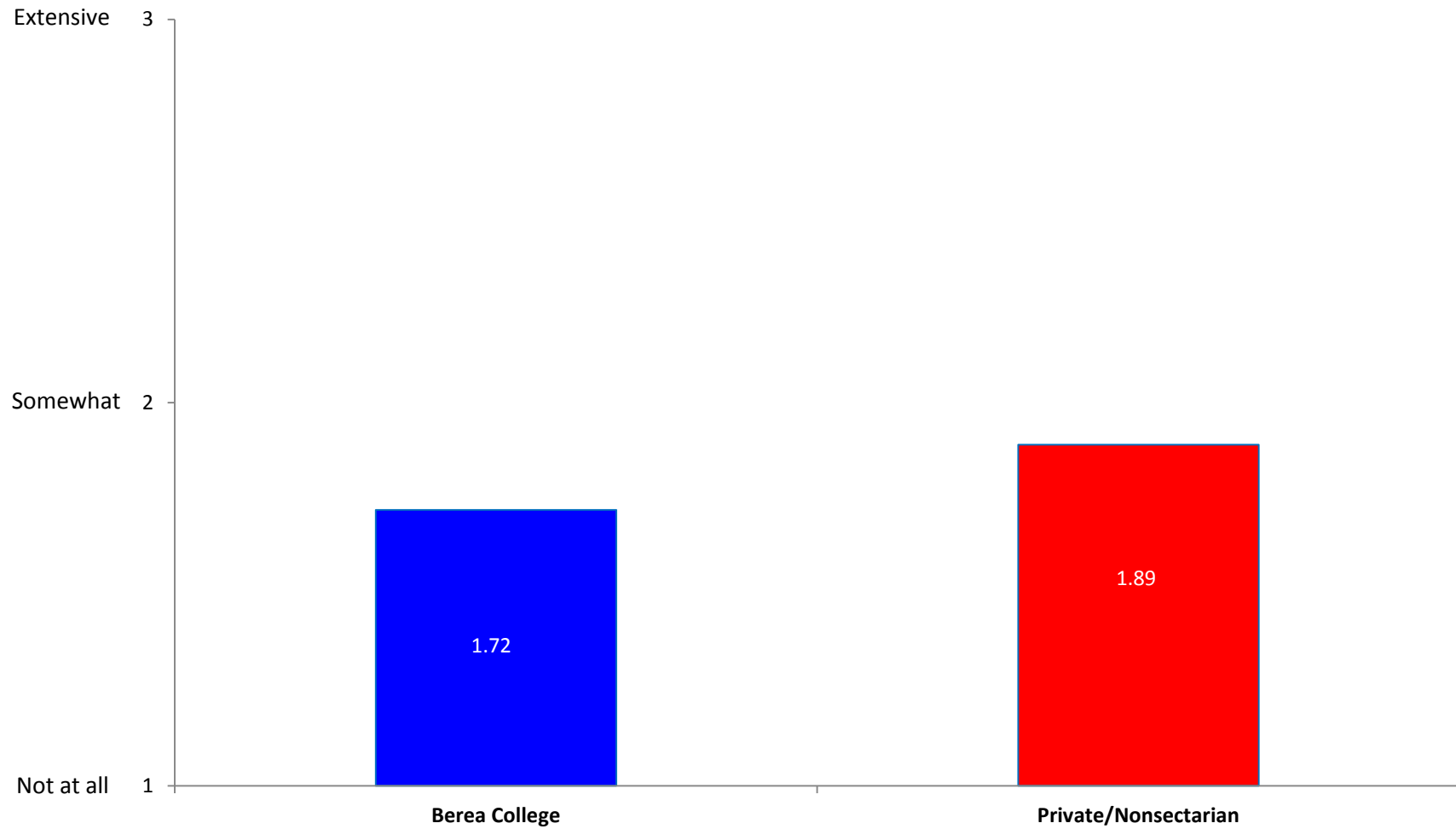
 Publics

Higher Education Research Institute (HERI) Faculty Survey

Indicate the extent to which each of the following has been a source of stress for you during the past two years.



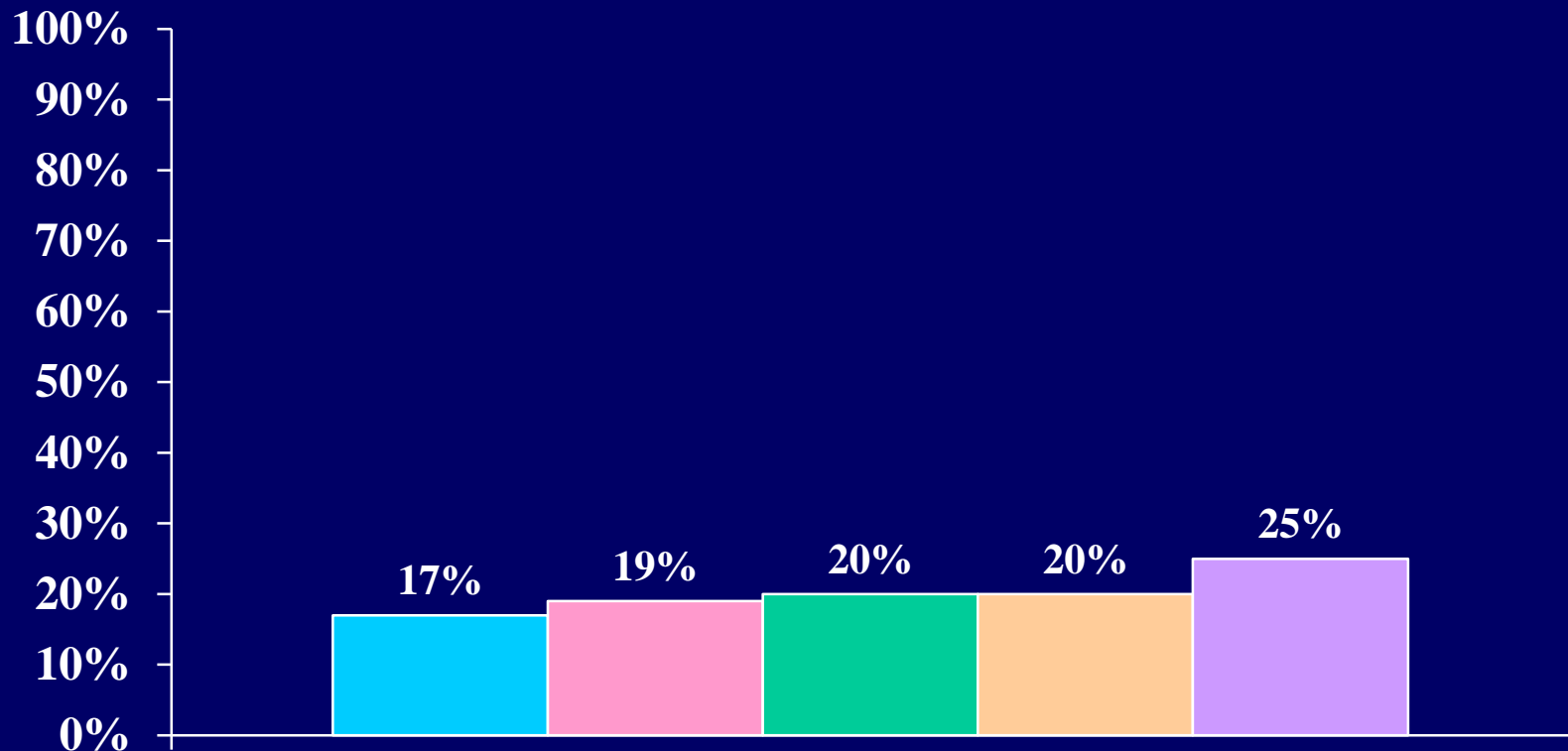
Teaching load



Please indicate the extent to which each of the following has been a source of stress for you during the past two years?

Percent of faculty who indicated “Extensive”

Teaching load



 Berea

 Benchmark
Institutions

 Non-Sectarian –
High Selectivity

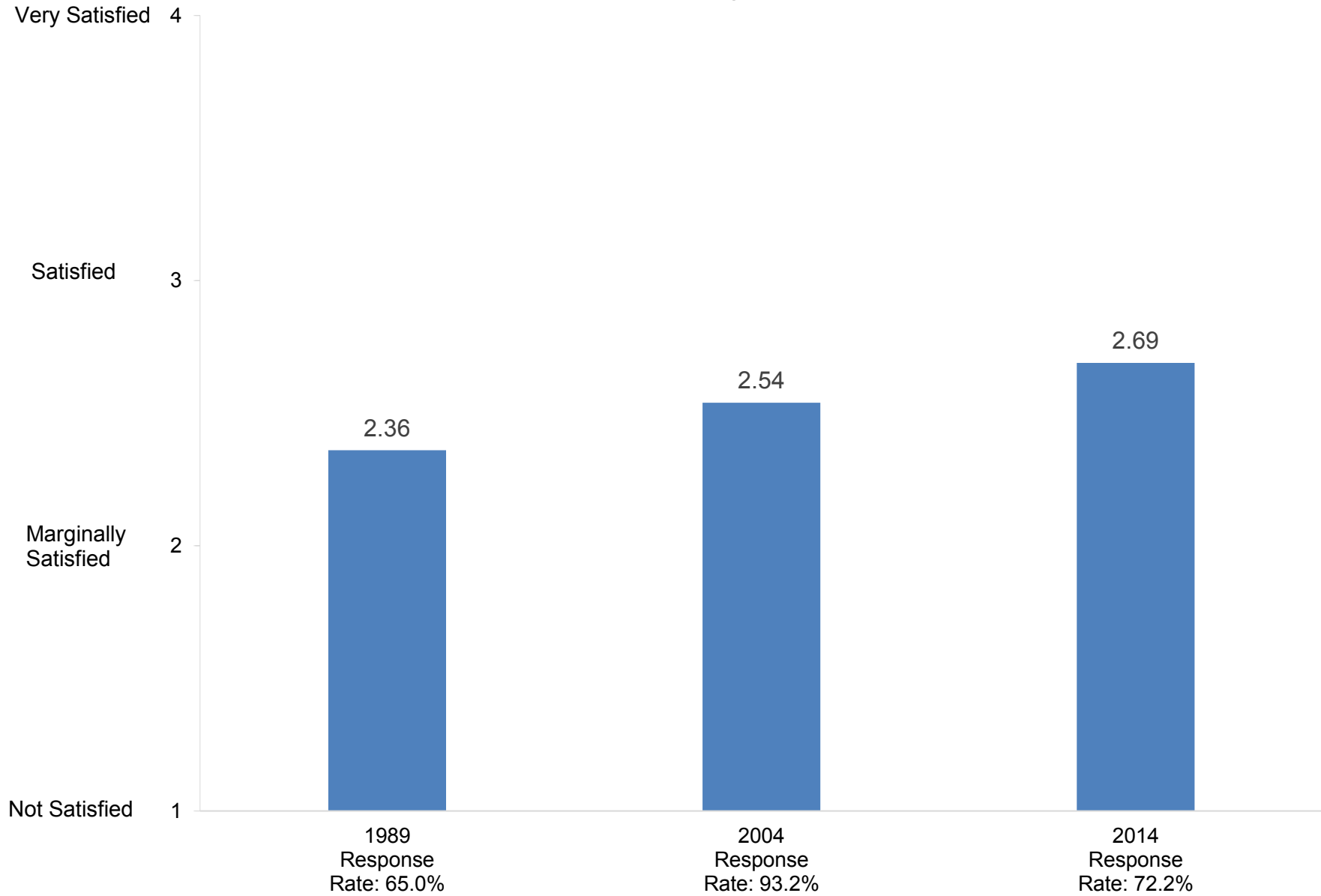
 4-Year
Private

 Publics

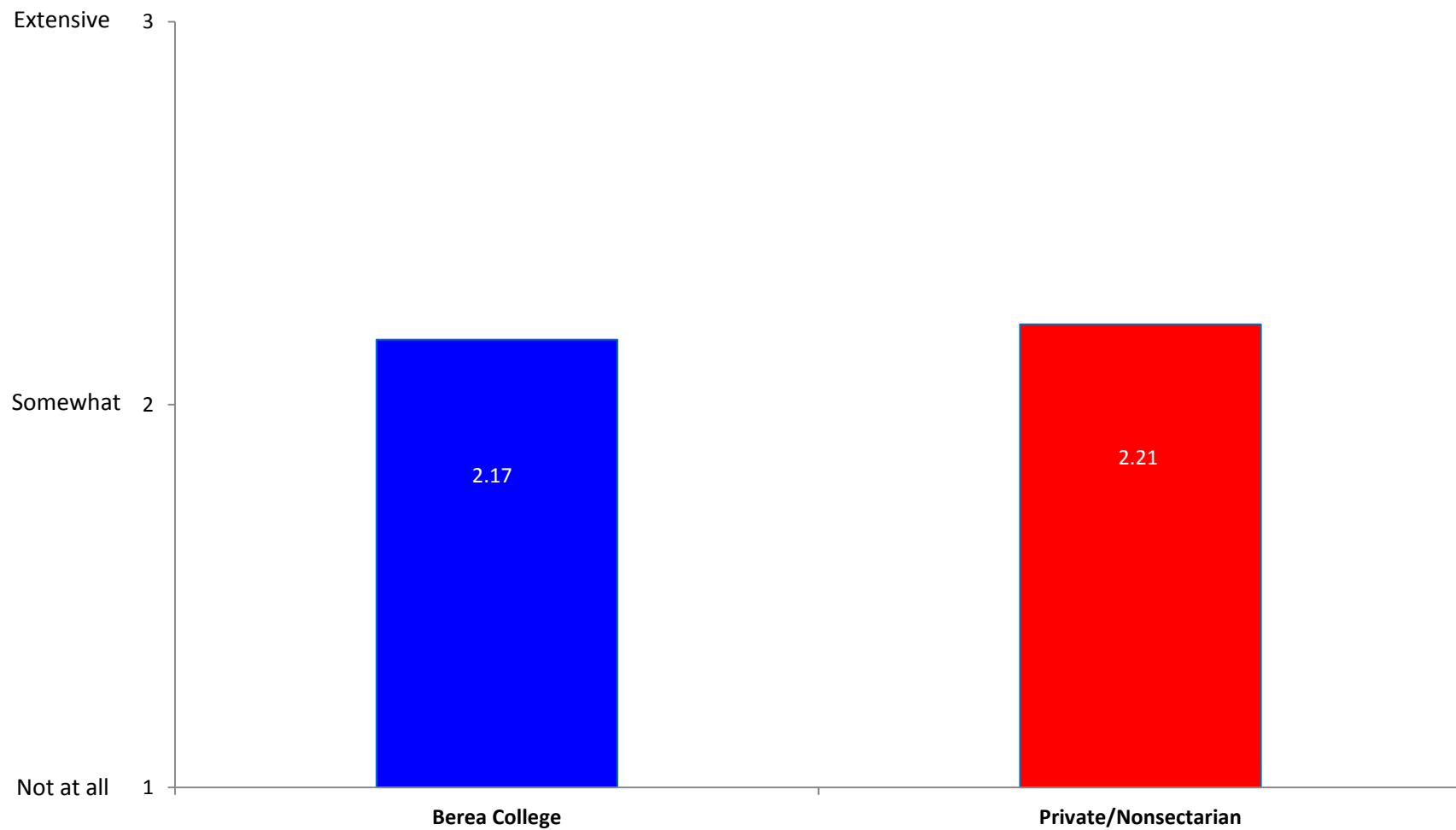
Higher Education Research Institute (HERI) Faculty Survey

How satisfied are you with the following aspects of your job?

Teaching Load



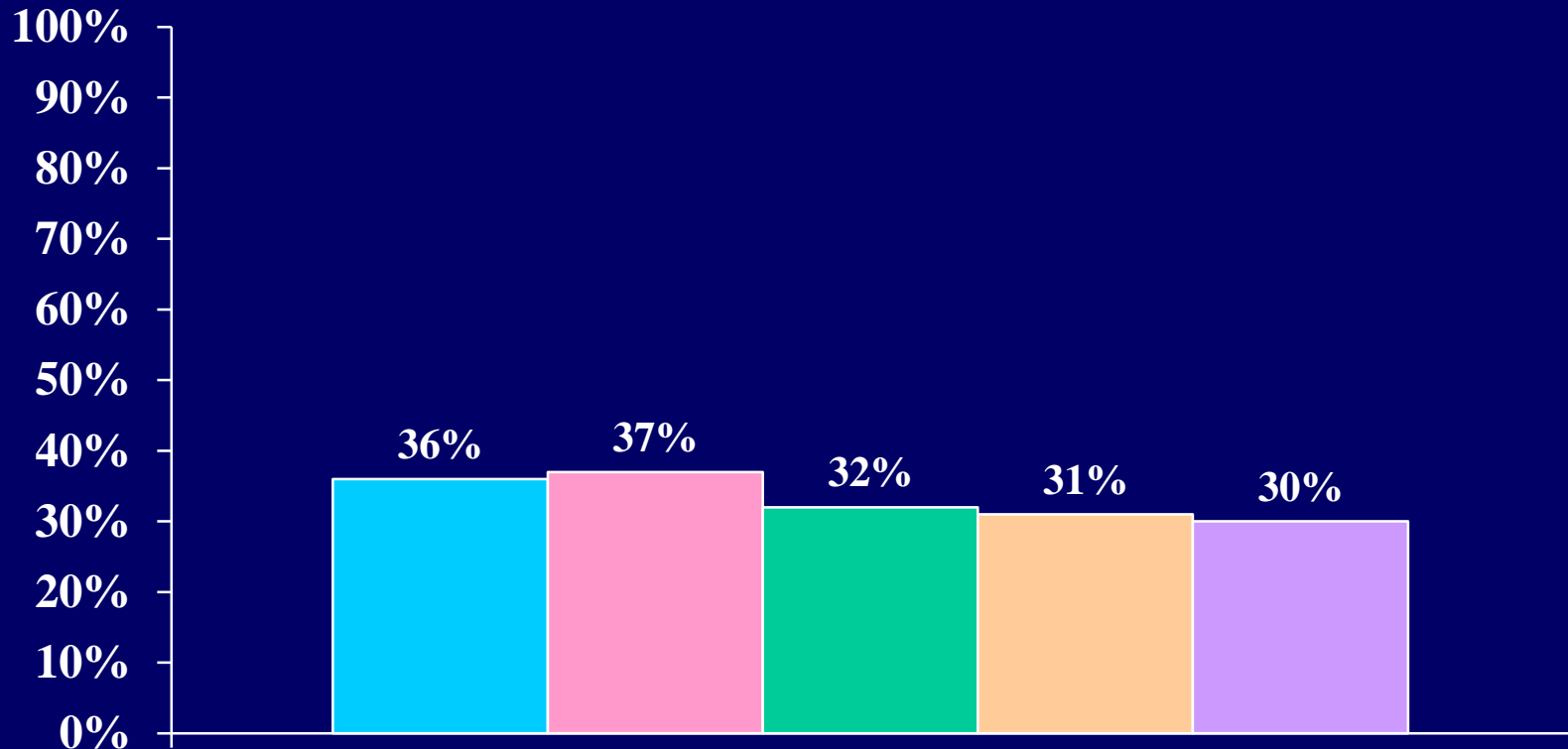
Lack of personal time



Please indicate the extent to which each of the following has been a source of stress for you during the past two years?

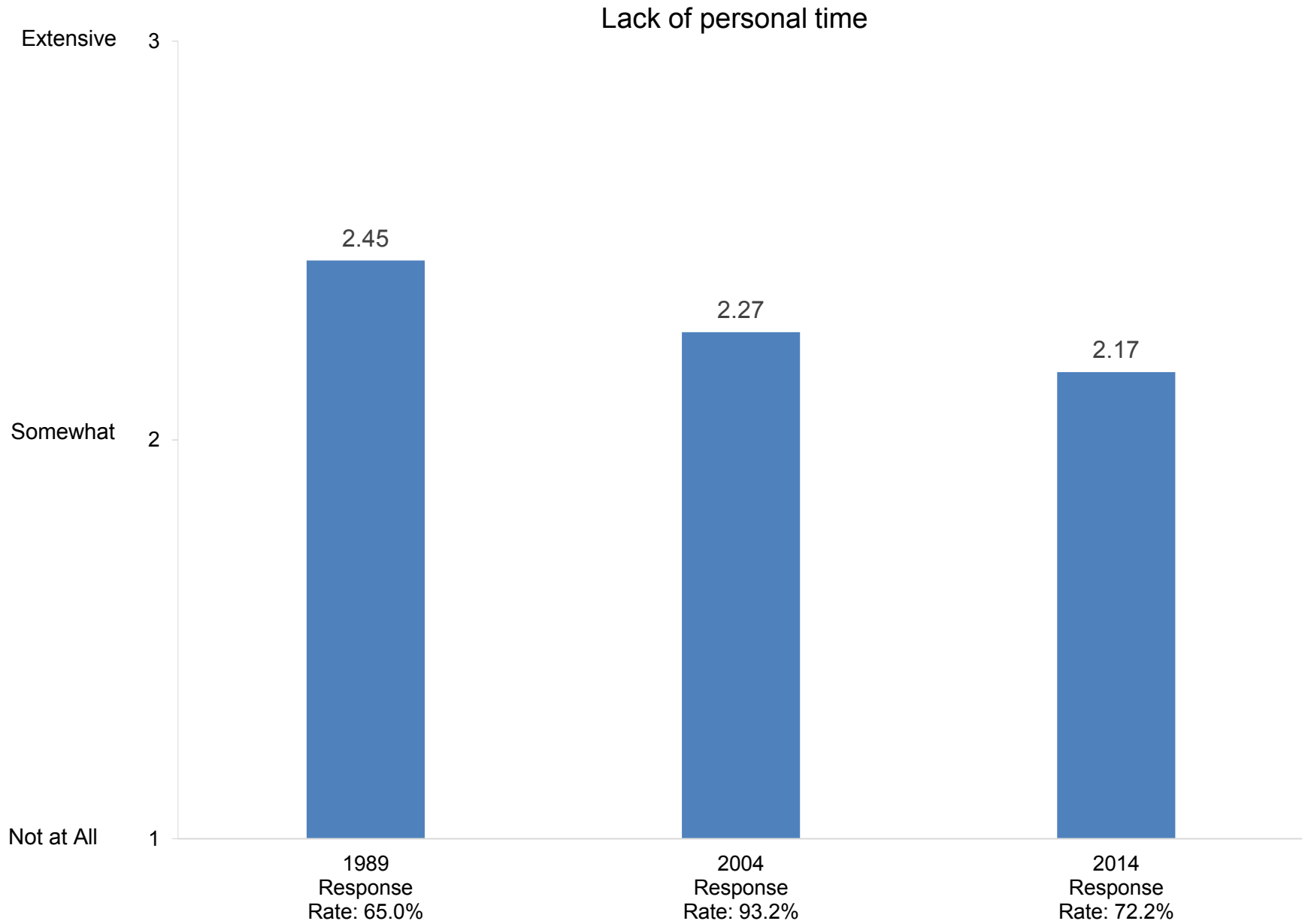
Percent of faculty who indicated “Extensive”

Lack of personal time

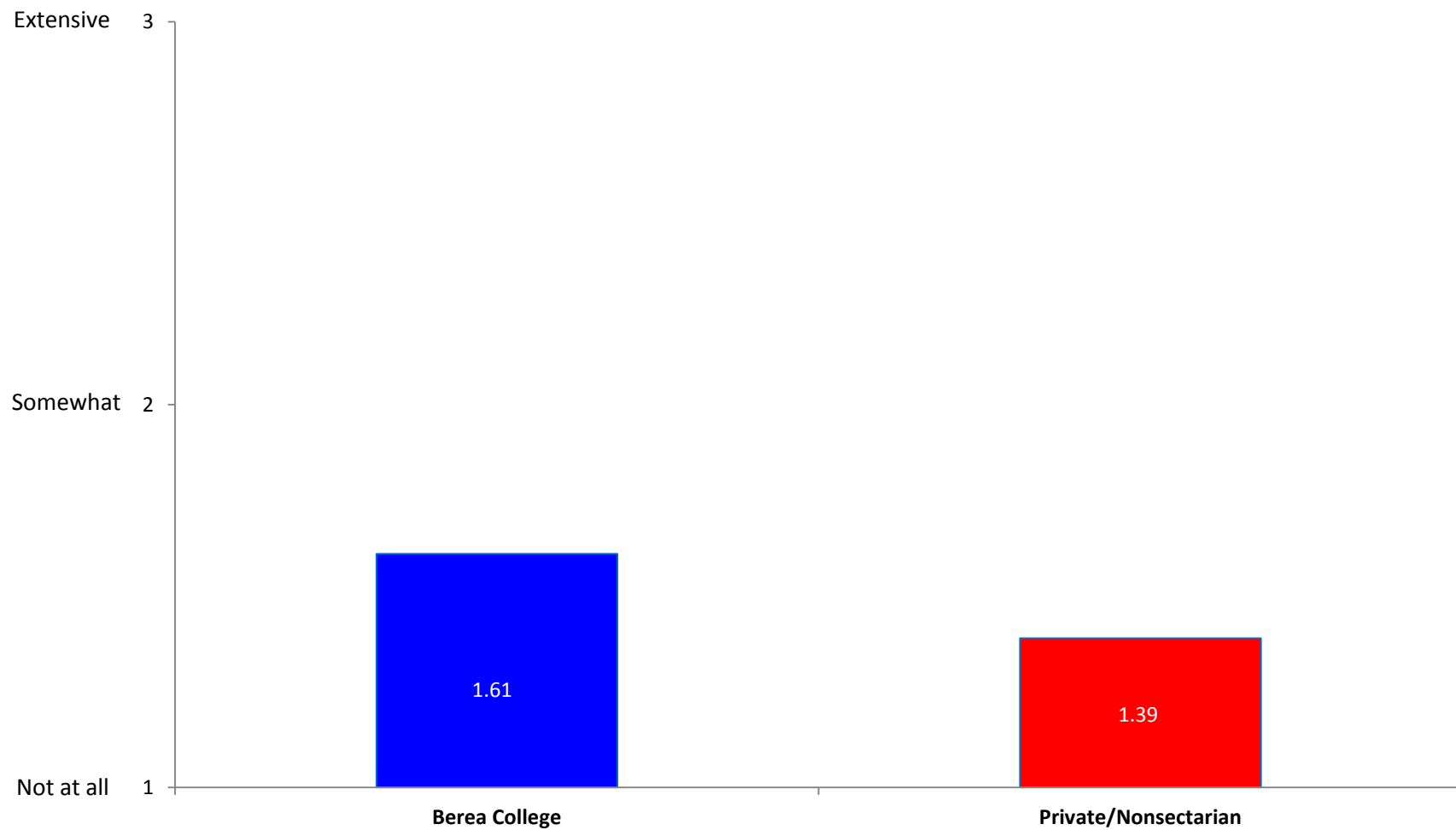


Higher Education Research Institute (HERI) Faculty Survey

Indicate the extent to which each of the following has been a source of stress for you during the past two years.



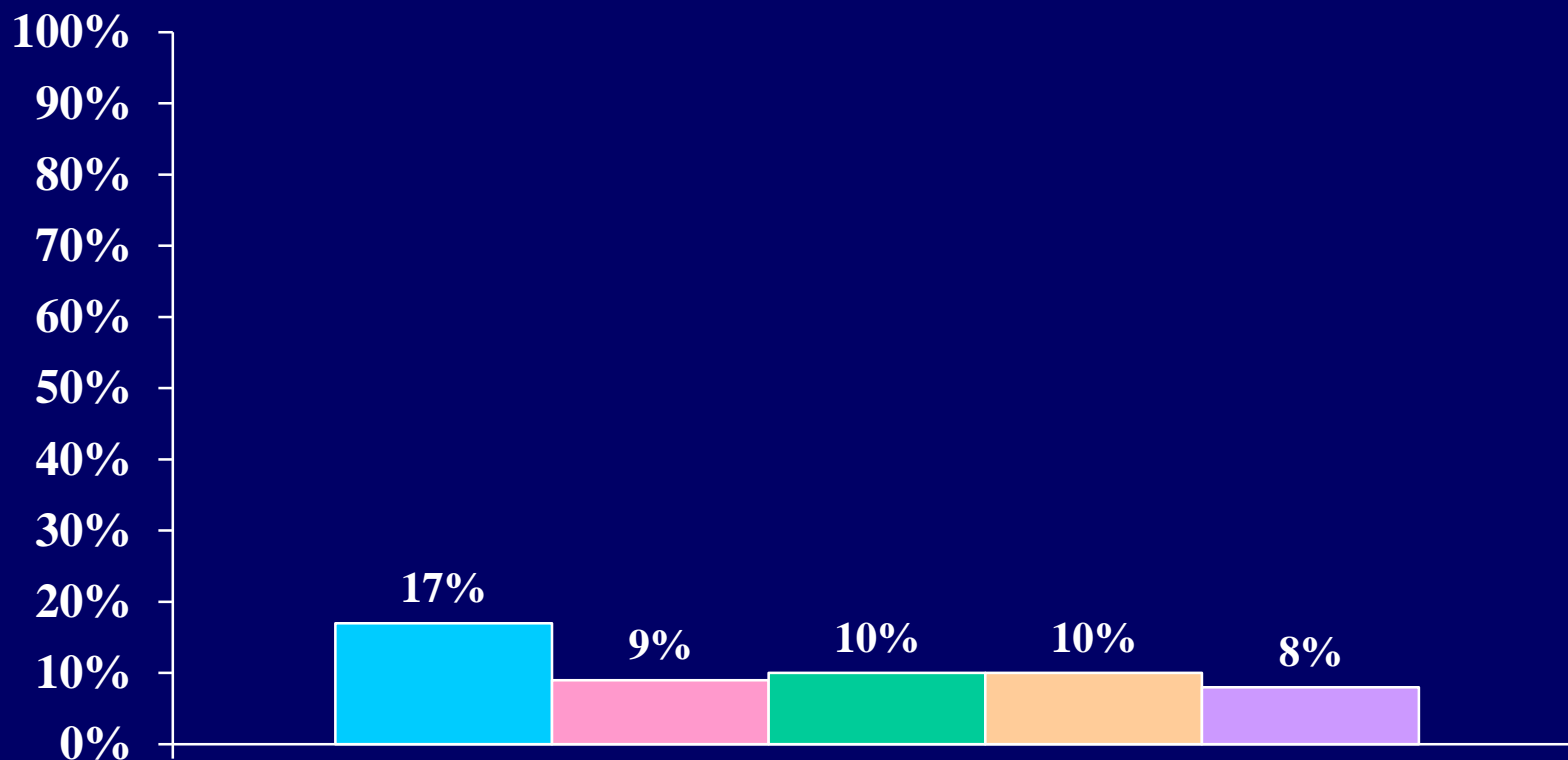
Job security



Please indicate the extent to which each of the following has been a source of stress for you during the past two years?

Percent of faculty who indicated “Extensive”

Job security



 Berea

 Benchmark
Institutions

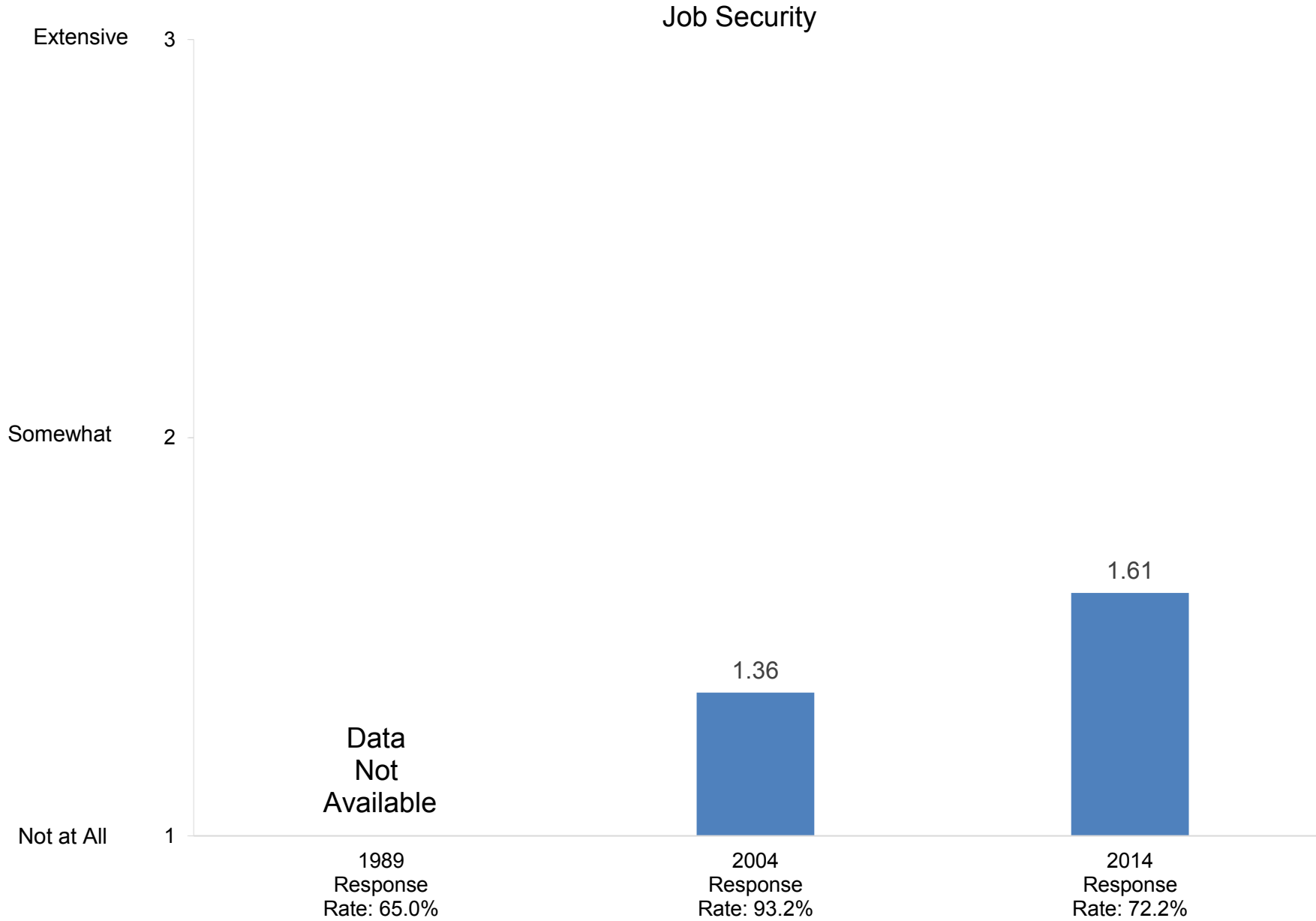
 Non-Sectarian –
High Selectivity

 4-Year
Private

 Publics

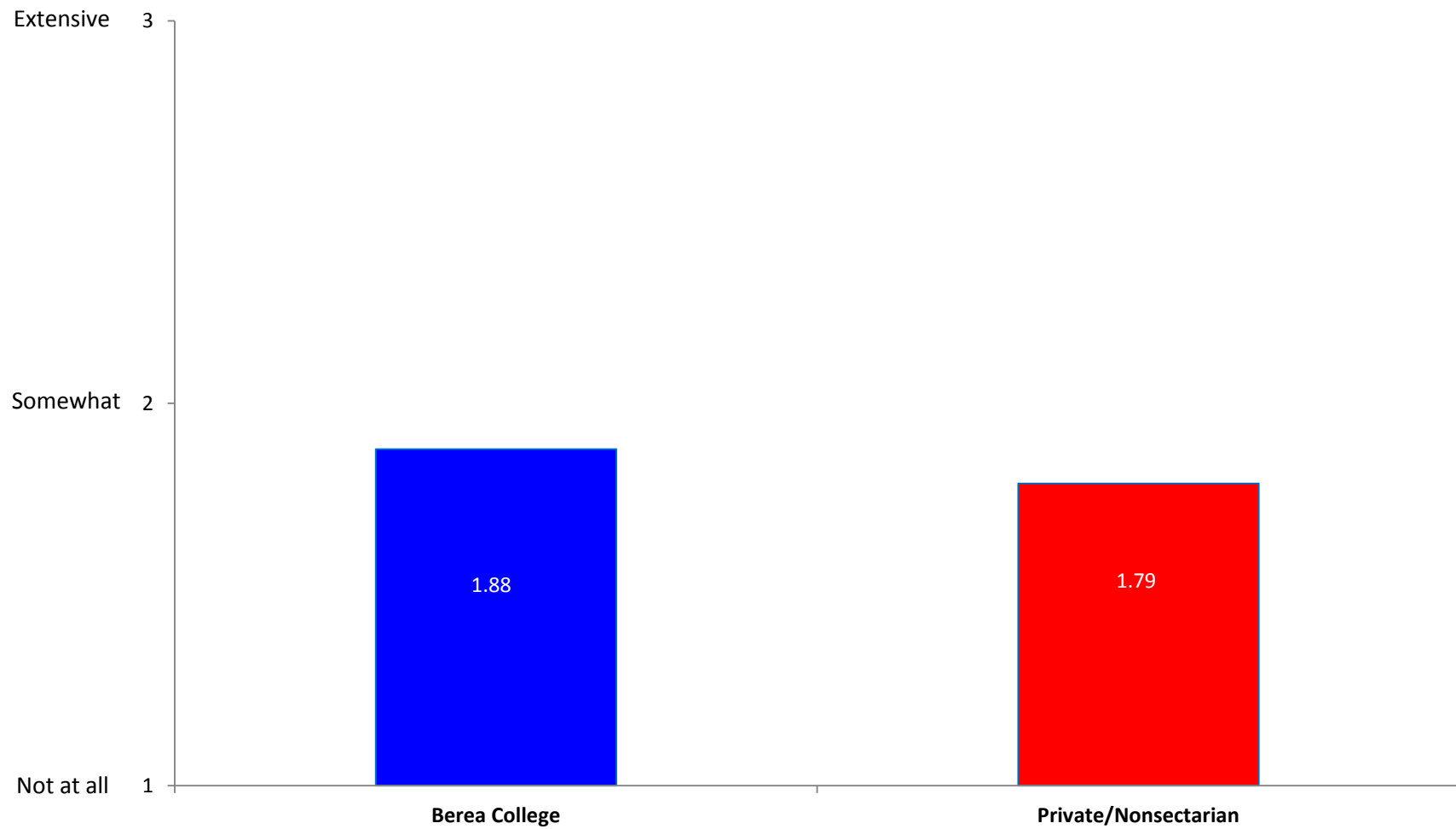
Higher Education Research Institute (HERI) Faculty Survey

Indicate the extent to which each of the following has been a source of stress for you during the past two years.



Indicate the extent to which the following has been a source of stress:

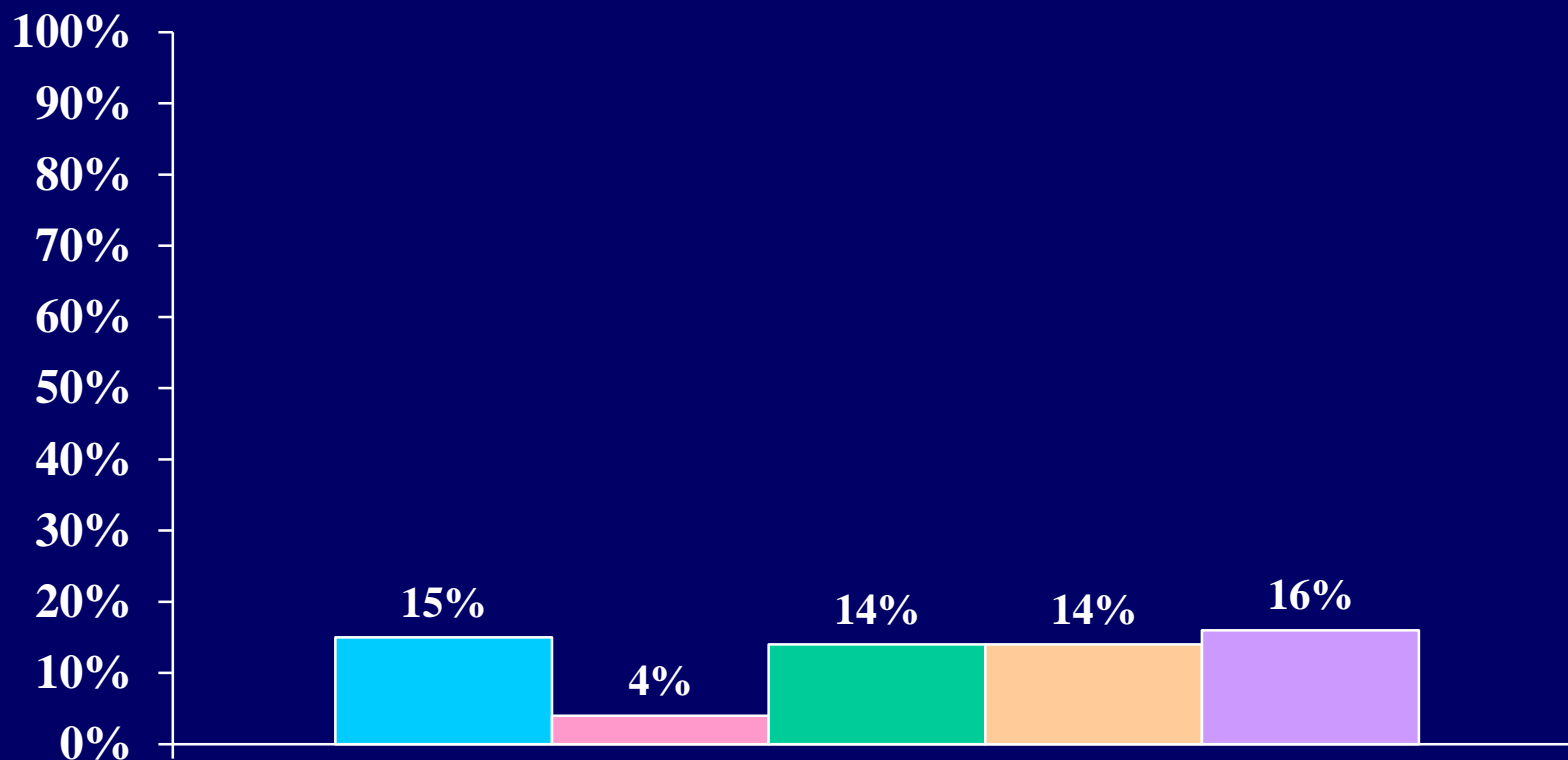
Working with underprepared students



Please indicate the extent to which each of the following has been a source of stress for you during the past two years?

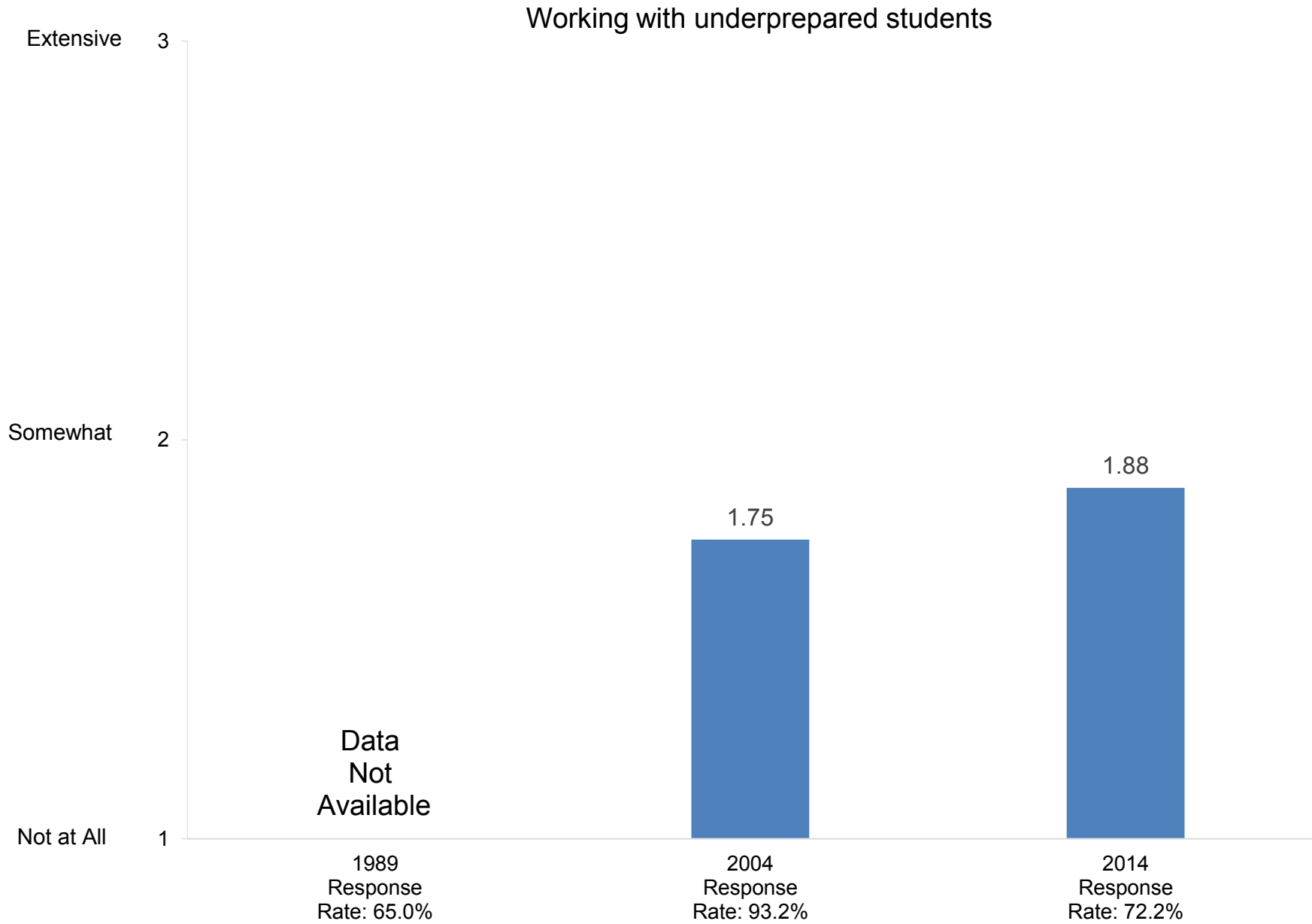
Percent of faculty who indicated "Extensive"

Working with underprepared students

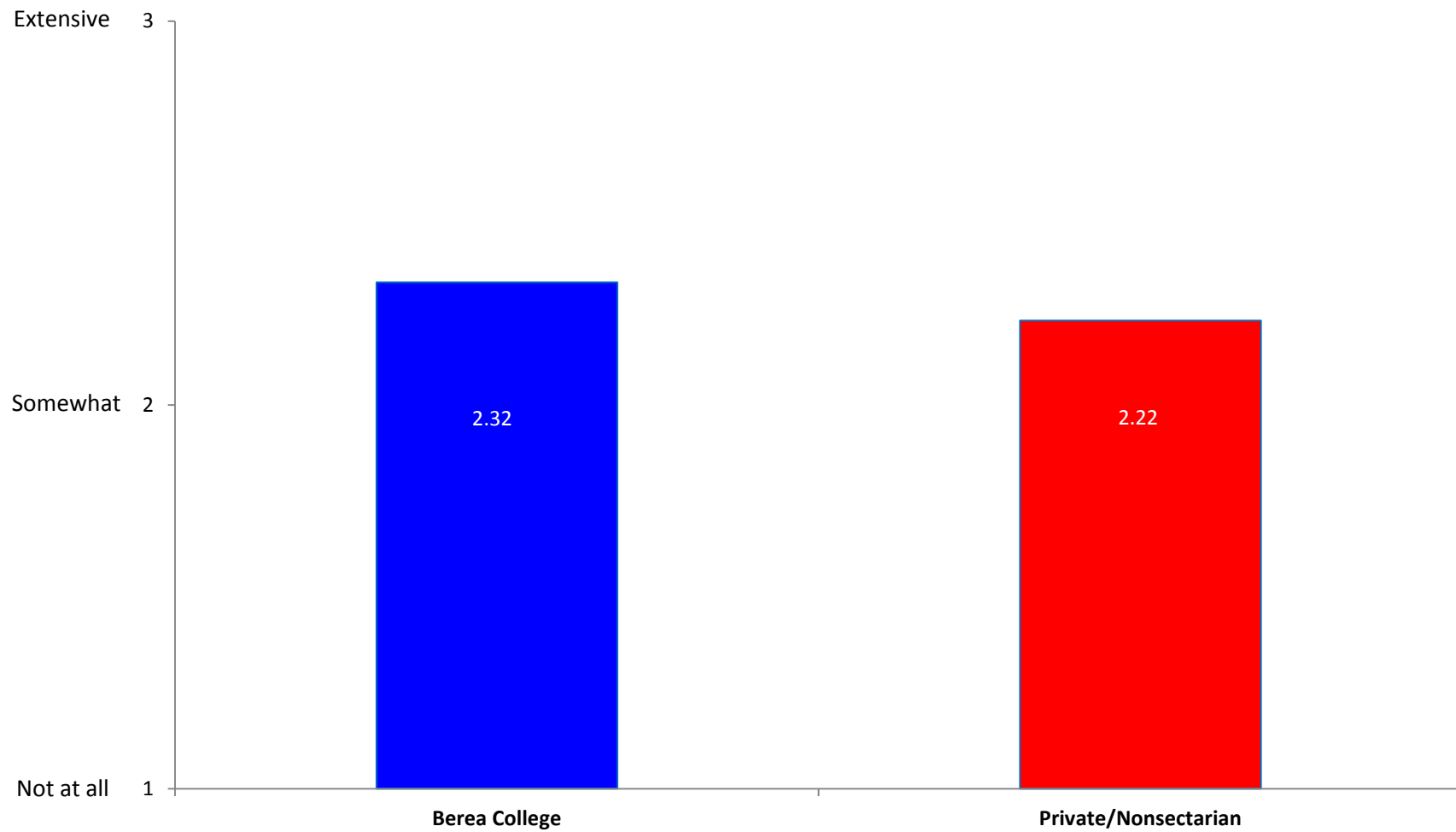


Higher Education Research Institute (HERI) Faculty Survey

Indicate the extent to which each of the following has been a source of stress for you during the past two years.



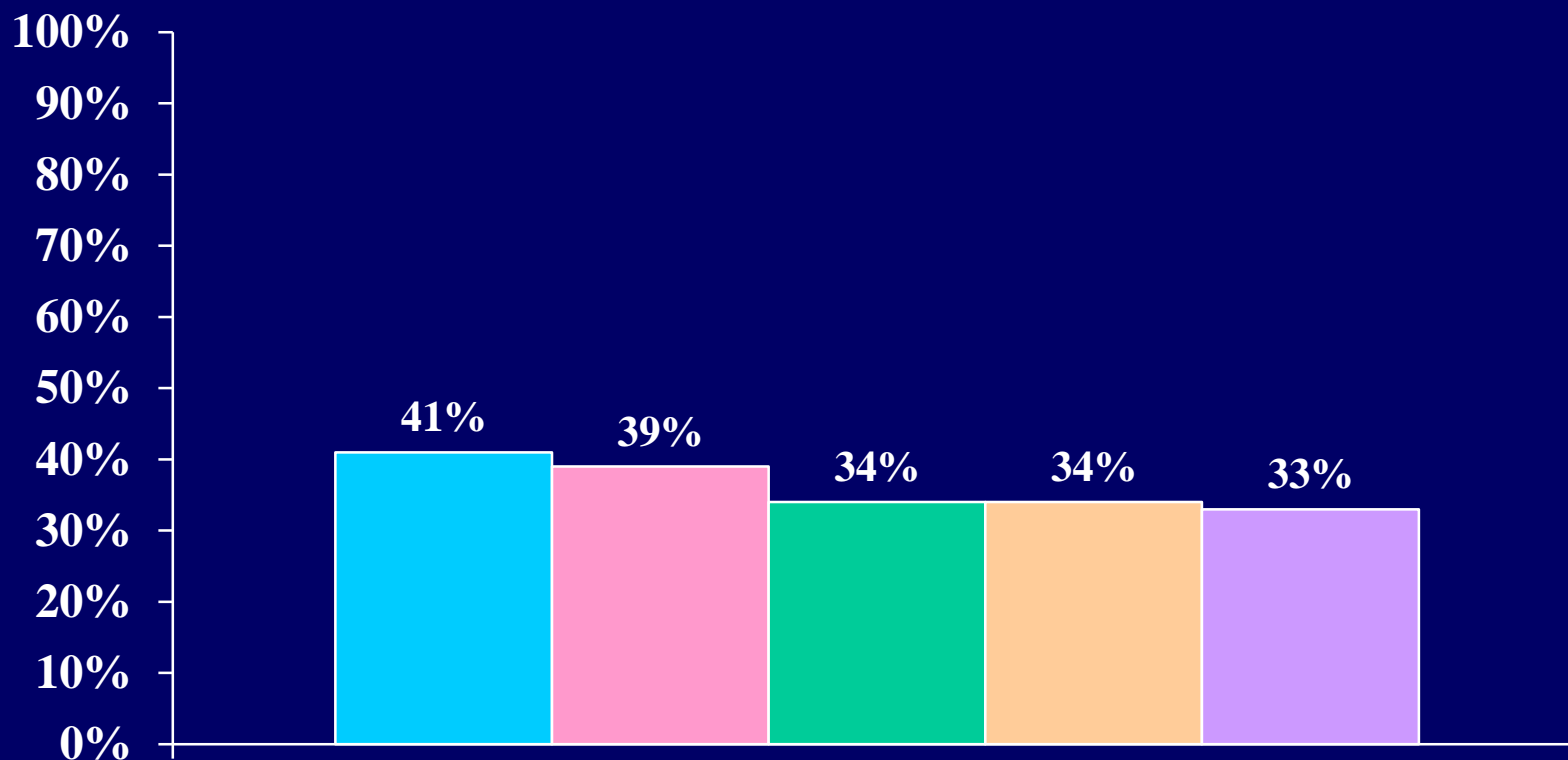
Self-imposed high expectations



Please indicate the extent to which each of the following has been a source of stress for you during the past two years?

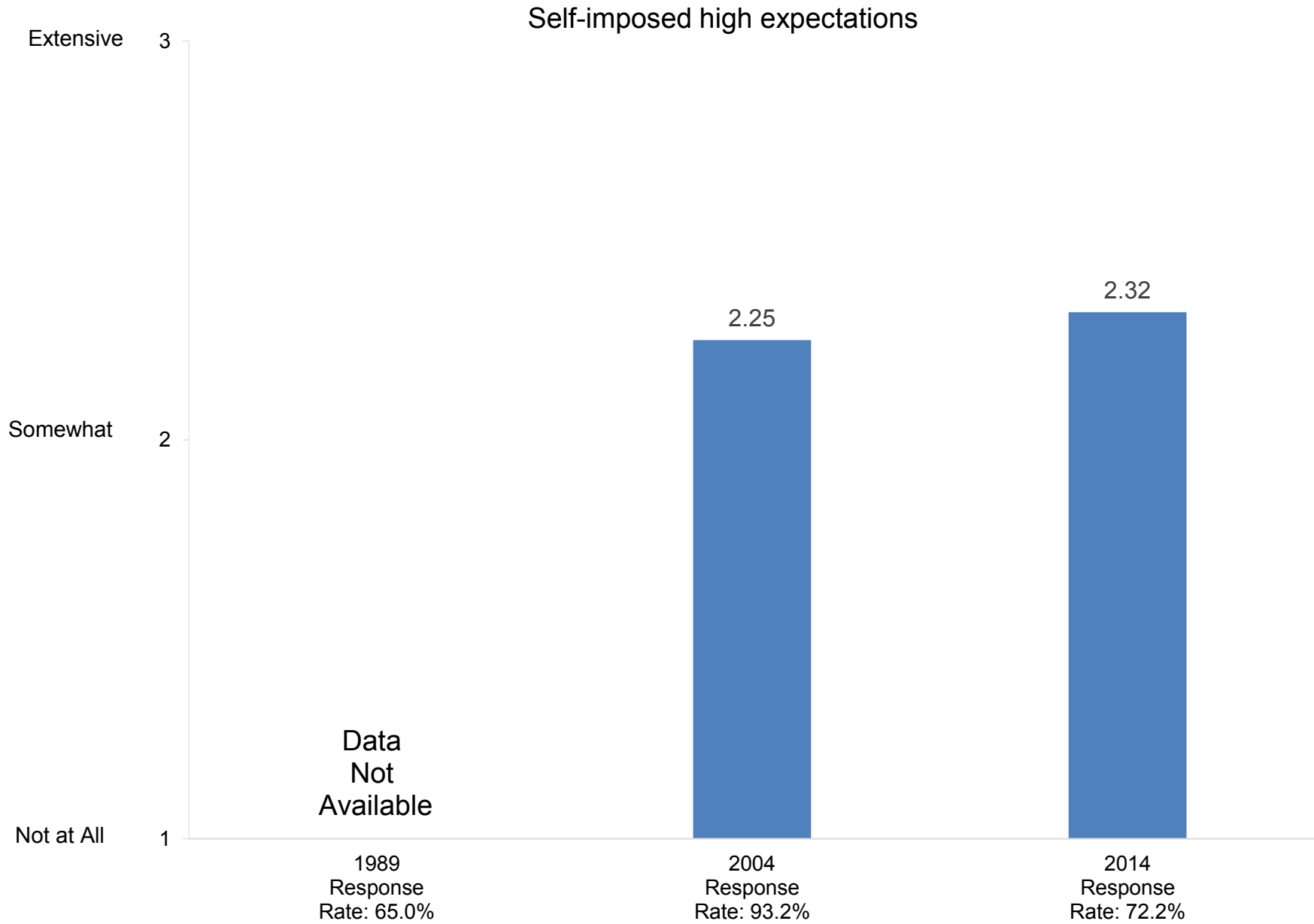
Percent of faculty who indicated “Extensive”

Self-imposed high expectations

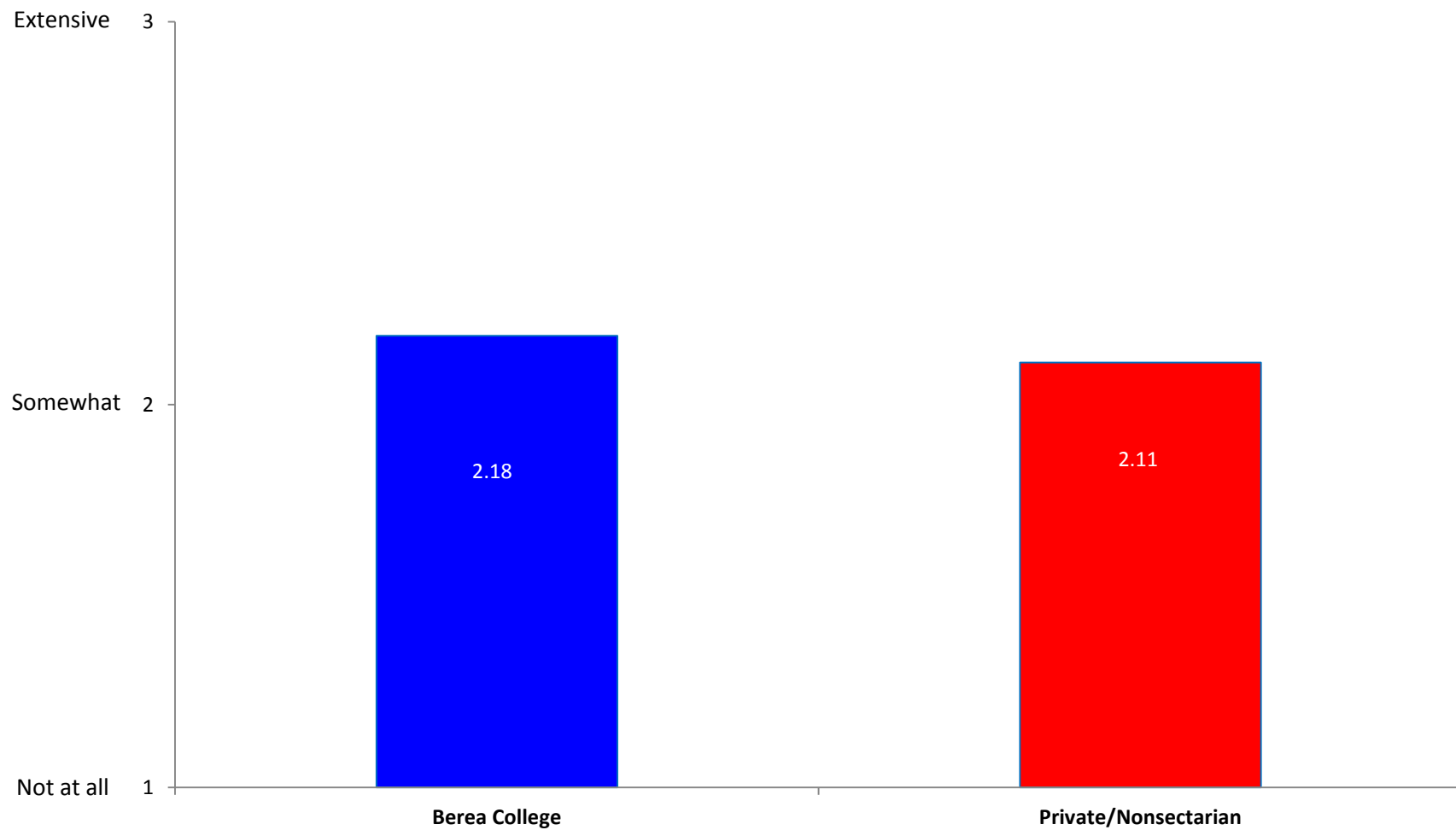


Higher Education Research Institute (HERI) Faculty Survey

Indicate the extent to which each of the following has been a source of stress for you during the past two years.



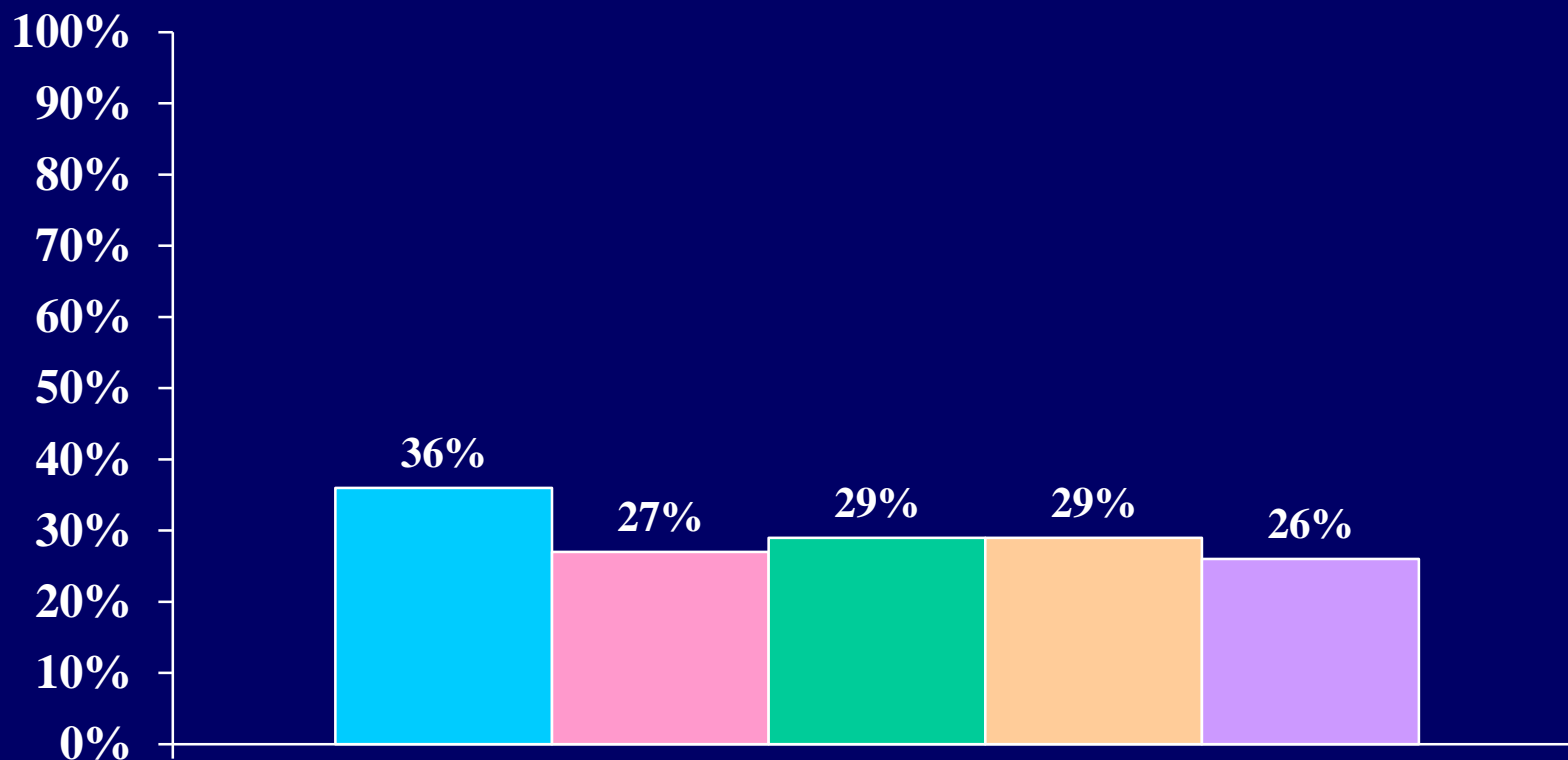
Change in work responsibilities



Please indicate the extent to which each of the following has been a source of stress for you during the past two years?

Percent of faculty who indicated “Extensive”

Change in work responsibilities



 Berea

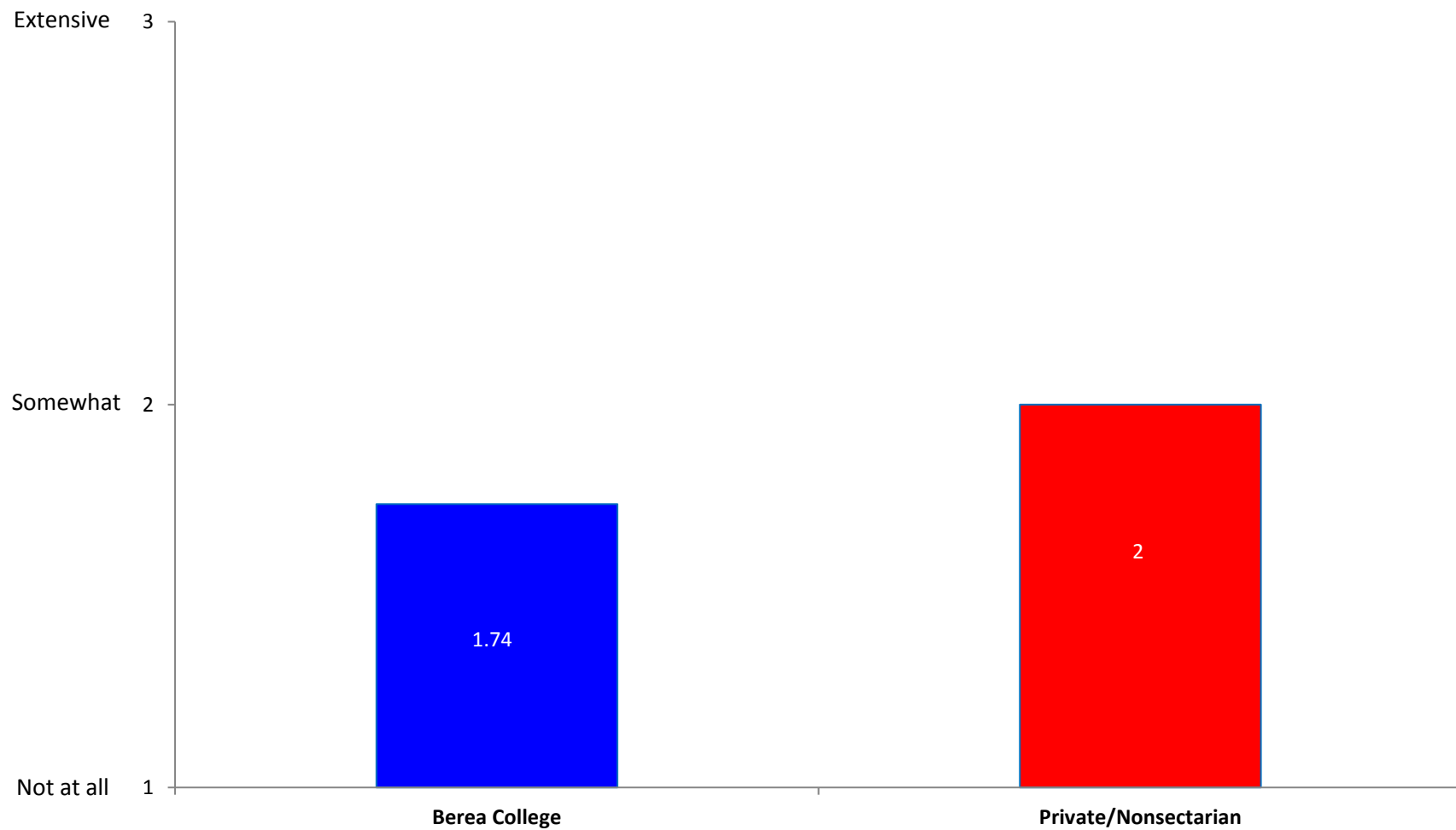
 Benchmark
Institutions

 Non-Sectarian –
High Selectivity

 4-Year
Private

 Publics

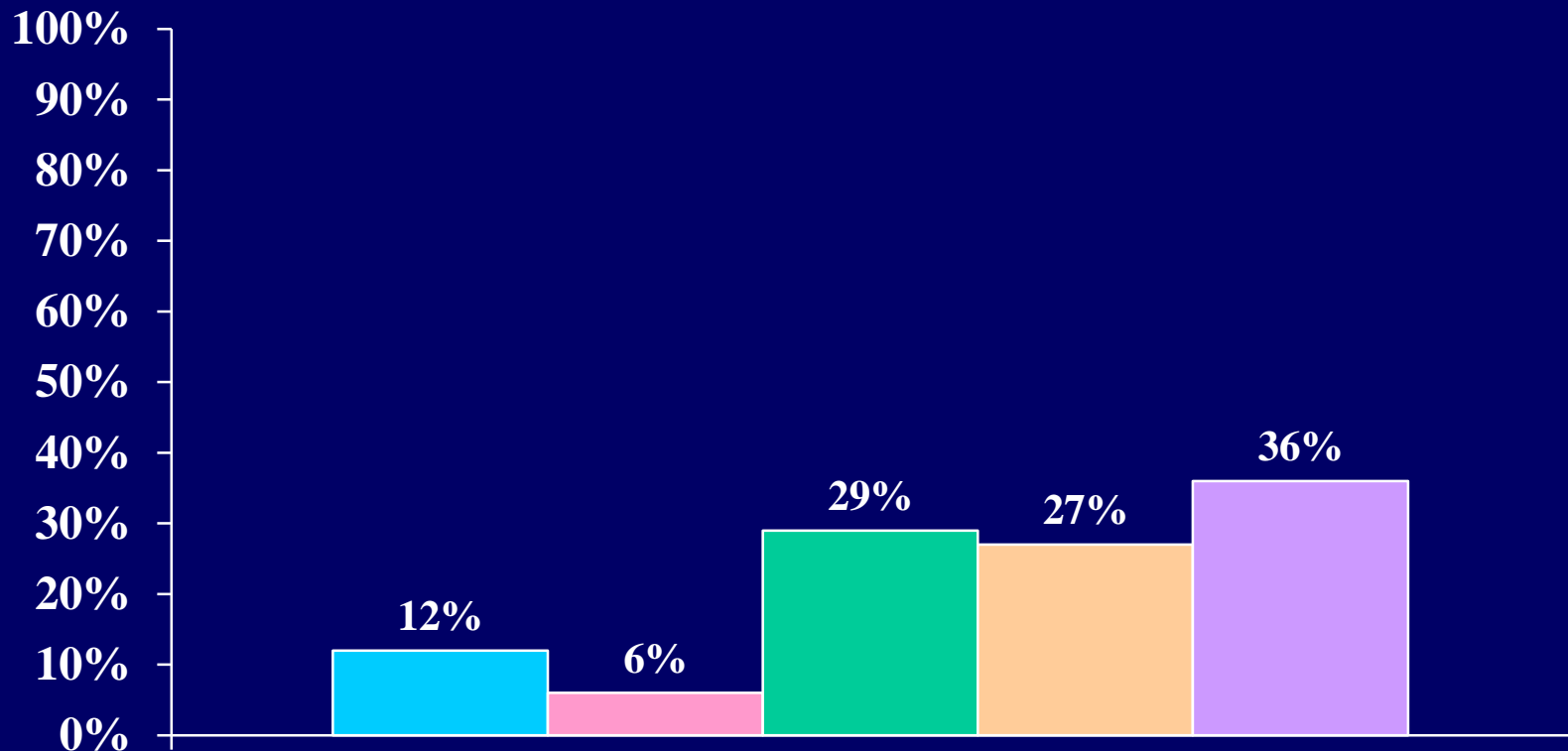
Institutional budget cuts



Please indicate the extent to which each of the following has been a source of stress for you during the past two years?

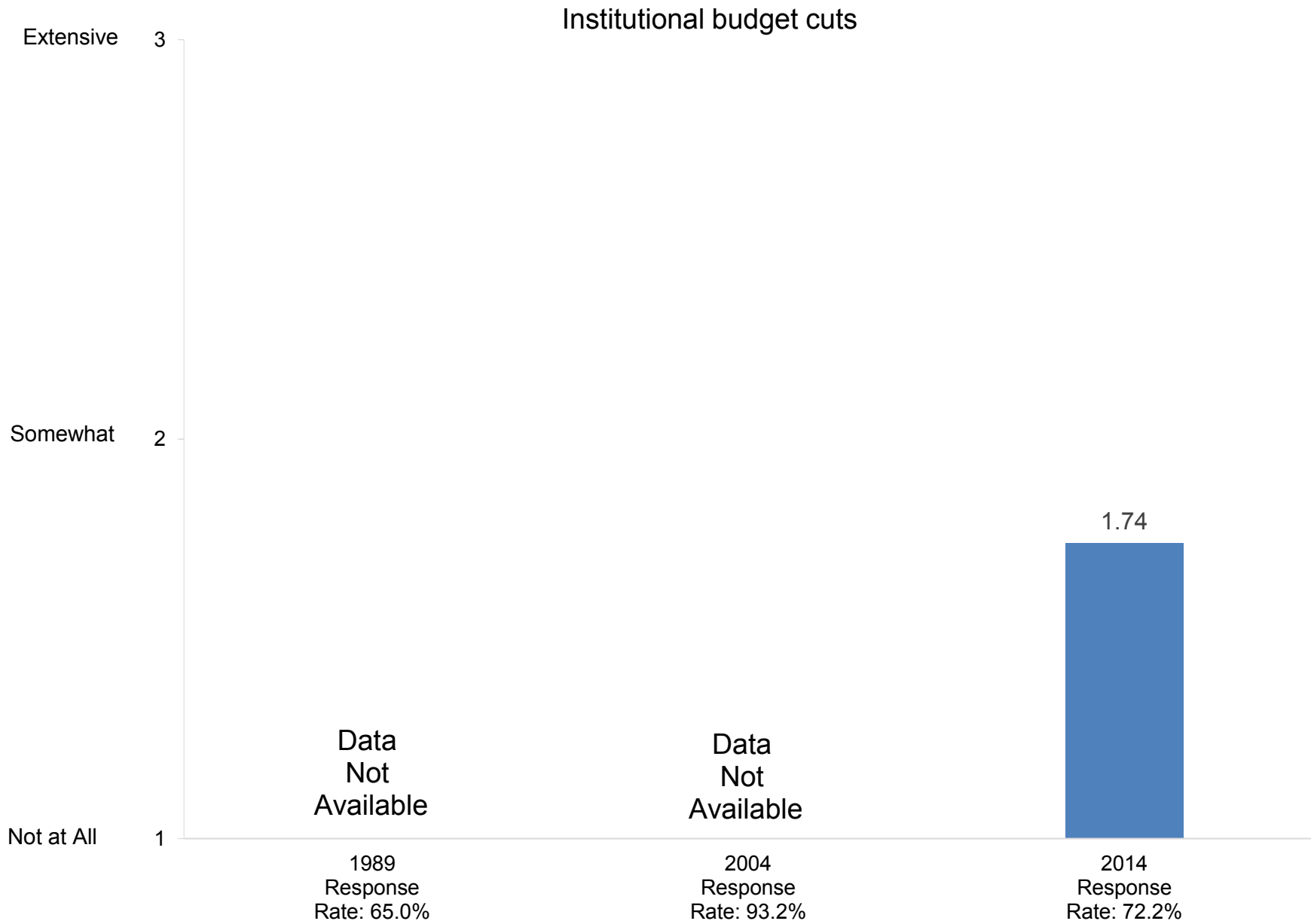
Percent of faculty who indicated “Extensive”

Institutional budget cuts



Higher Education Research Institute (HERI) Faculty Survey

Indicate the extent to which each of the following has been a source of stress for you during the past two years.



National Survey of Student Engagement (NSSE)

(First-Year and Senior Students)

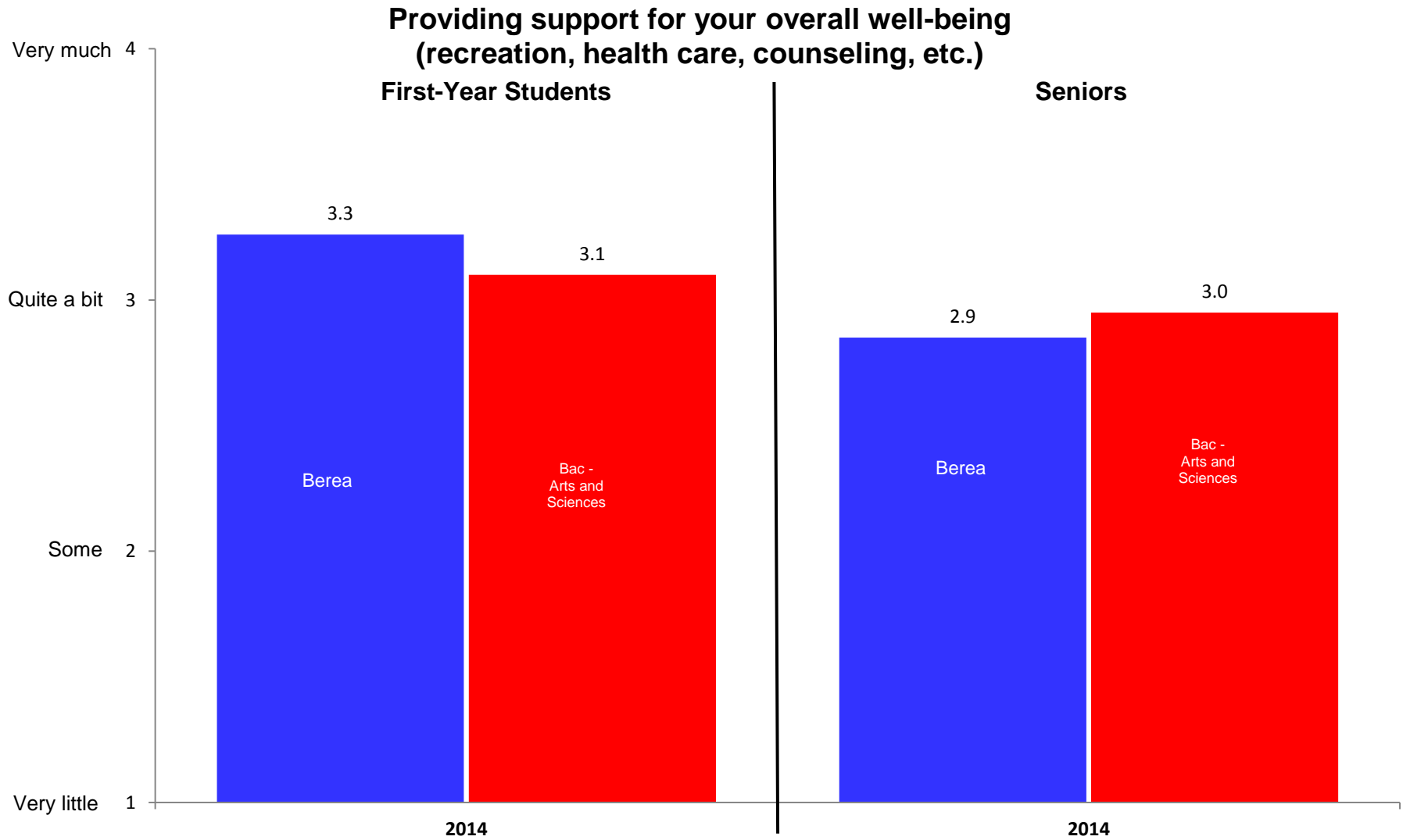


[Click to see survey instruments](#)

Response Rates:

Spring 2003	51%
Spring 2007	79%
Spring 2010	64%
Spring 2014	60%

How much does your institution emphasize the following?



NOTE: Comparison groups are based on Berea's Carnegie classification at the time the survey is administered. Baccalaureate-General are institutions that confer at least half of its degrees in the professional fields. Berea College was in this category in 2003. Baccalaureate - Arts and Sciences are institutions that confer at least half of its degrees in the Arts and Sciences (non-professional fields). Berea College is in this category currently.

Faculty Survey of Student Engagement (FSSE) and the National Survey of Student Engagement (NSSE)

(First-Year Students/Faculty who teach mainly freshman and sophomores
And Senior Students/Faculty who teach mainly juniors and seniors)



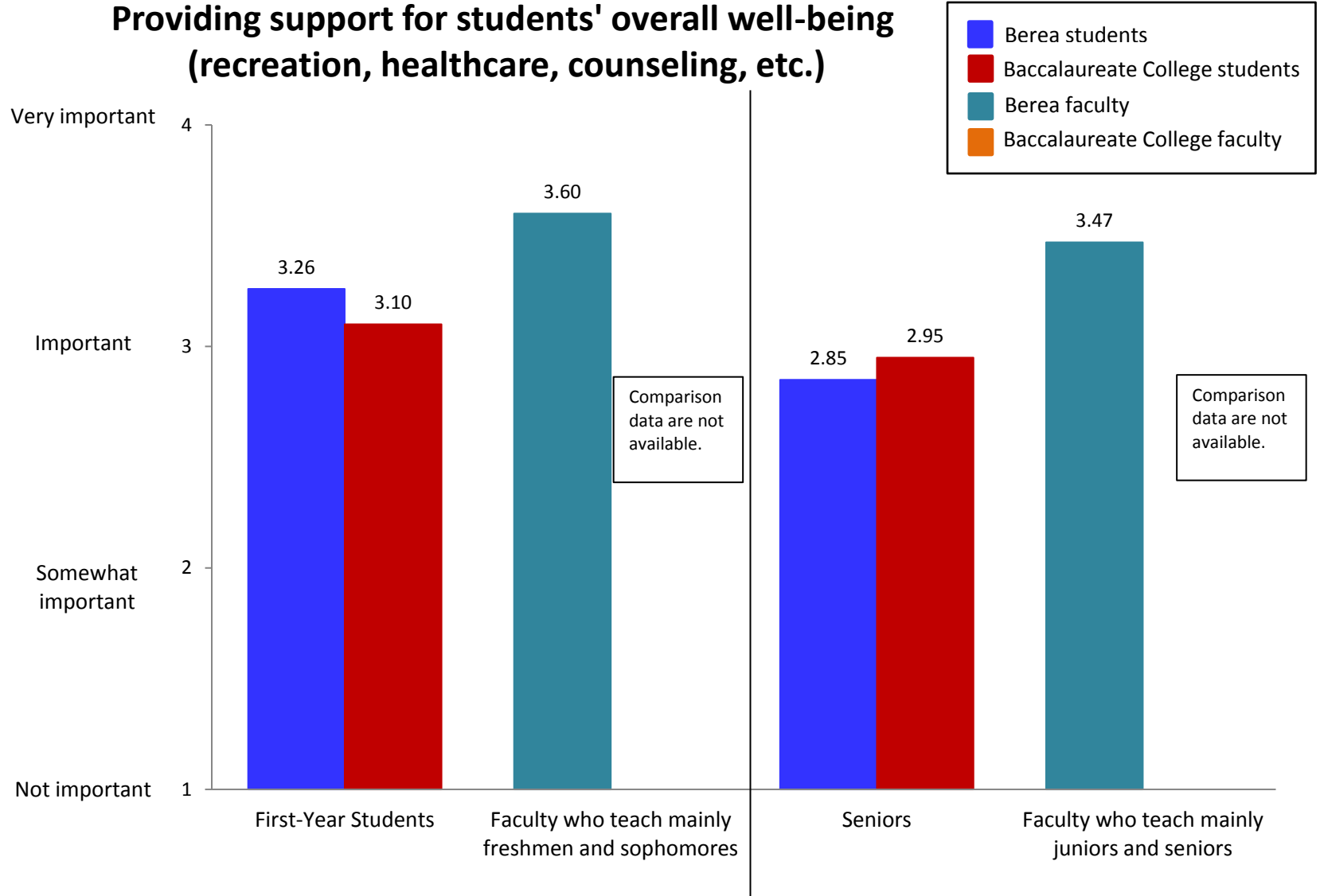
[Click to see survey instruments](#)

Response Rates:

Spring 2014 Students	60%
Faculty	56%

FSSE: How important is it to you that your institution increases its emphasis on each of the following?

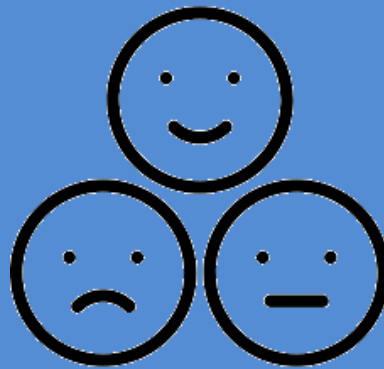
NSSE: How much does your institution emphasize the following?



Response Rates:
Faculty: 56%
First-Year Students: 53%; Seniors: 69%

Noel-Levitz Student Satisfaction Inventory (SSI) and Berea-Specific Student Satisfaction Survey

All Students



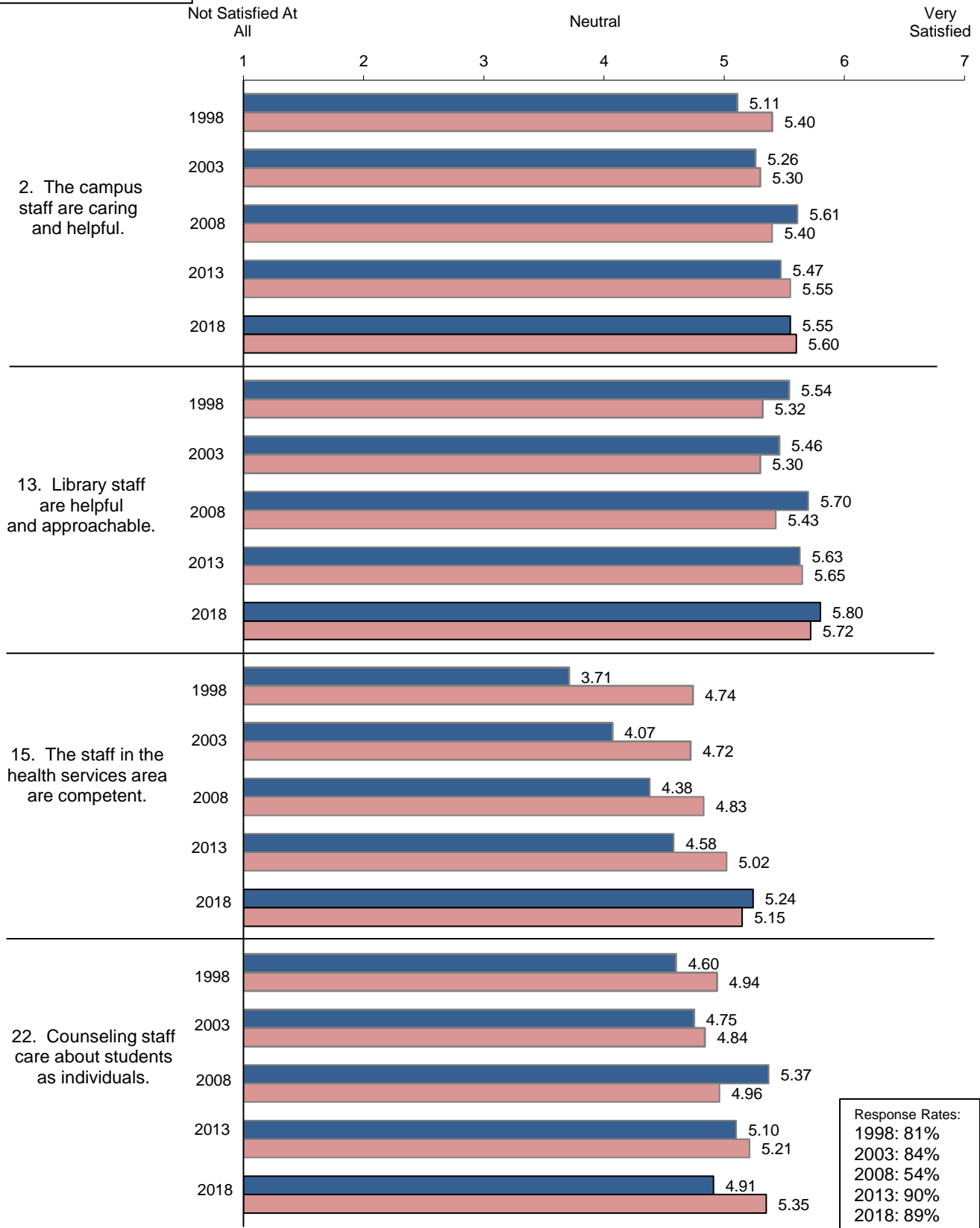
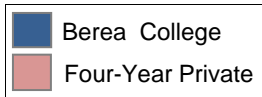
[Click to see survey instruments](#)

Response Rates:

1998	81%	2013	90%
2003	84%	2018	89%
2008	54%		

All Students
Berea College vs. Four-Year Private Institutions
Satisfaction Ratings within Item Group:
Service Excellence

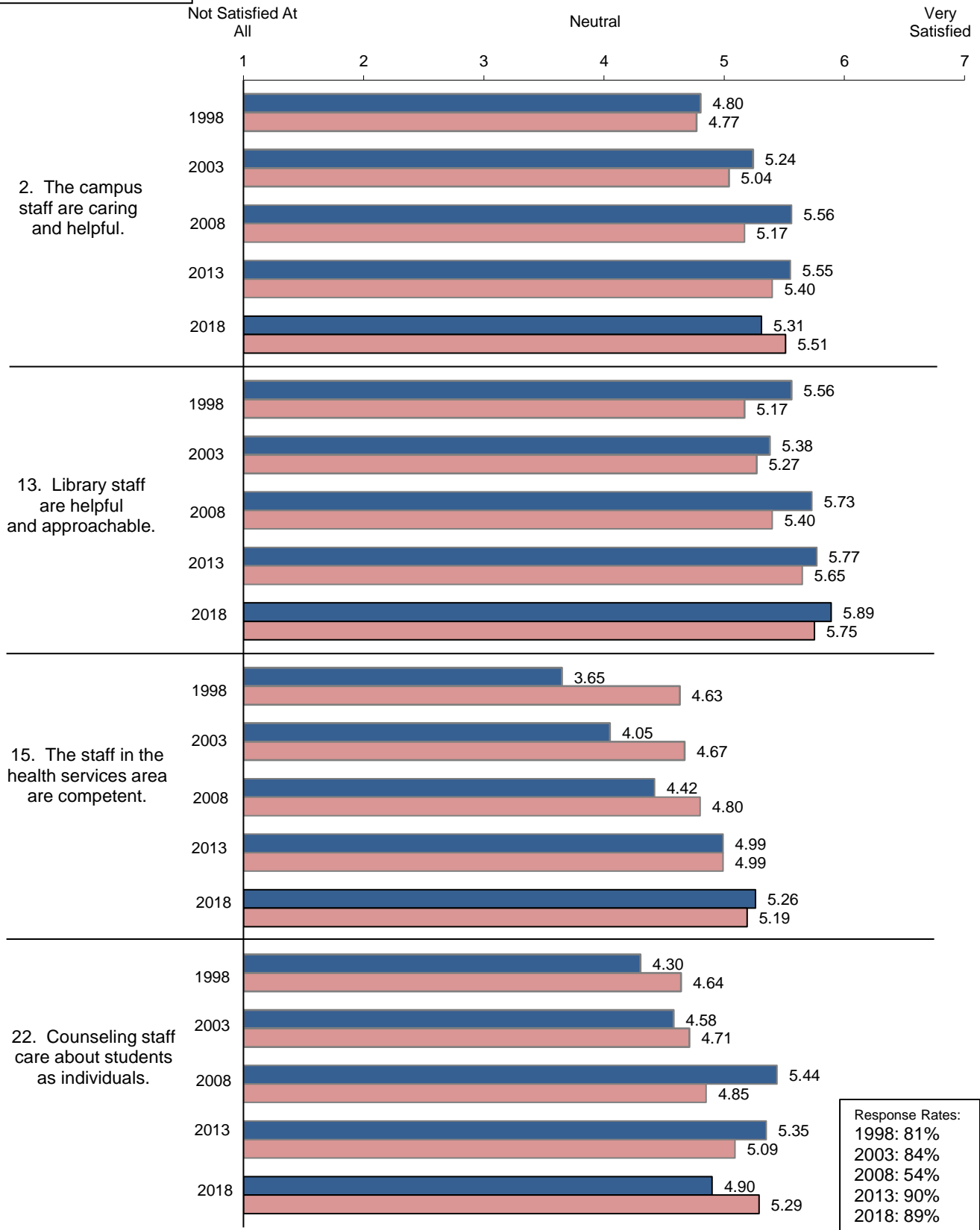
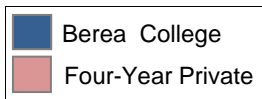
Noel-Levitz Student
Satisfaction Inventory



Response Rates:
1998: 81%
2003: 84%
2008: 54%
2013: 90%
2018: 89%

African-American Students
Berea College vs. Four-Year Private Institutions
Satisfaction Ratings within Item Group:
Service Excellence

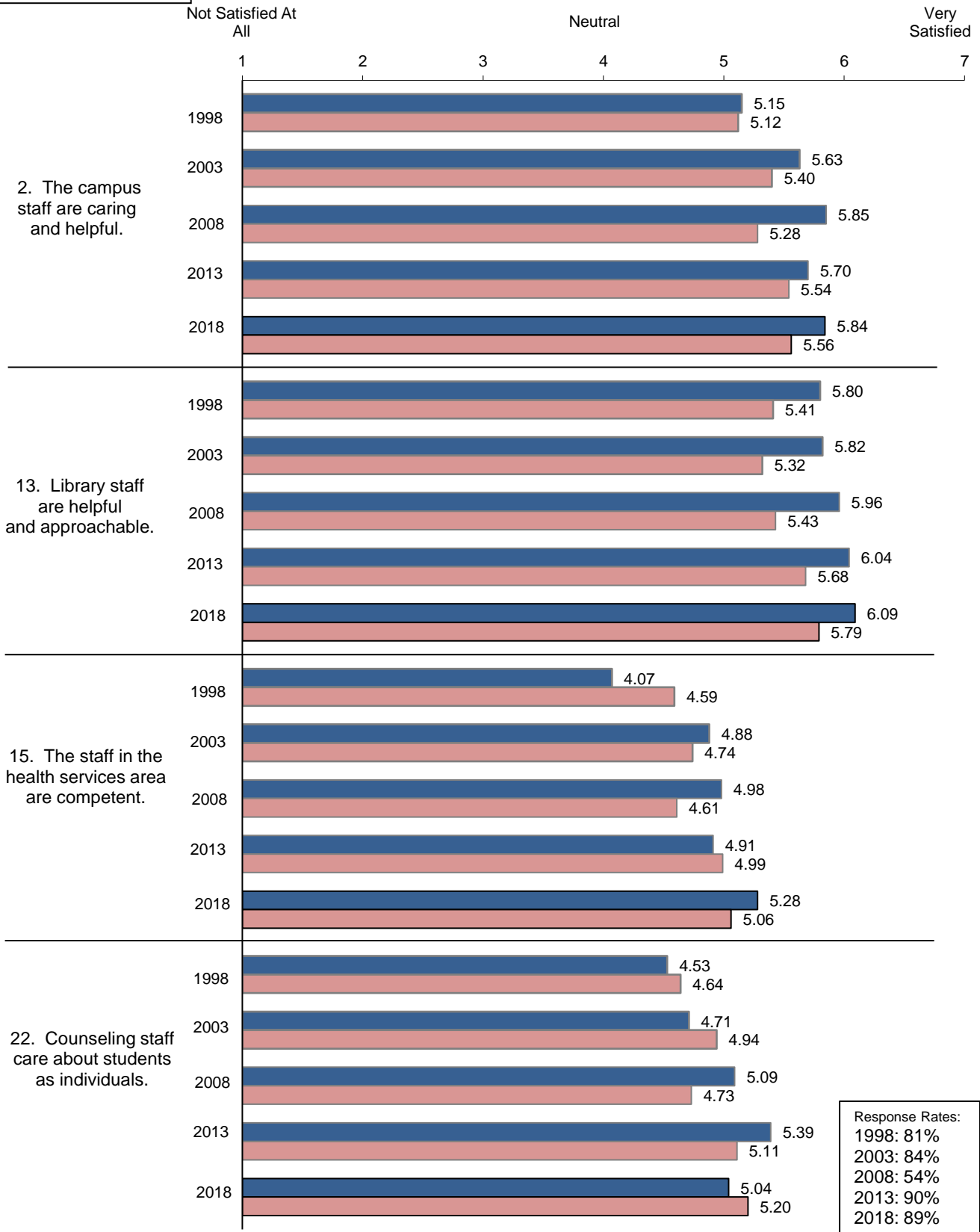
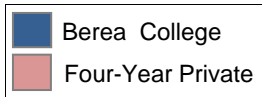
Noel-Levitz Student
Satisfaction Inventory



Response Rates:
1998: 81%
2003: 84%
2008: 54%
2013: 90%
2018: 89%

International Students
Berea College vs. Four-Year Private Institutions
Satisfaction Ratings within Item Group:
Service Excellence

Noel-Levitz Student
Satisfaction Inventory

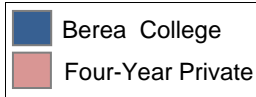


Response Rates:
1998: 81%
2003: 84%
2008: 54%
2013: 90%
2018: 89%

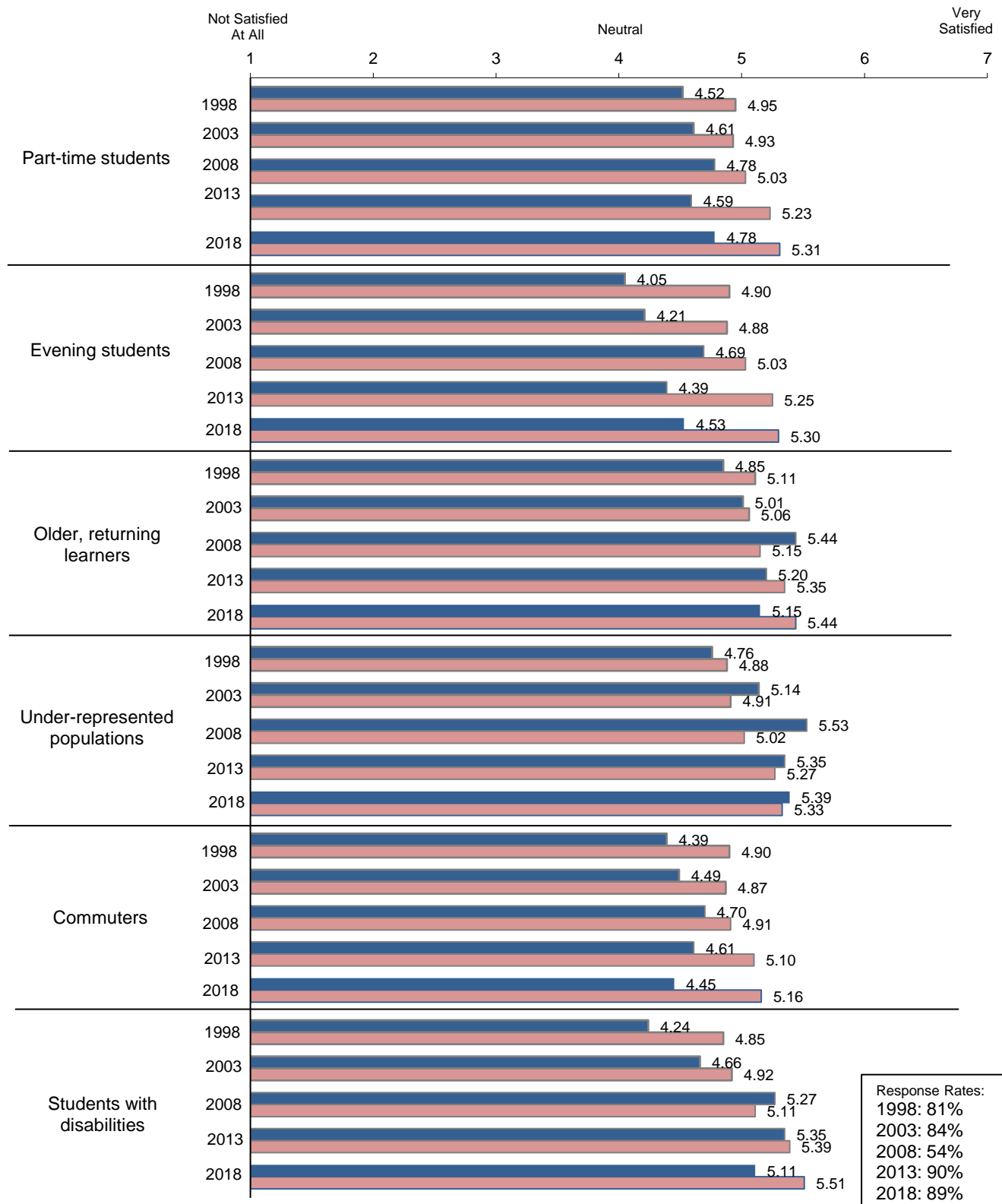
All Students

Berea College vs. Four-Year Private Institutions

Noel-Levitz Student
Satisfaction Inventory



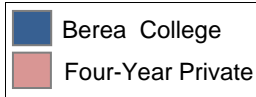
How satisfied are you that this campus demonstrates a commitment to meeting the needs of:



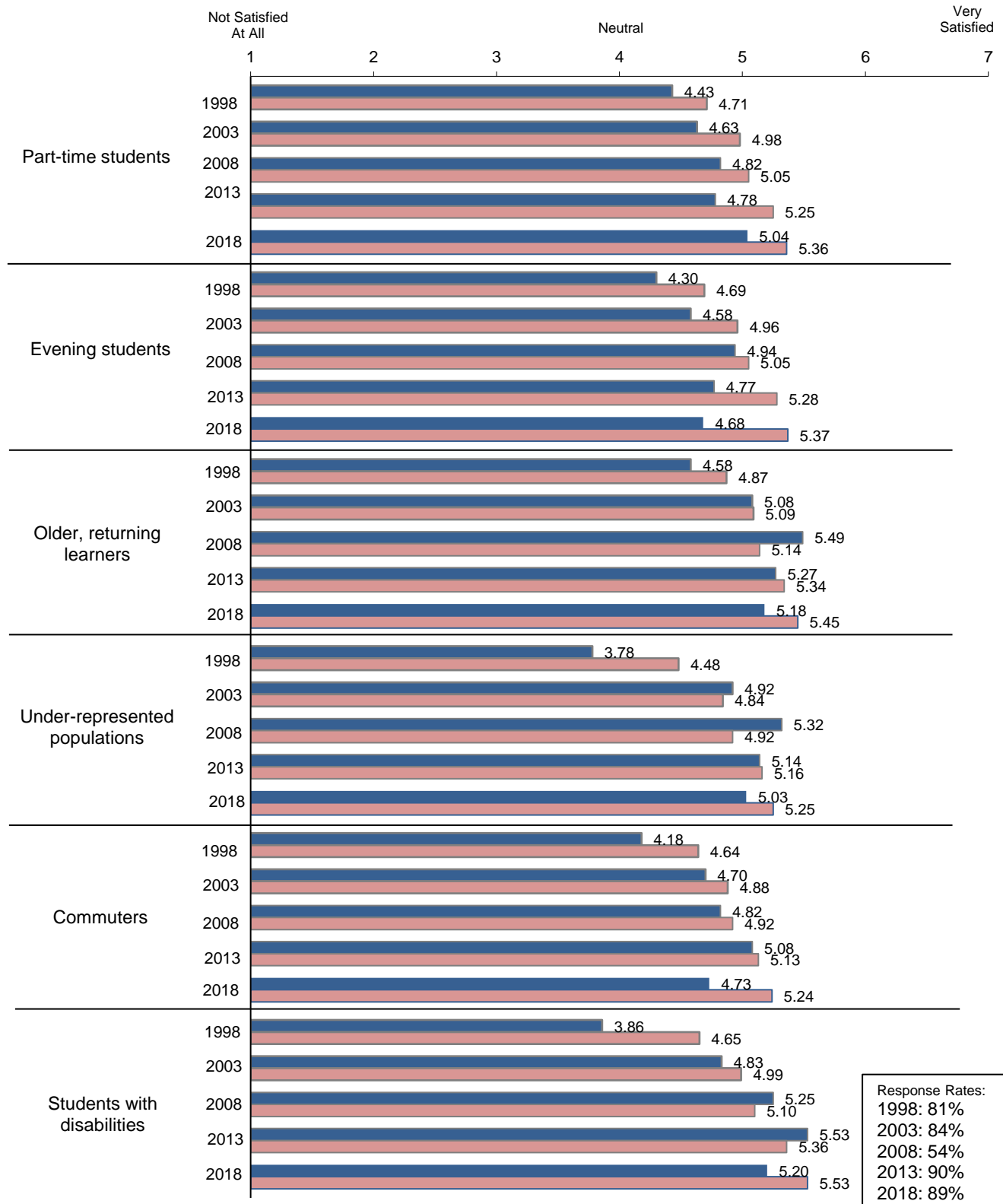
Response Rates:
 1998: 81%
 2003: 84%
 2008: 54%
 2013: 90%
 2018: 89%

African-American Students Berea College vs. Four-Year Private Institutions

Noel-Levitz Student
Satisfaction Inventory



*How satisfied are you that this campus demonstrates a
commitment to meeting the needs of:*

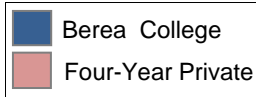


Response Rates:
 1998: 81%
 2003: 84%
 2008: 54%
 2013: 90%
 2018: 89%

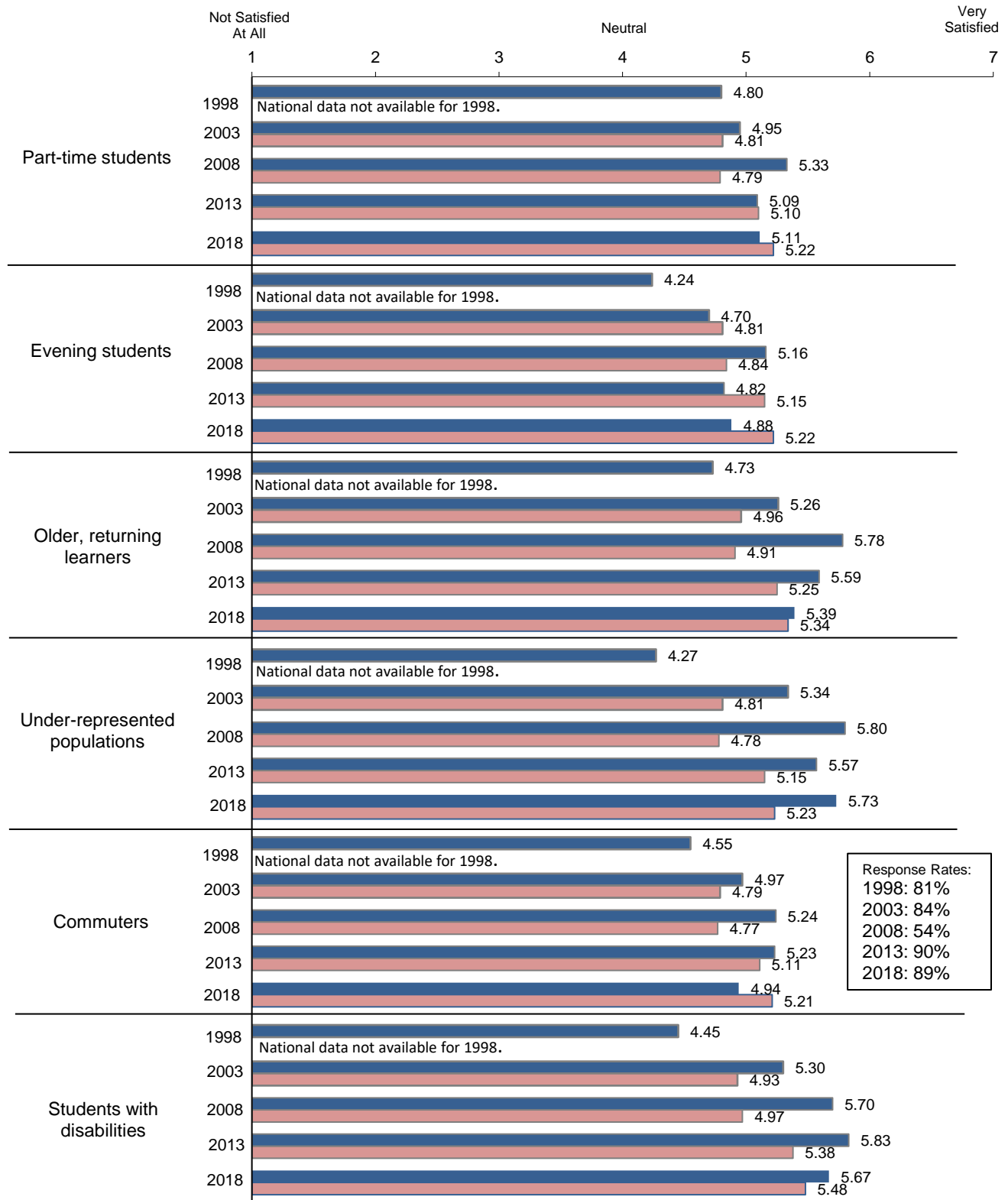
International Students

Berea College vs. Four-Year Private Institutions

Noel-Levitz Student
Satisfaction Inventory



How satisfied are you that this campus demonstrates a commitment to meeting the needs of:

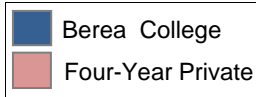


Response Rates:
 1998: 81%
 2003: 84%
 2008: 54%
 2013: 90%
 2018: 89%

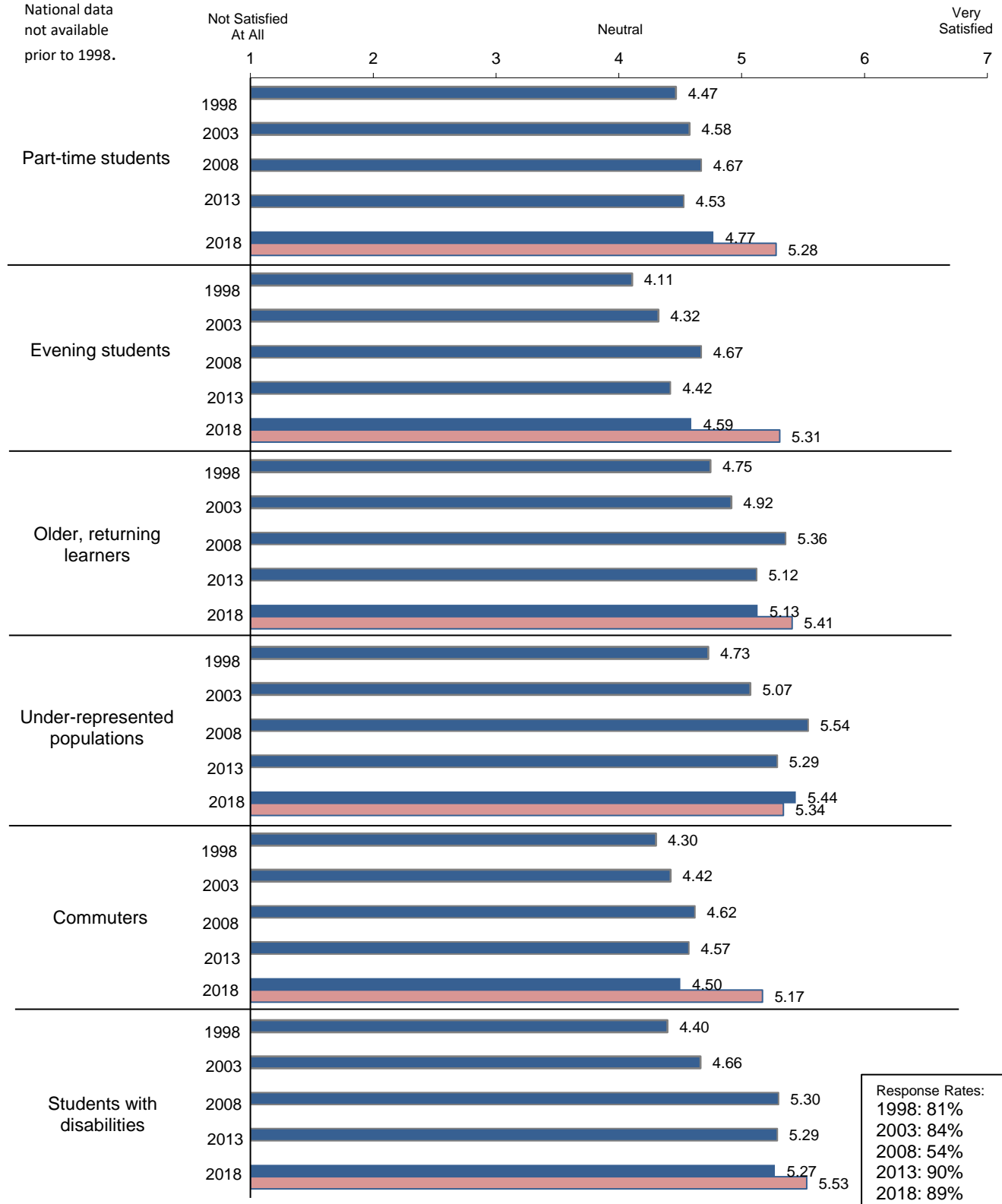
Male Students

Berea College vs. Four-Year Private Institutions

Noel-Levitz Student
Satisfaction Inventory



How satisfied are you that this campus demonstrates a commitment to meeting the needs of:

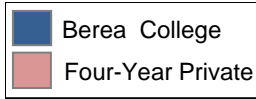


Response Rates:
 1998: 81%
 2003: 84%
 2008: 54%
 2013: 90%
 2018: 89%

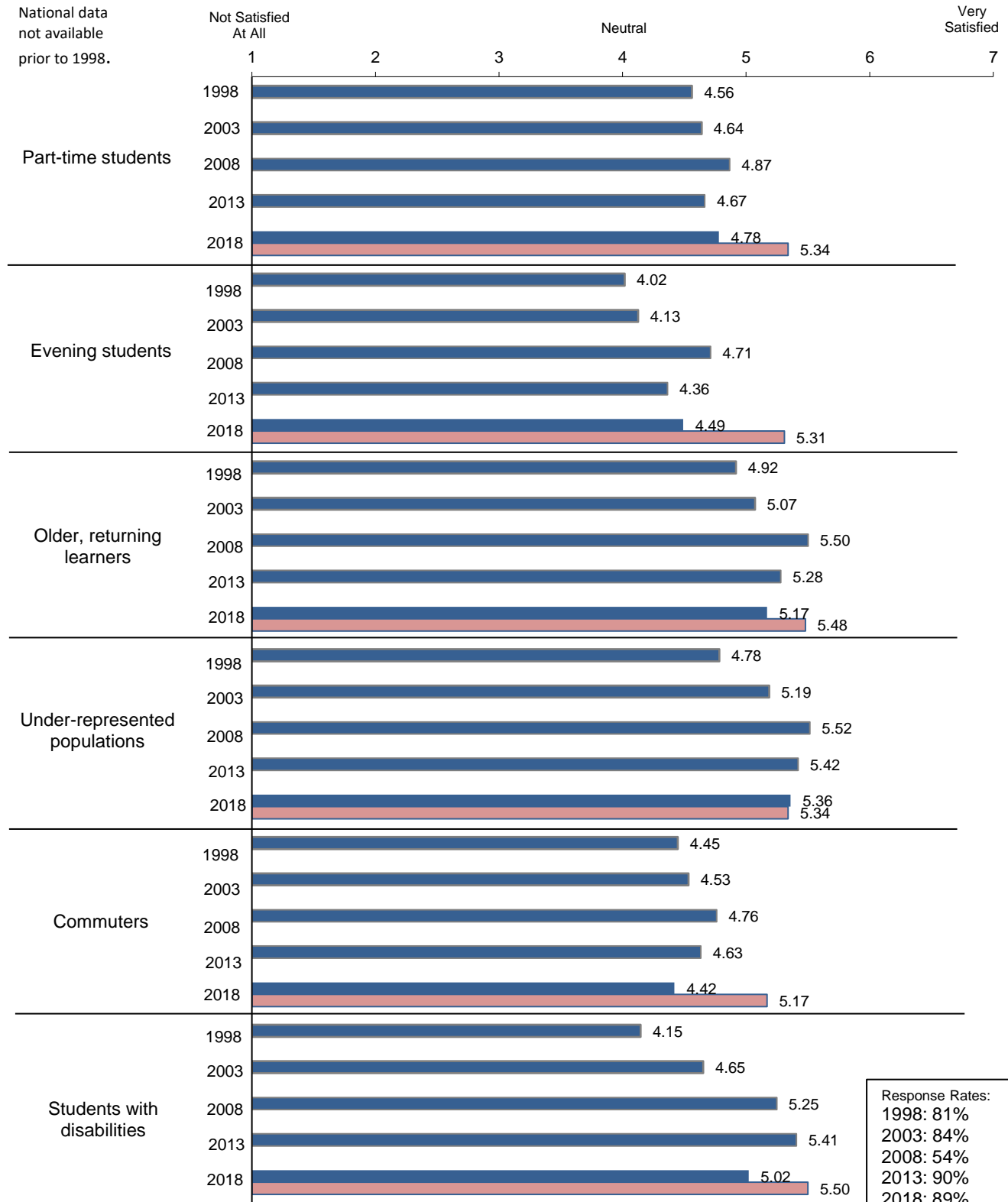
Female Students

Berea College vs. Four-Year Private Institutions

Noel-Levitz Student
Satisfaction Inventory



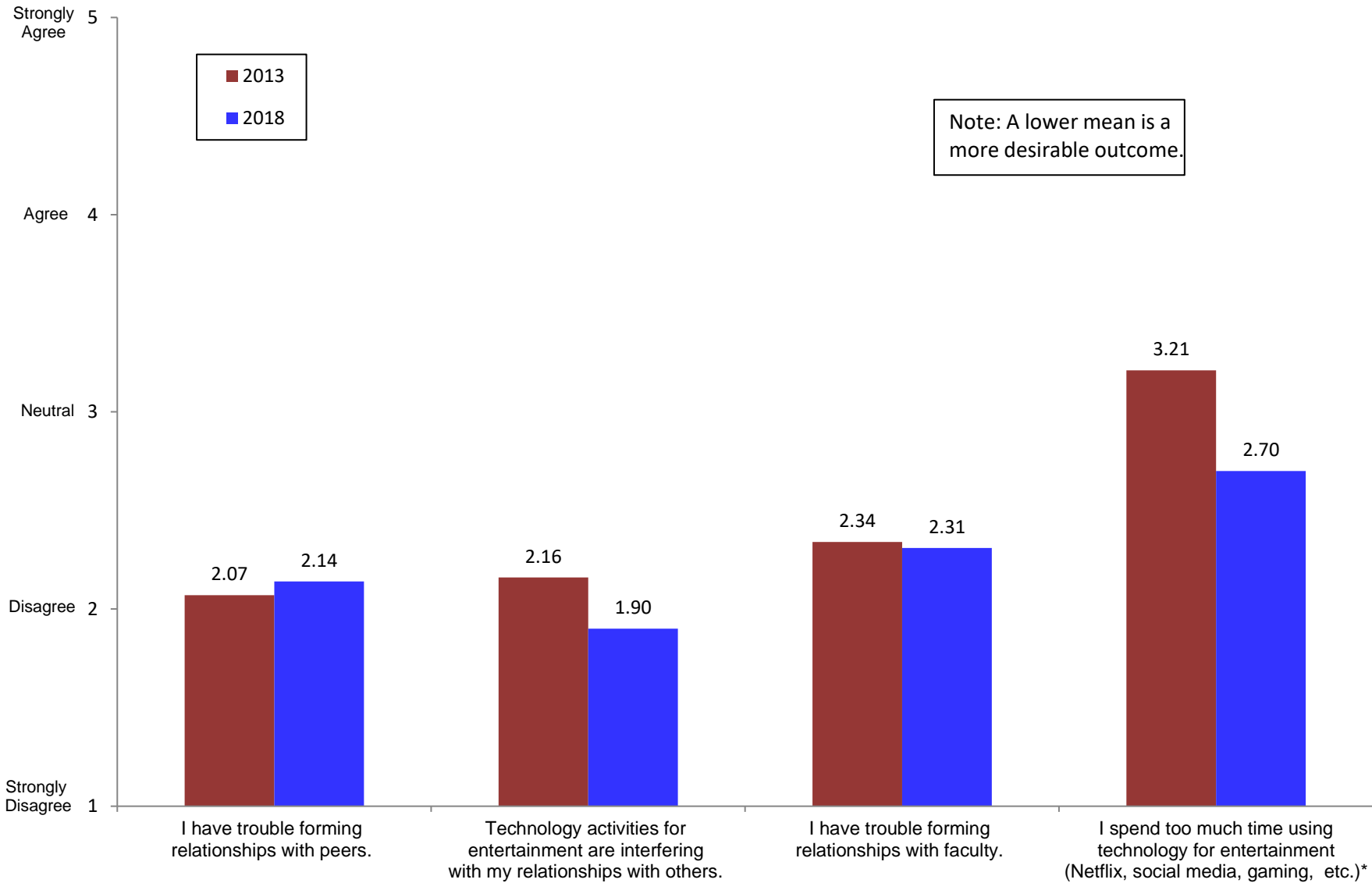
How satisfied are you that this campus demonstrates a commitment to meeting the needs of:



Response Rates:
 1998: 81%
 2003: 84%
 2008: 54%
 2013: 90%
 2018: 89%

All Students

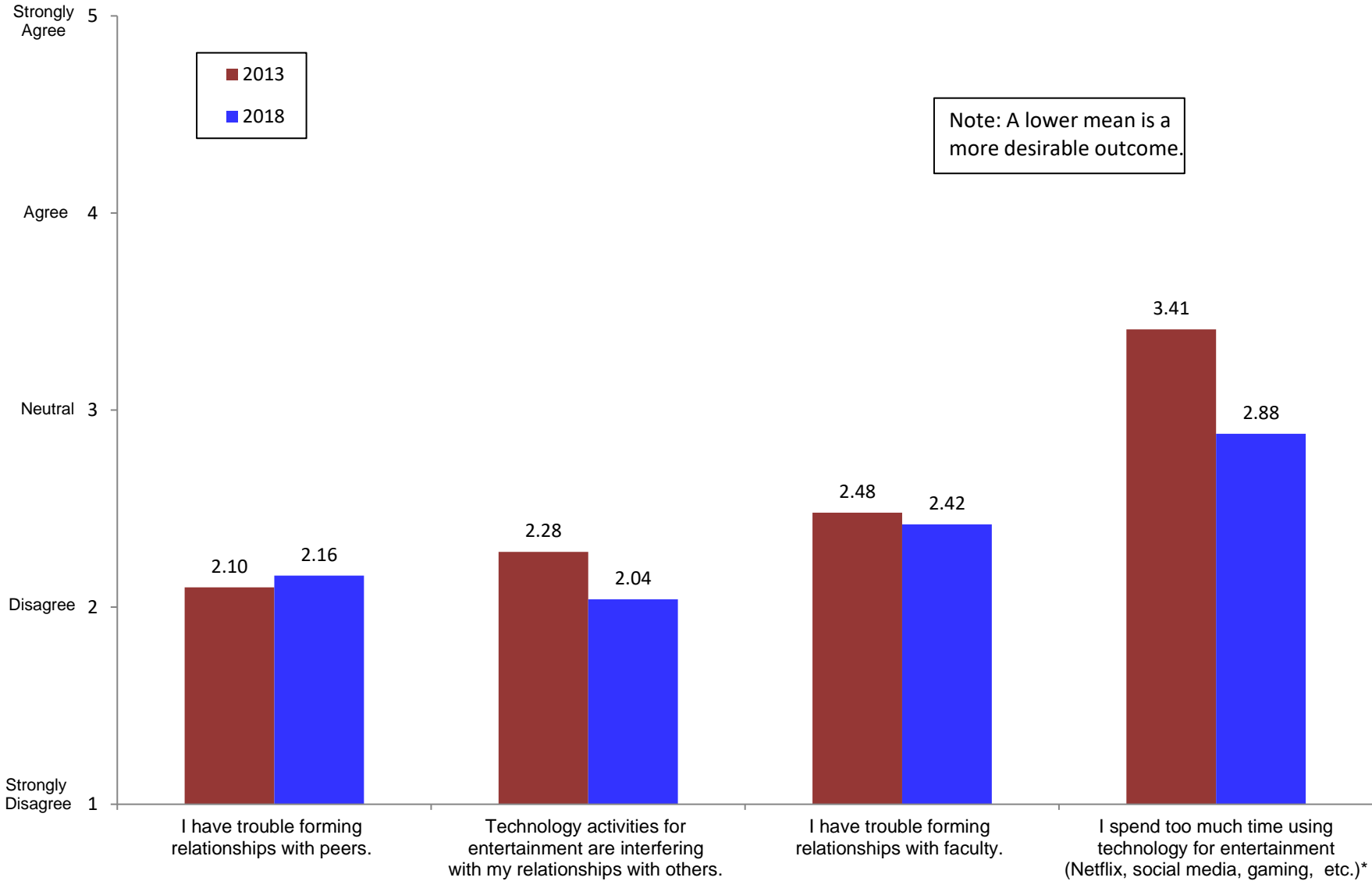
Rate your level of agreement with the following statements:



*Slight wording change in 2018.

African-American Students

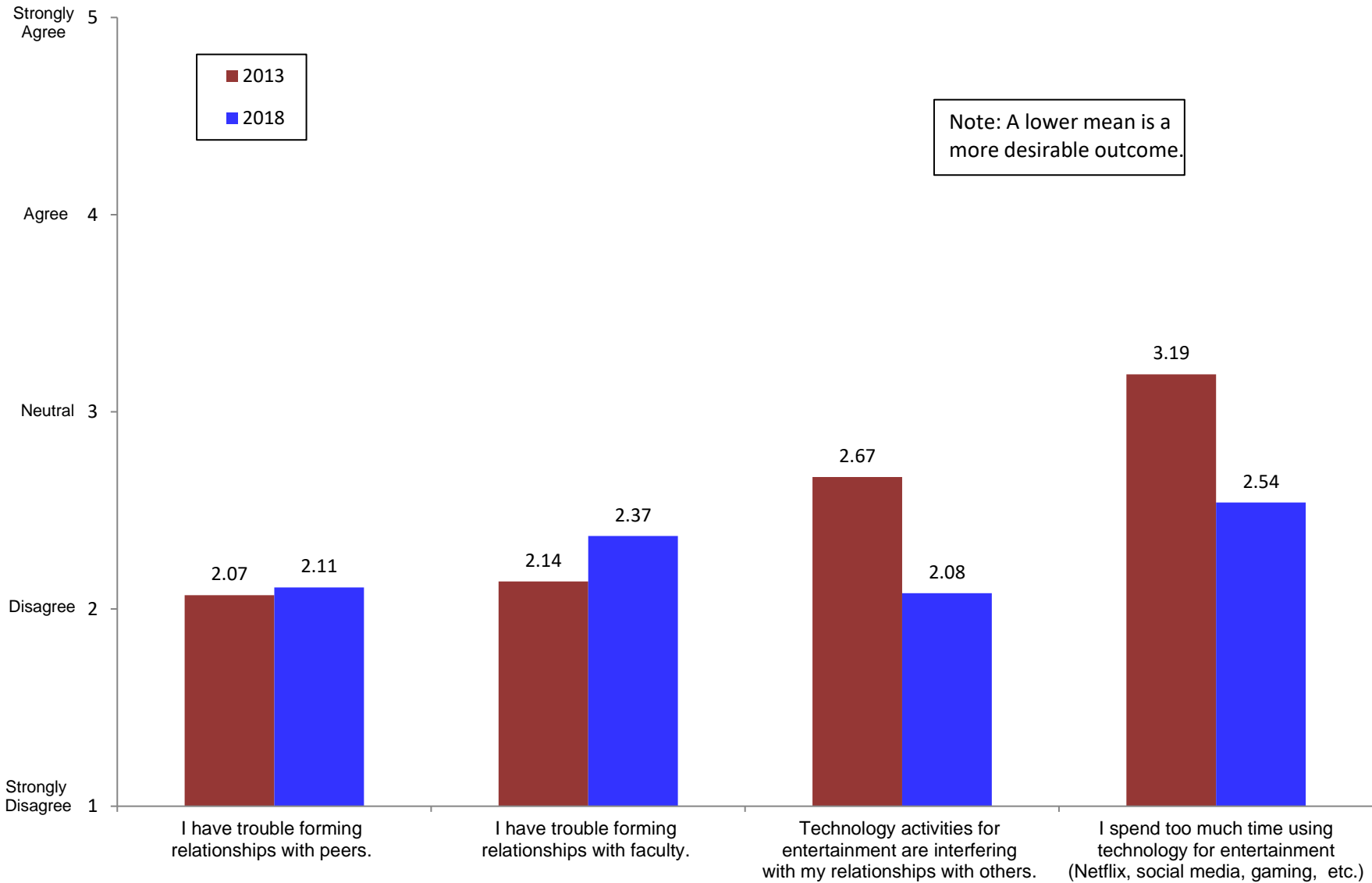
Rate your level of agreement with the following statements:



*Slight wording change in 2018.

International Students

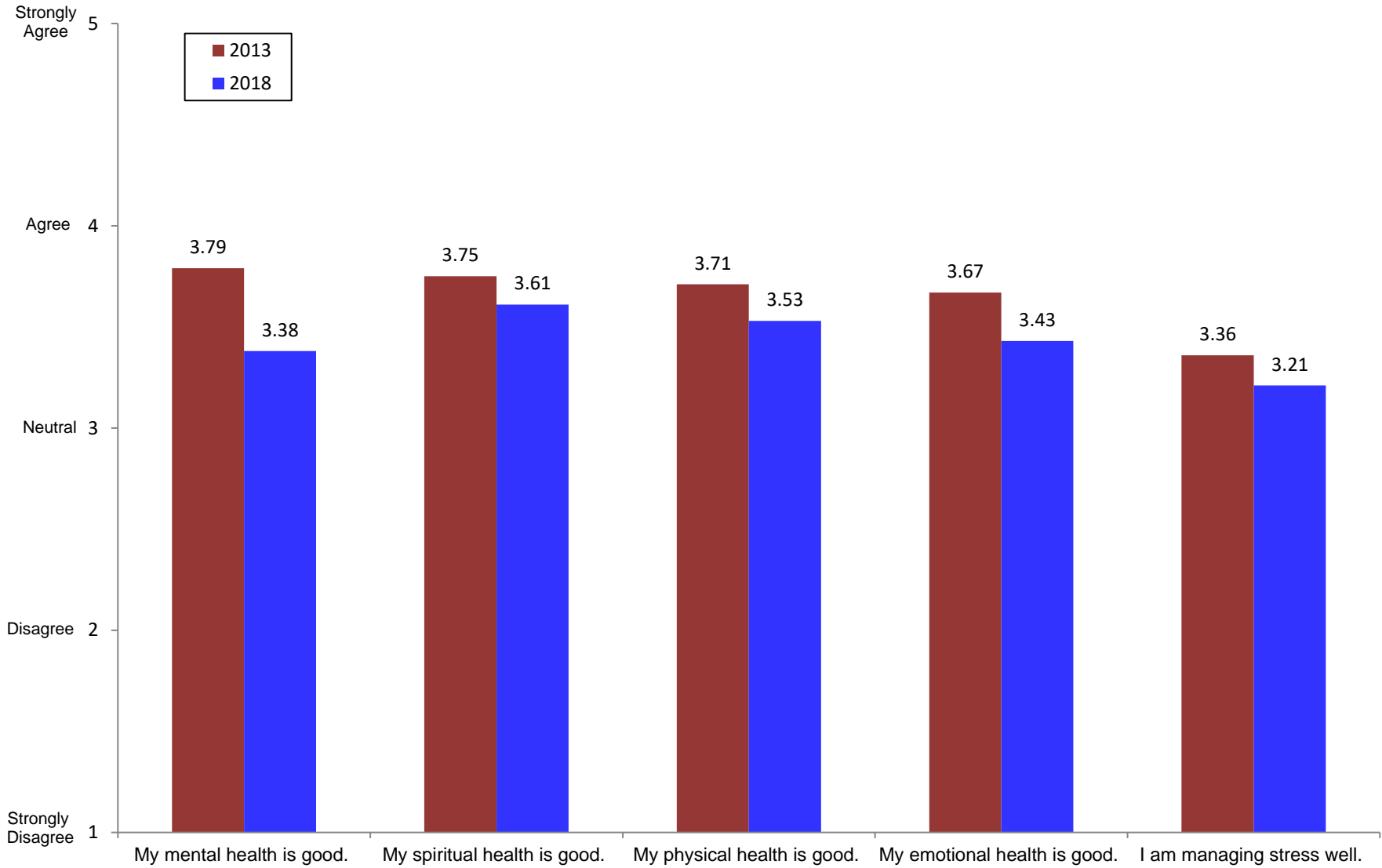
Rate your level of agreement with the following statements:



*Slight wording change in 2018.

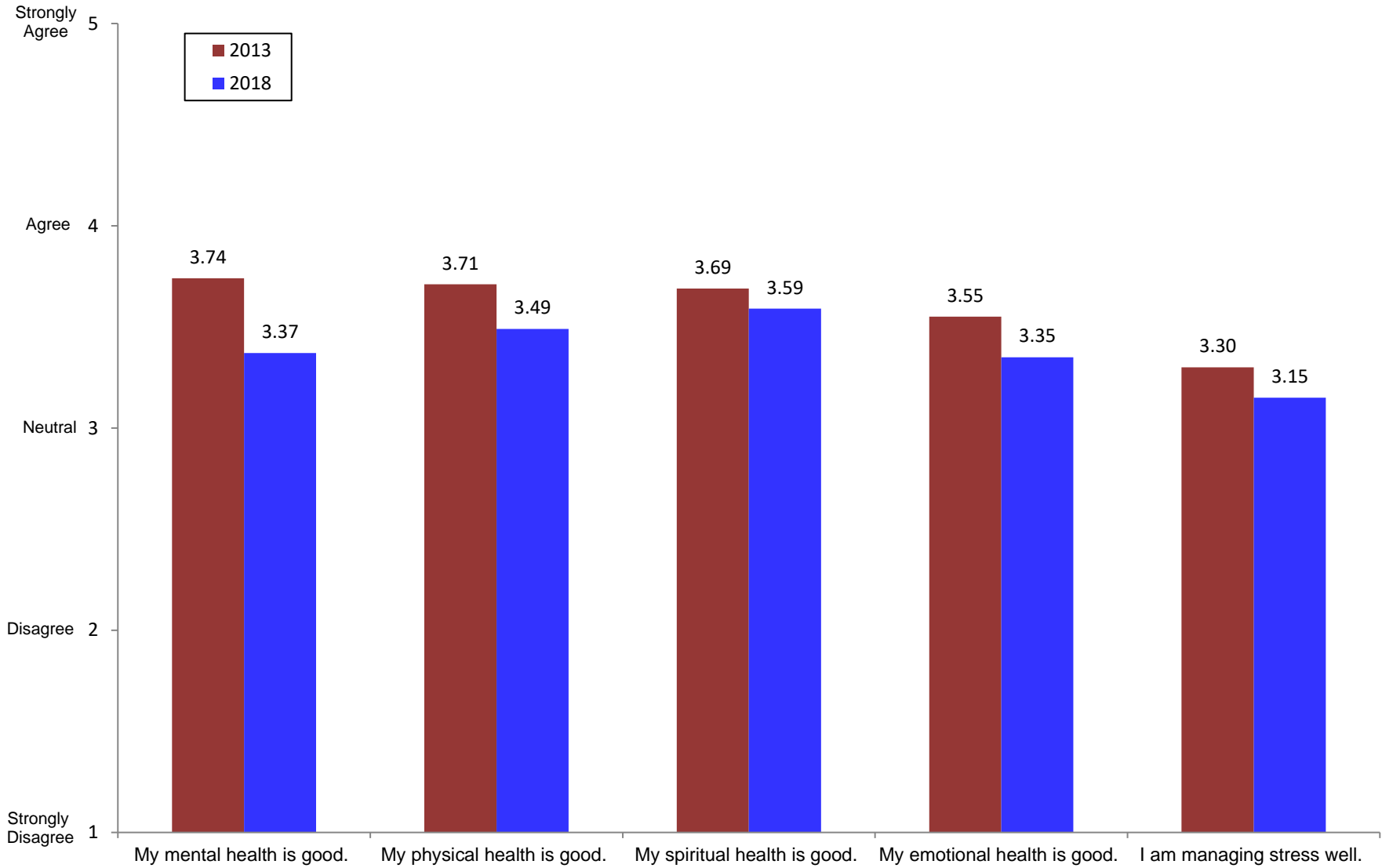
All Students

Rate your level of agreement with the following statements:



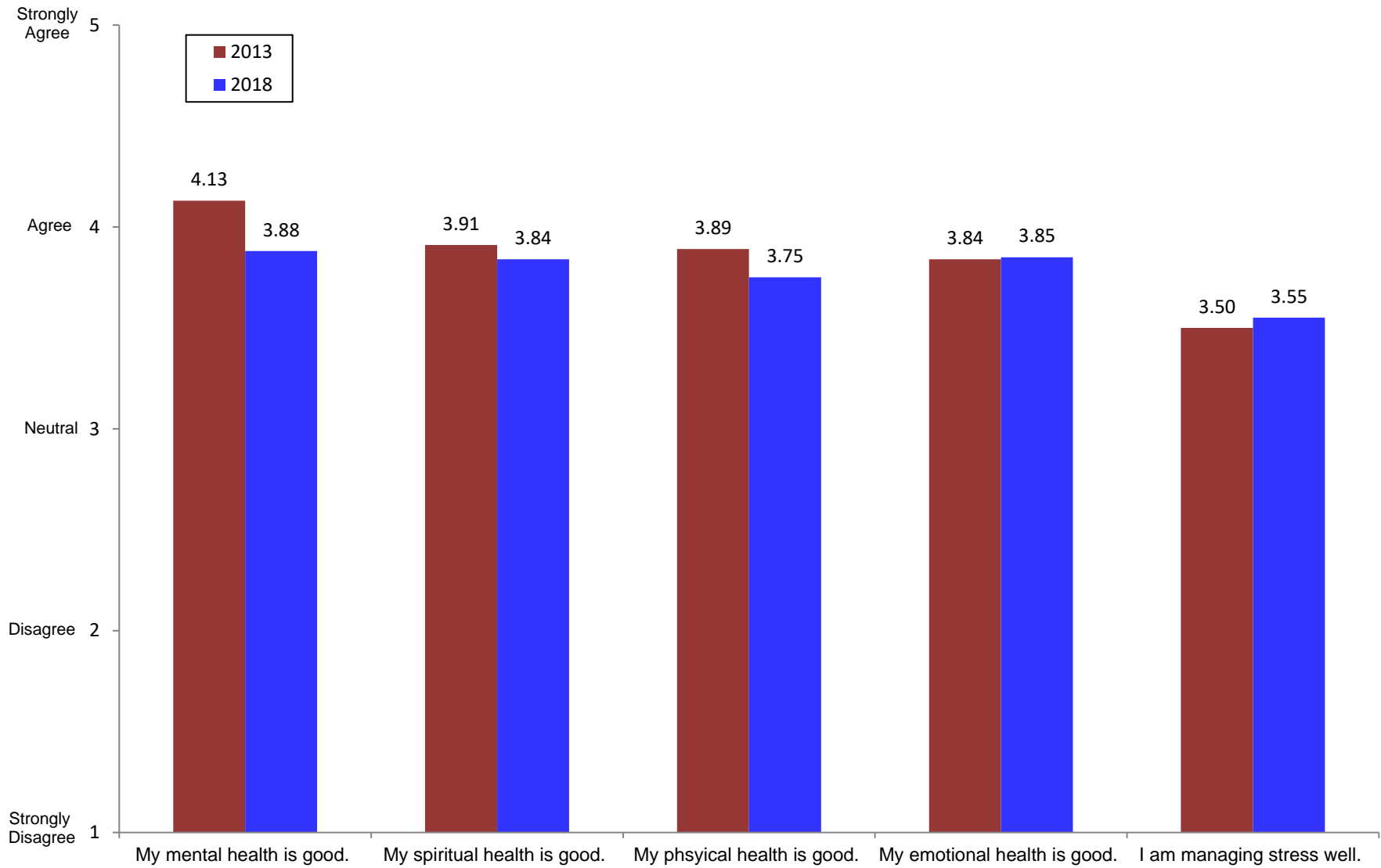
African-American Students

Rate your level of agreement with the following statements:



International Students

Rate your level of agreement with the following statements:



Berea-Specific Graduating Seniors Survey



[Choose to see survey instruments](#)

Response Rates:

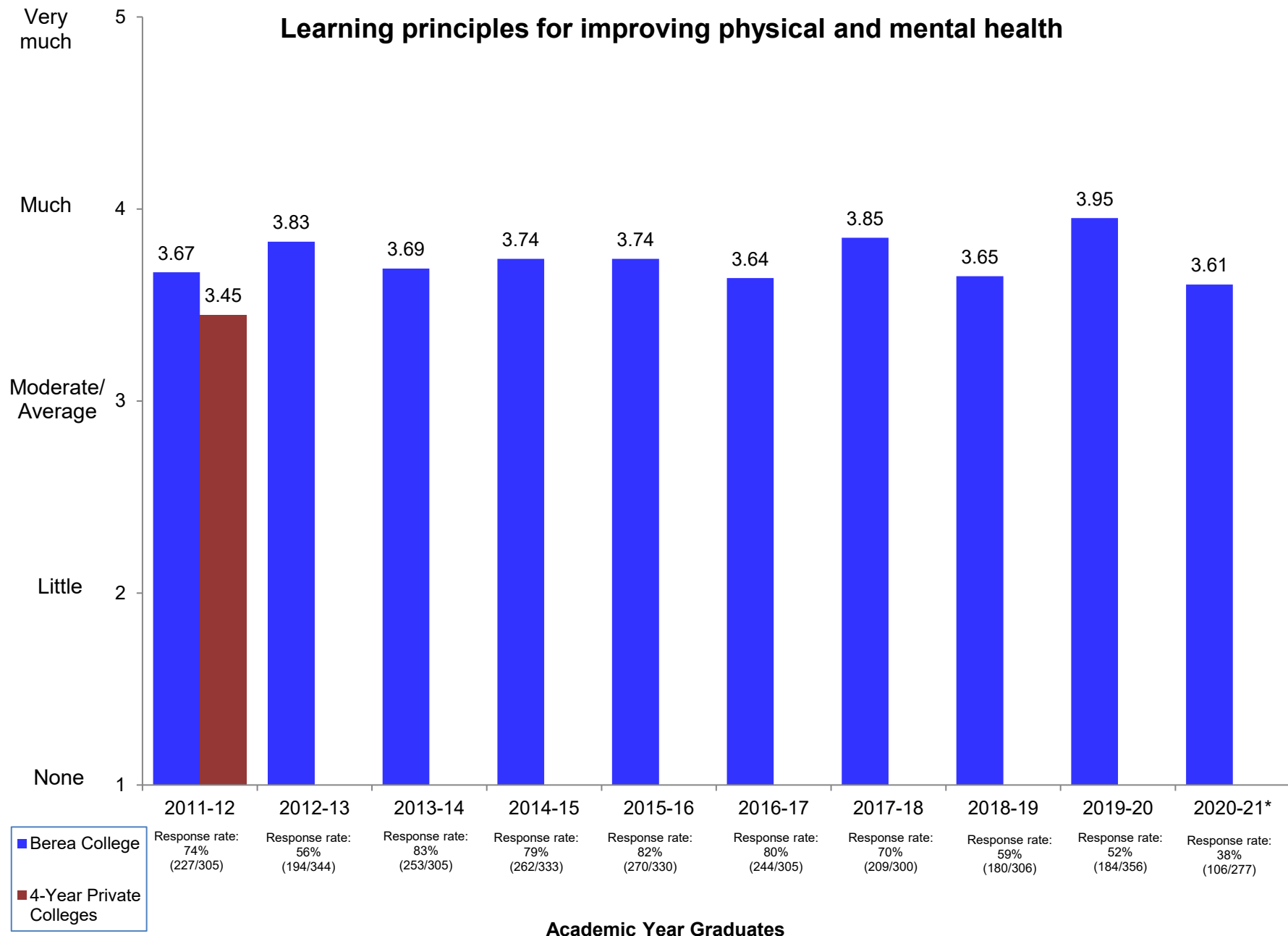
2002-03: 74%	2003-04: 72%	2004-05: 82%
2005-06: 74%	2006-07: 82%	2007-08: 82%
2008-09: 82%	2009-10: 60%	2010-11: 70%
2011-12: 74%	2012-13: 56%	2013-14: 83%
2014-15: 79%	2015-16: 82%	2016-17: 80%
2017-18: 70%	2018-19: 59%	2019-20: 52%
2020-21: 38%		

NOTE: In 2002-03 through 2011-12, we used the ACT College Outcomes Survey (ACT is no longer offering this service).

Because of the COVID-19 Pandemic, Berea College looked very different in academic year 2020-21. Students were given the option to return in person (with restrictions) or take classes online. No in-person graduation ceremonies were held. The survey was administered in electronic format only.

How much **progress** have you made toward the following outcome:

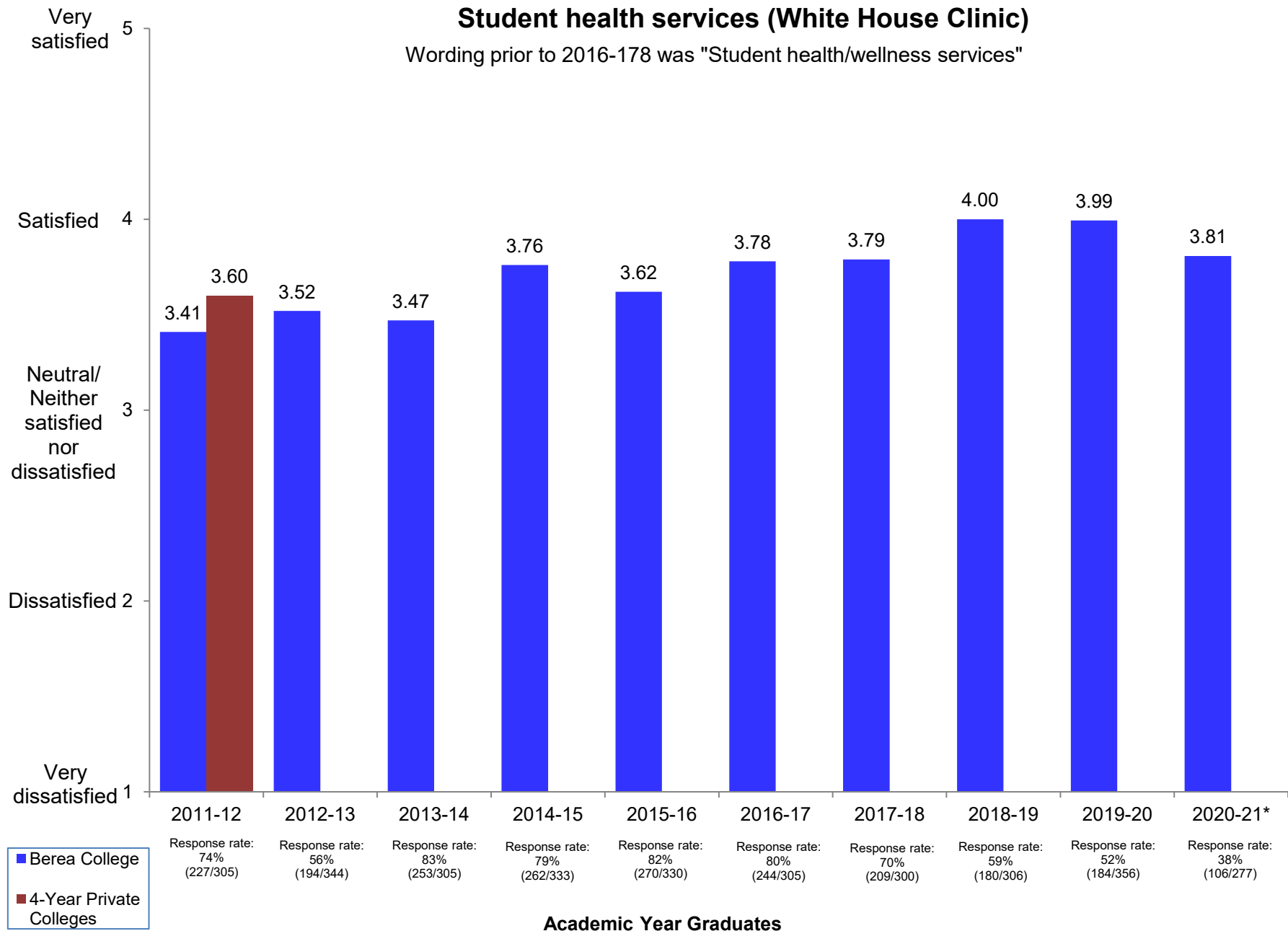
Graduating Senior Survey
Administered at graduation rehearsal



NOTE: National comparative data from ACT College Outcome Survey were available until 2011-2012.

*Due to the COVID-19 Pandemic, survey was administered online.

Indicate your level of satisfaction with each of the following:



NOTE: National comparative data from ACT College Outcome Survey were available until 2011-2012.

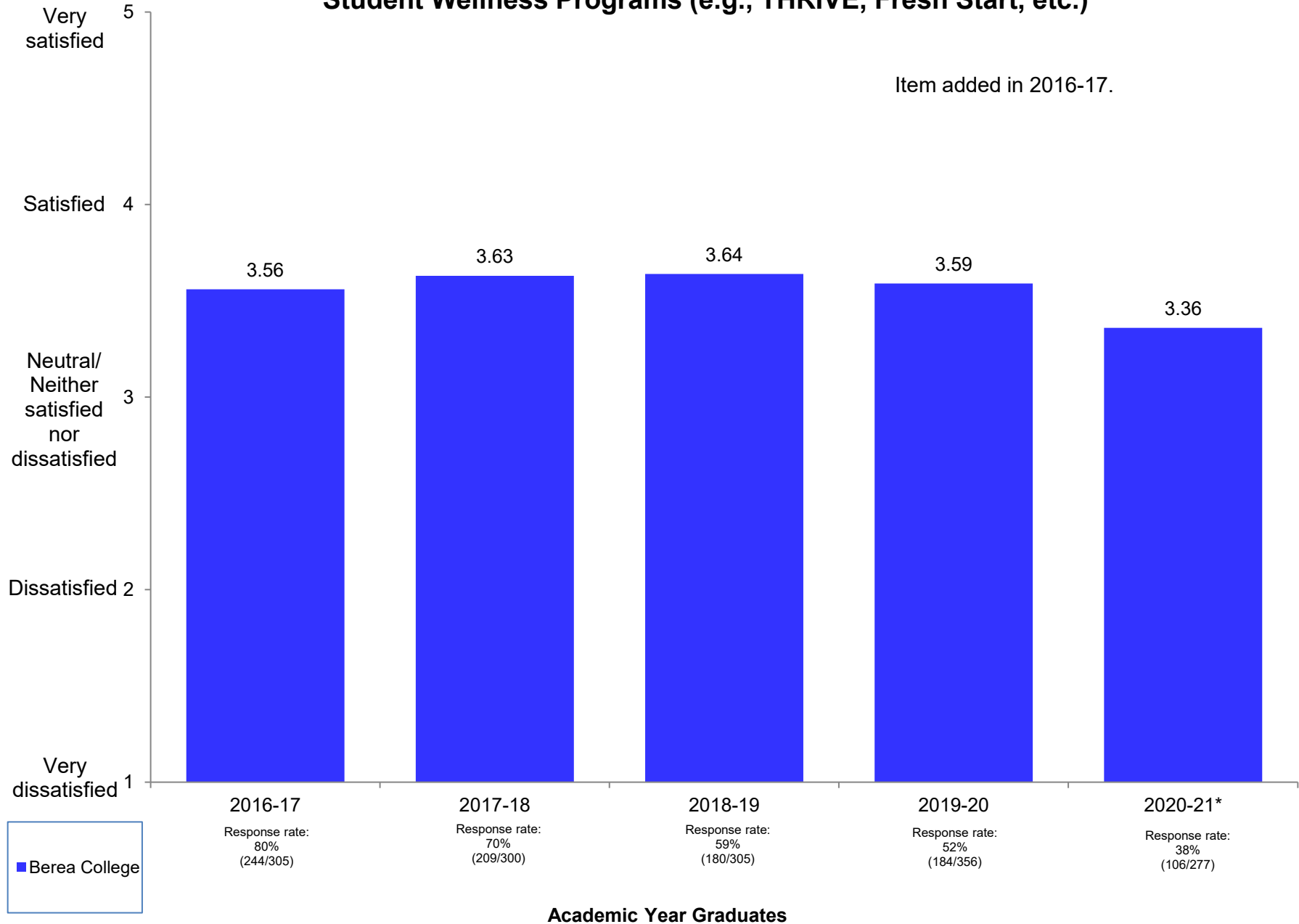
*Due to the COVID-19 Pandemic, survey was administered online.

Indicate your level of satisfaction with each of the following:

Graduating Senior Survey
Administered at graduation rehearsal

Student Wellness Programs (e.g., THRIVE, Fresh Start, etc.)

Item added in 2016-17.



*Due to the COVID-19 Pandemic, survey was administered online.

Berea-Specific Alumni Survey

(Graduates from the 1980s, 1990s, and
2000s with valid e-mail addresses)



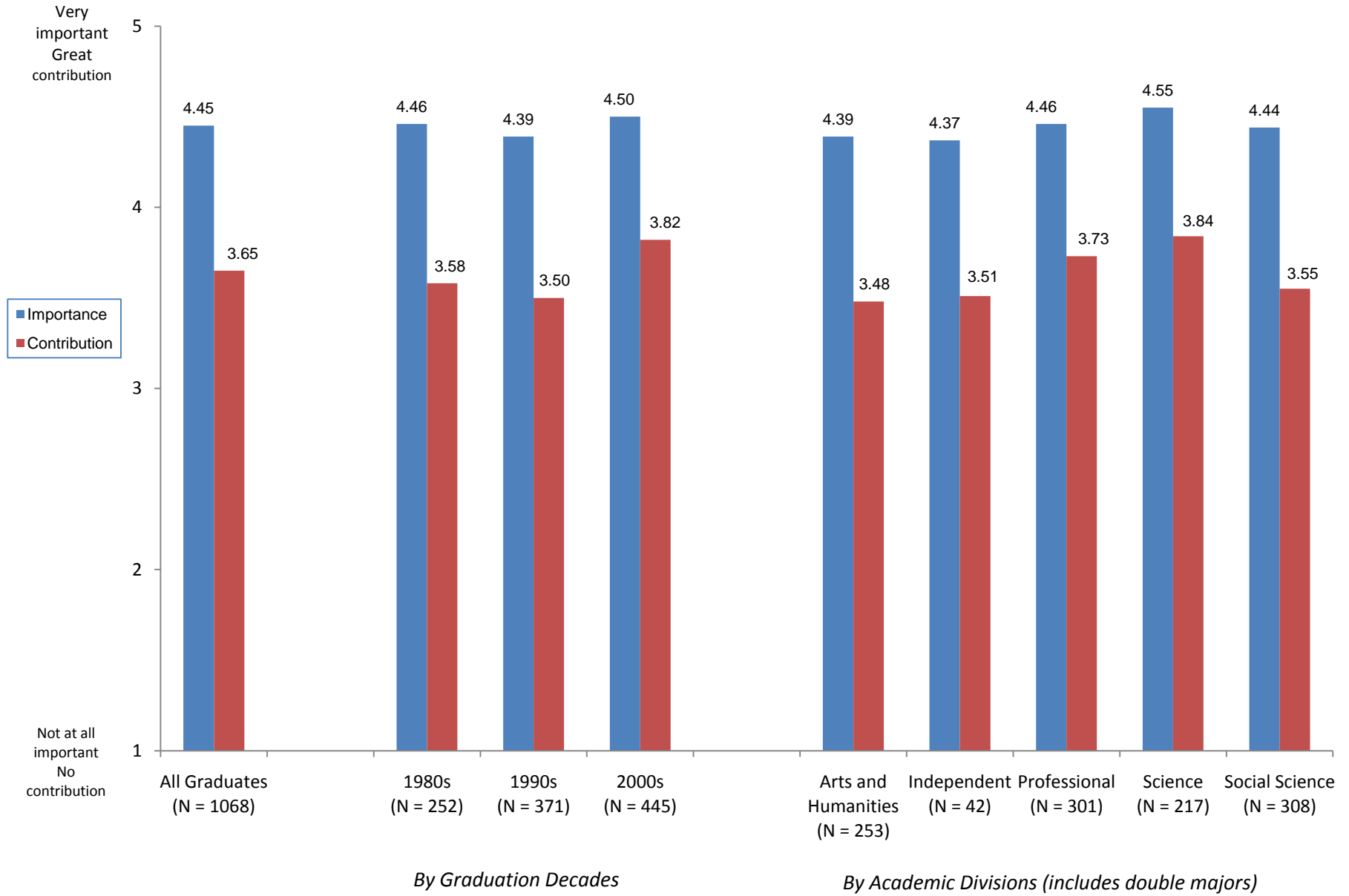
Response Rate: 25% (1068/ 4342)

[Click link to see survey instruments](#)

How important is the following to you personally?

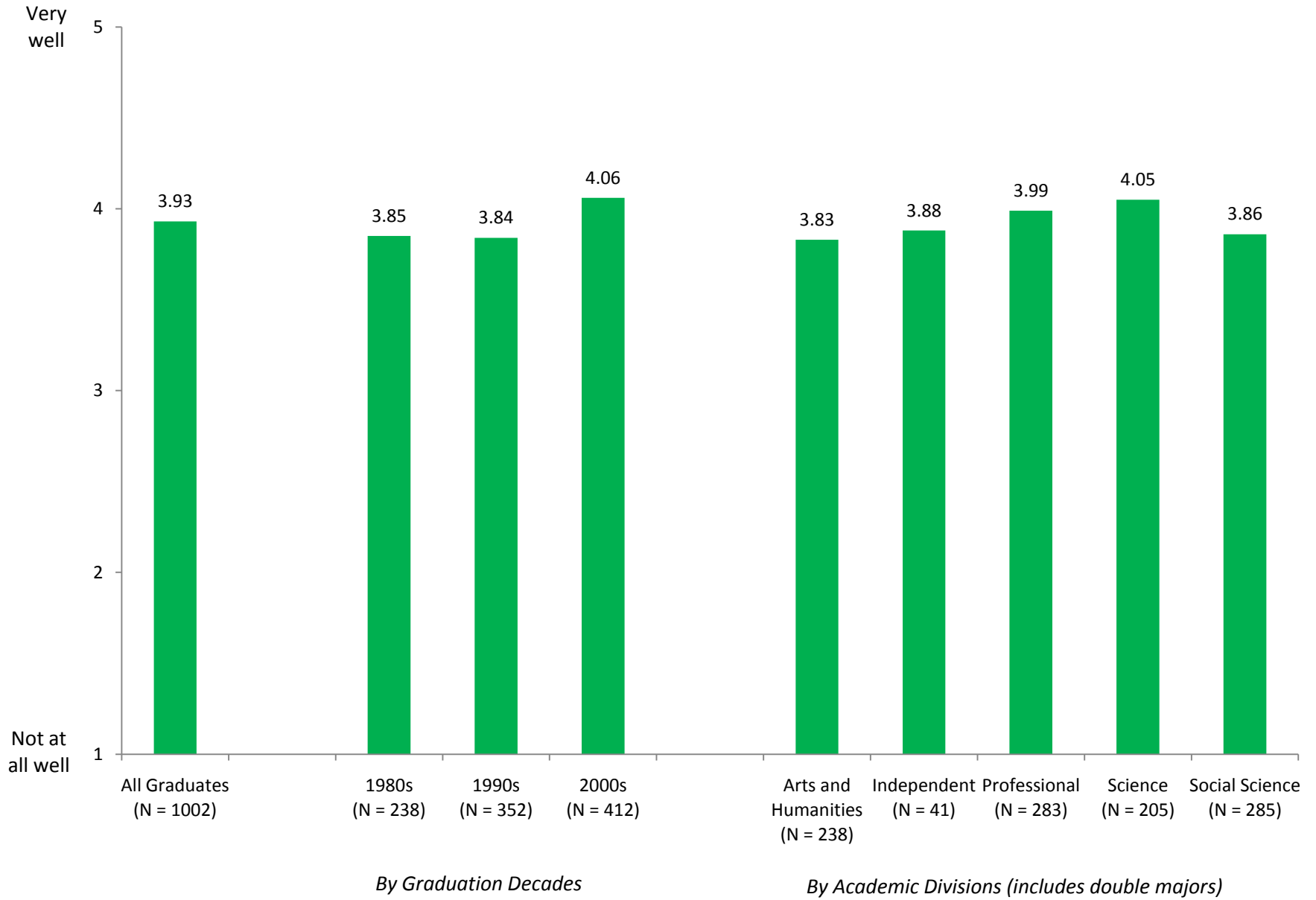
Rate the contribution made by Berea College toward your personal growth for each of the following?

Developing a healthy lifestyle



Overall, how did your Berea College experiences prepare you for a life of...

Health and well-being



ACT Alumni Outcomes Survey

(Work Colleges Consortium Project
administered online)

(Graduates from 1992-93 through 2006-07)

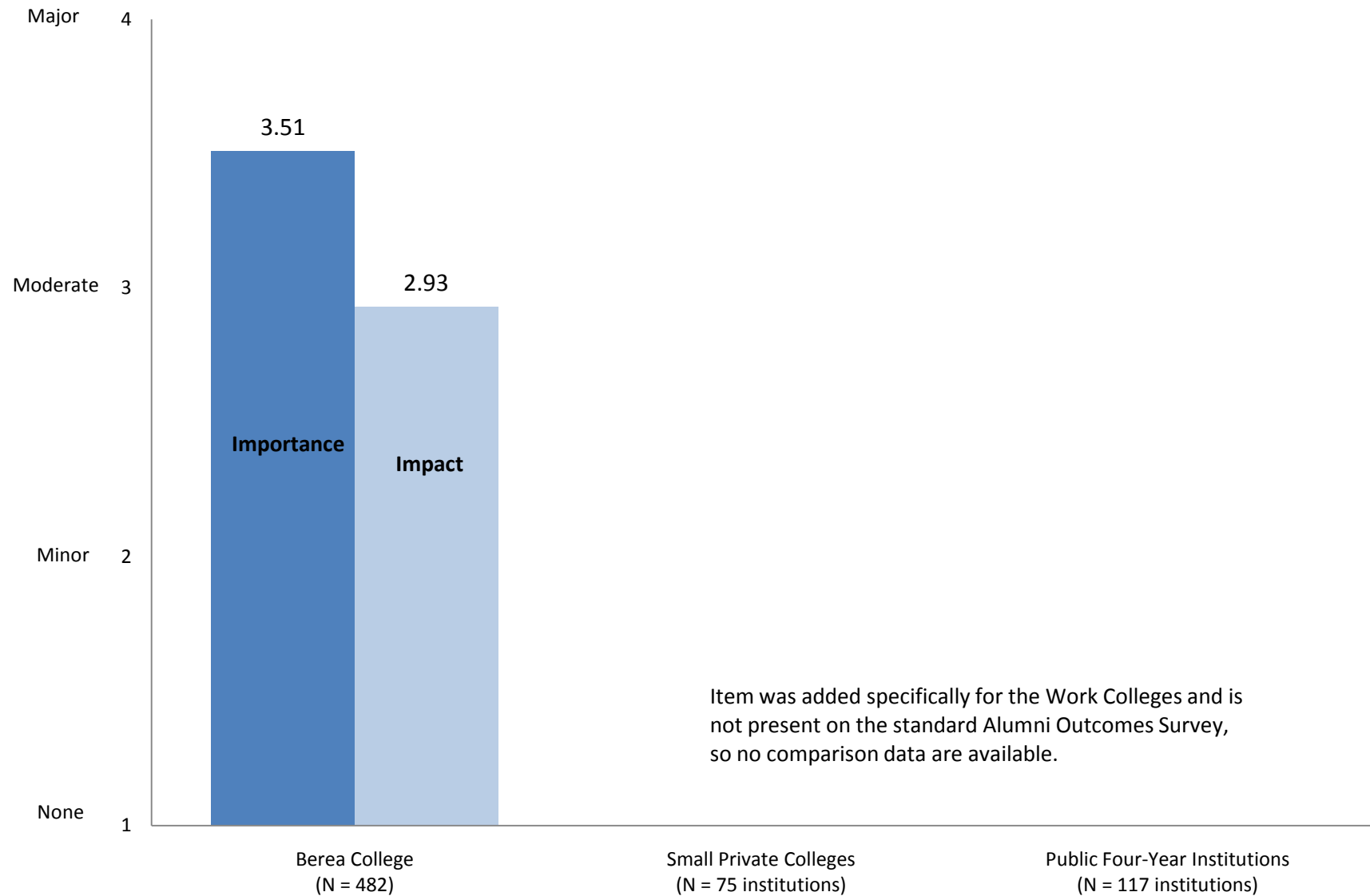


[Click to see survey instrument](#)

Response Rate: 29% (482/1648)

Importance of the skill in a individuals's efforts to be personally and professionally successful in today's world.
Impact of your experiences at this school on your attainment of each skill.

Developing a healthy lifestyle



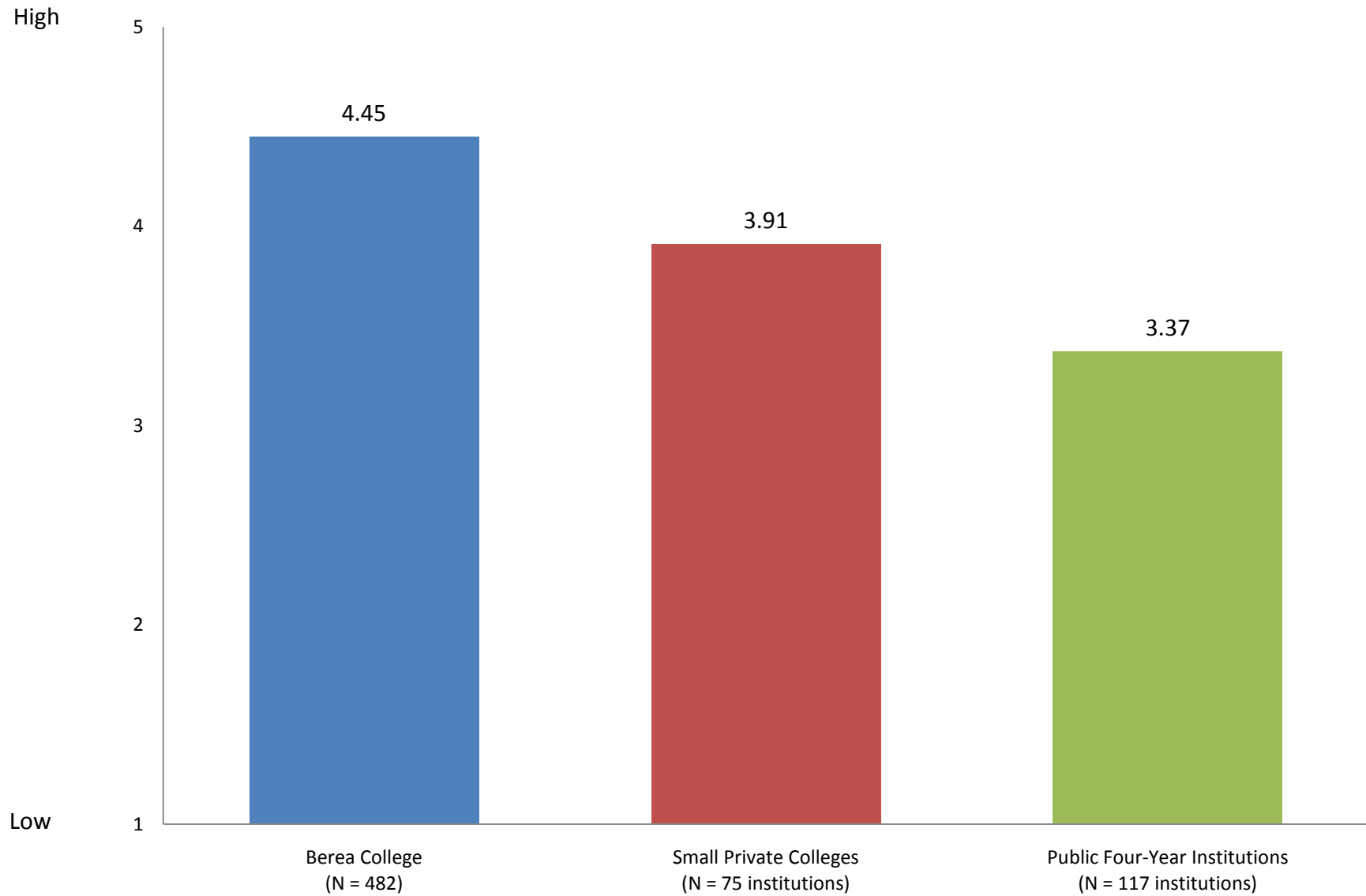
Based on ACT Alumni Outcomes Survey administered online to Work College graduates (1992-93 through 2006-2007)

Source: Office of Institutional Research and Assessment, Spring 2011

Berea Response Rate:
482/1648 or 29%

Rate this college on each of the factors below.

Sense of individual belonging on this campus



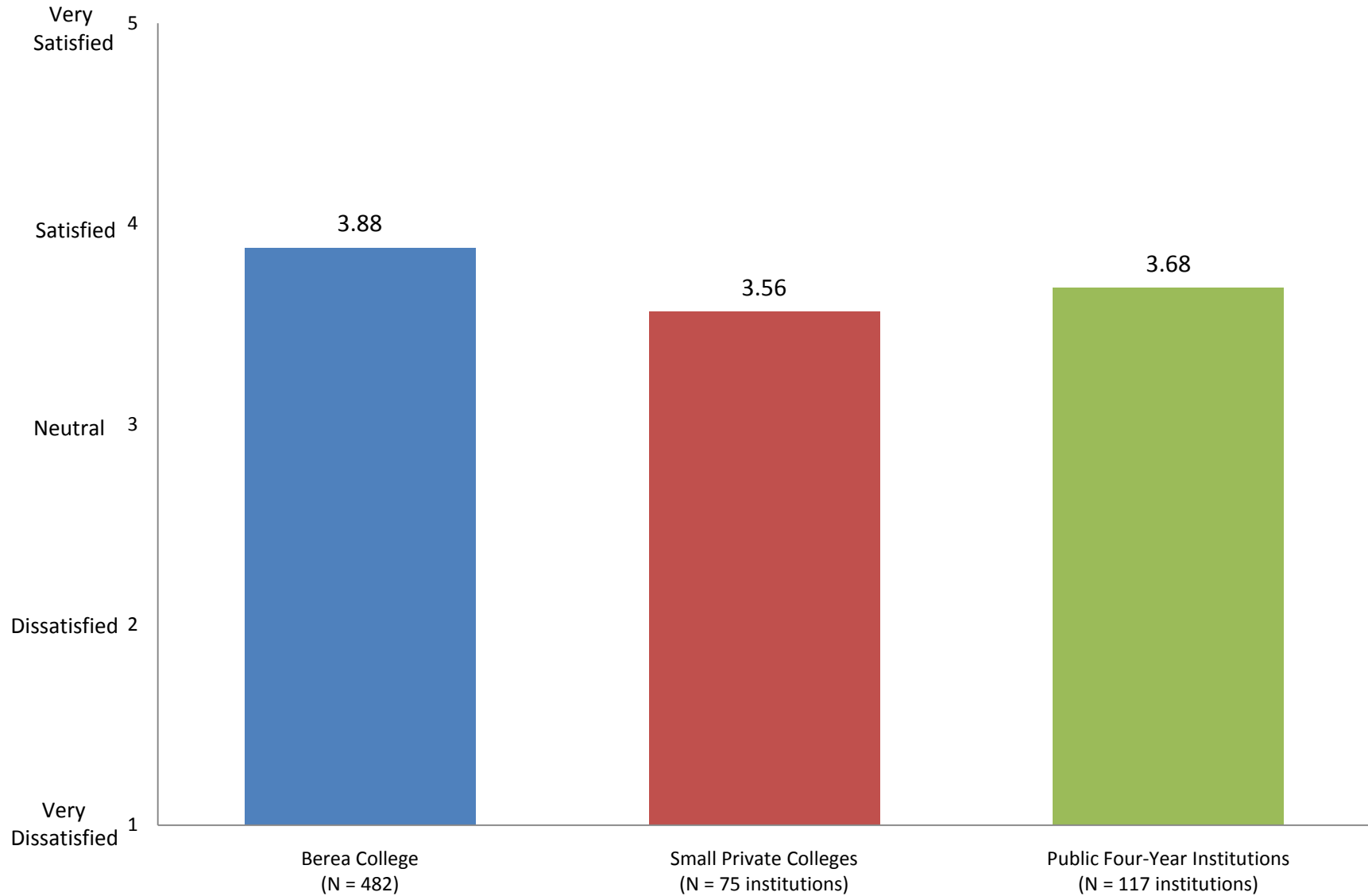
Based on ACT Alumni Outcomes Survey administered online to Work College graduates (1992-93 through 2006-2007)

Source: Office of Institutional Research and Assessment, Spring 2011

Berea Response Rate:
482/1648 or 29%

Indicate your level of satisfaction with each aspect of this school listed below.

Campus response to needs of physically challenged individuals



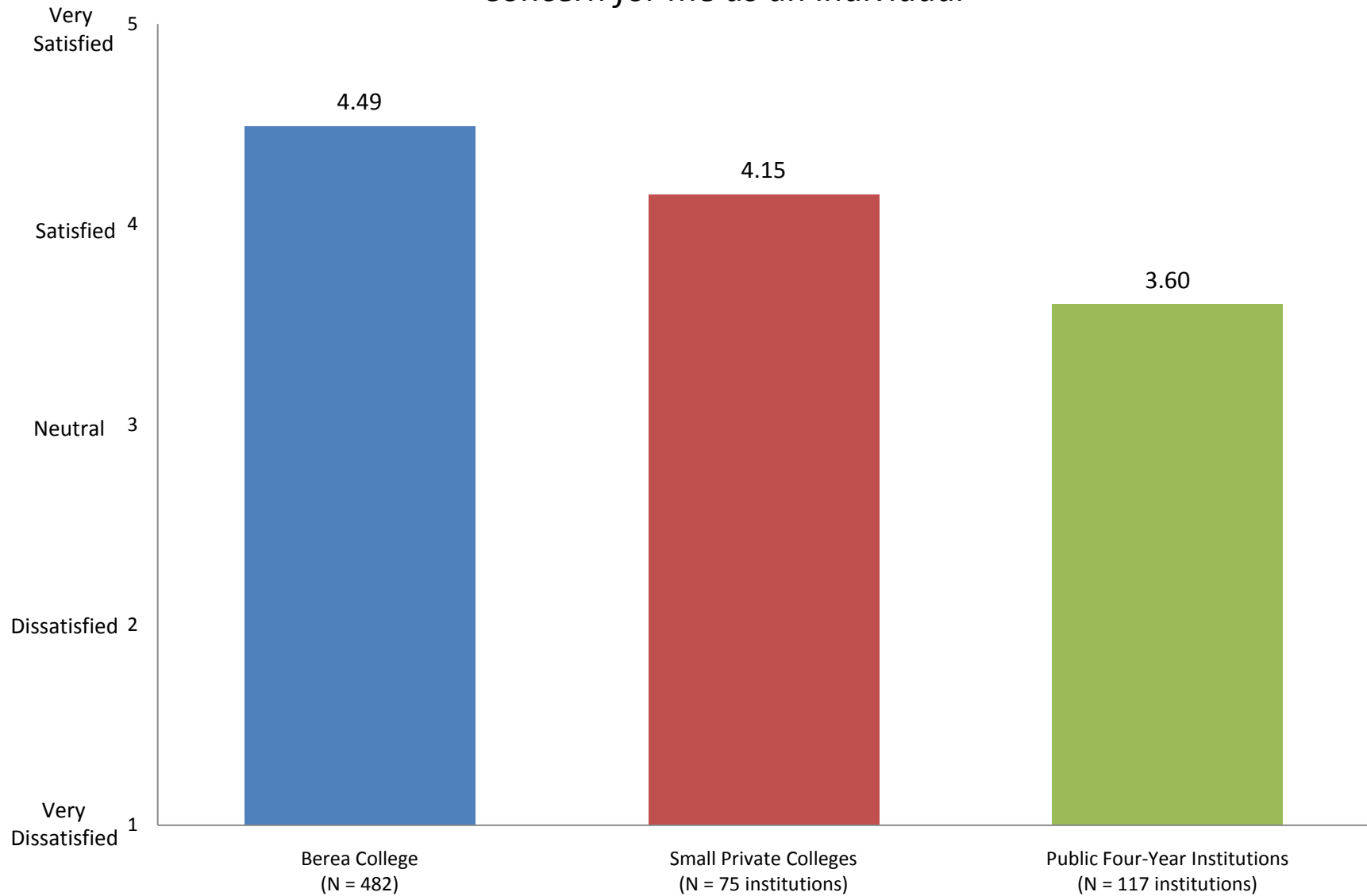
Based on ACT Alumni Outcomes Survey administered online to Work College graduates (1992-93 through 2006-2007)

Source: Office of Institutional Research and Assessment, Spring 2011

Berea Response Rate:
482/1648 or 29%

Indicate your level of satisfaction with each aspect of this school listed below.

Concern for me as an individual



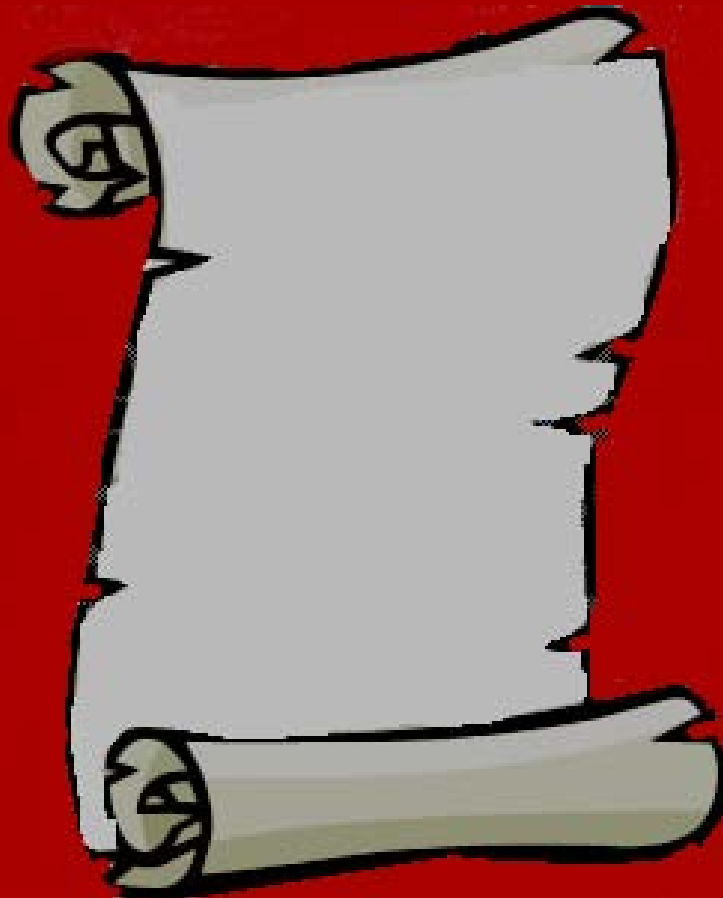
Based on ACT Alumni Outcomes Survey administered online to Work College graduates (1992-93 through 2006-2007)

Source: Office of Institutional Research and Assessment, Spring 2011

Berea Response Rate:
482/1648 or 29%

HISTORICAL SURVEY DATA

STUDENT SURVEY ITEMS PRIOR TO 20%



Berea-Specific Entering Survey

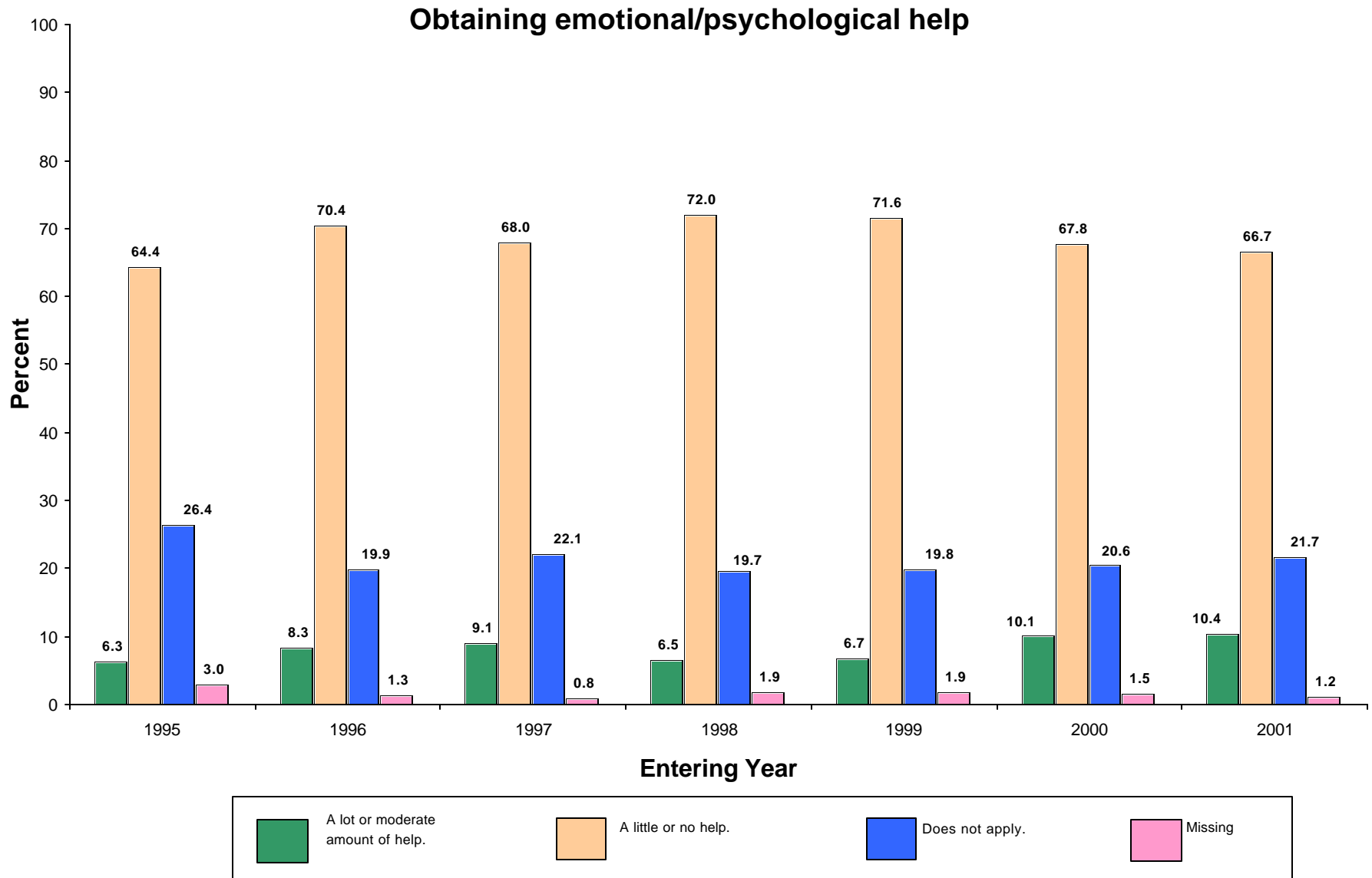
(Fall Term First-Year Students and New Transfers)

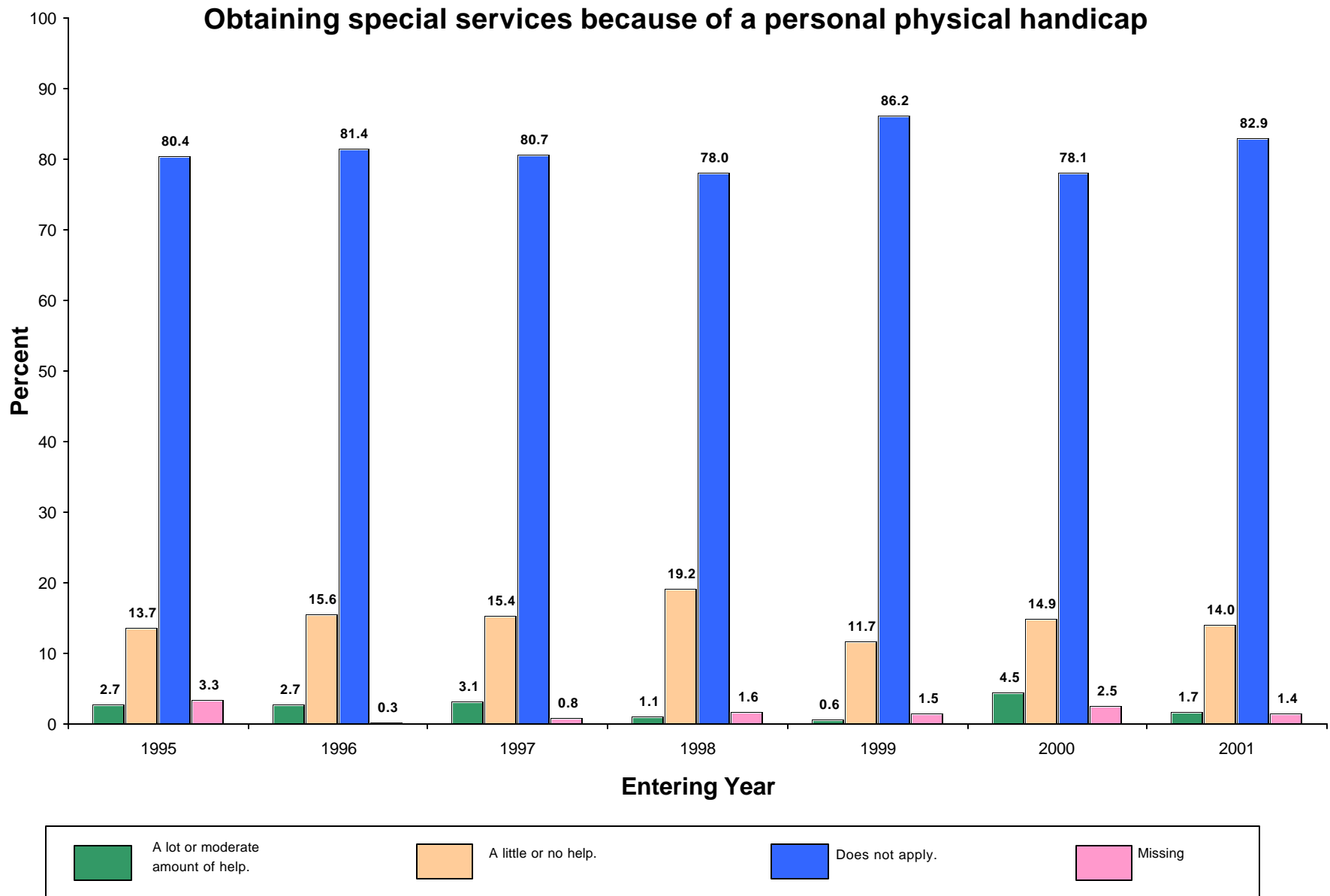


[Click to see survey instruments](#)

Administrated every Fall Term, 1995-2001 and
Fall Terms 2003, 2005, 2007, 2009, 2011, and 2013

Average Response Rate of 85%





Your First College Year (YFCY)

(Spring 2005 Follow-Up to the Fall 2004 CIRP)

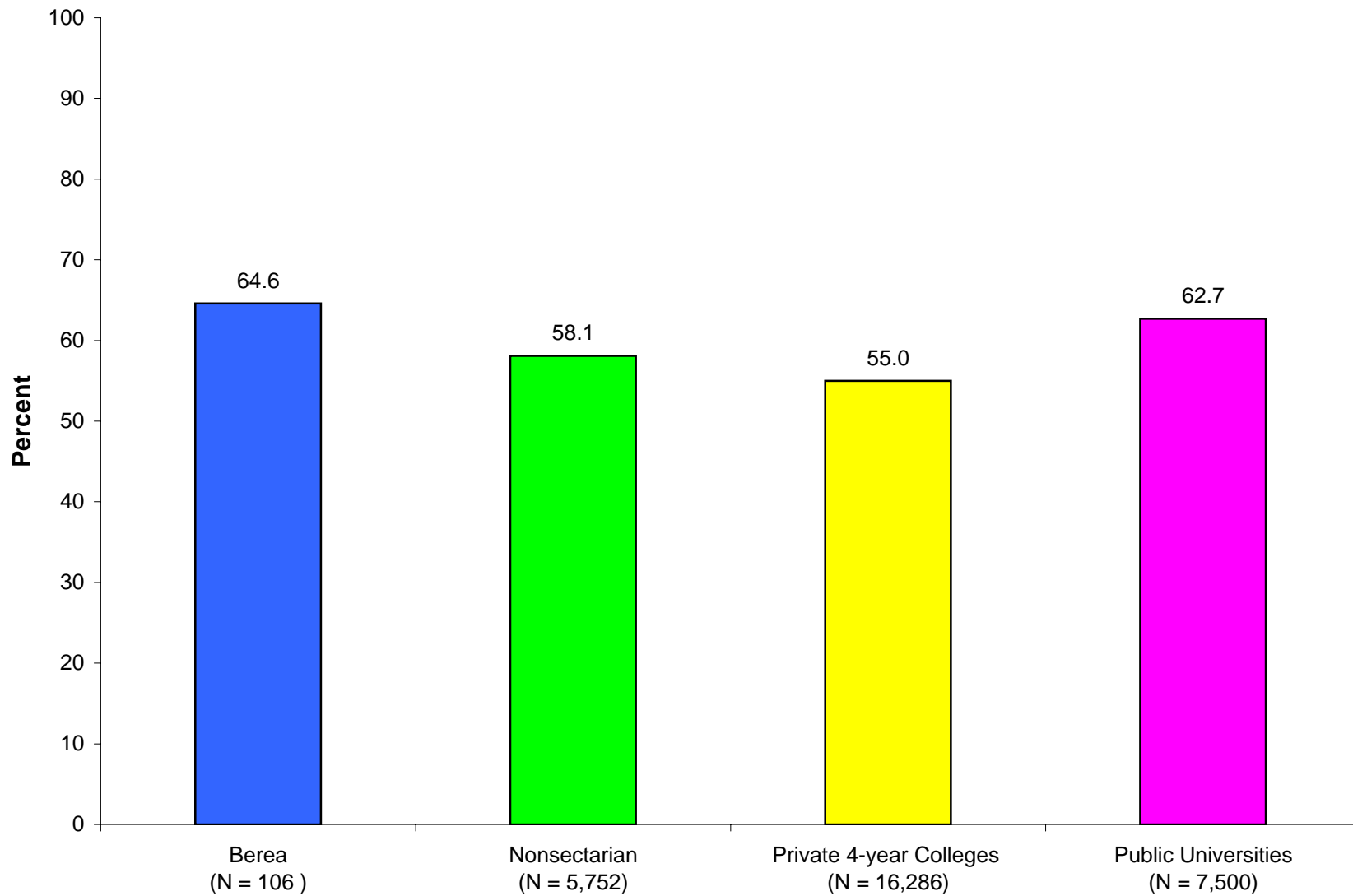


[Click to see survey instruments](#)

Response Rate: Spring 2005 - 30.2%

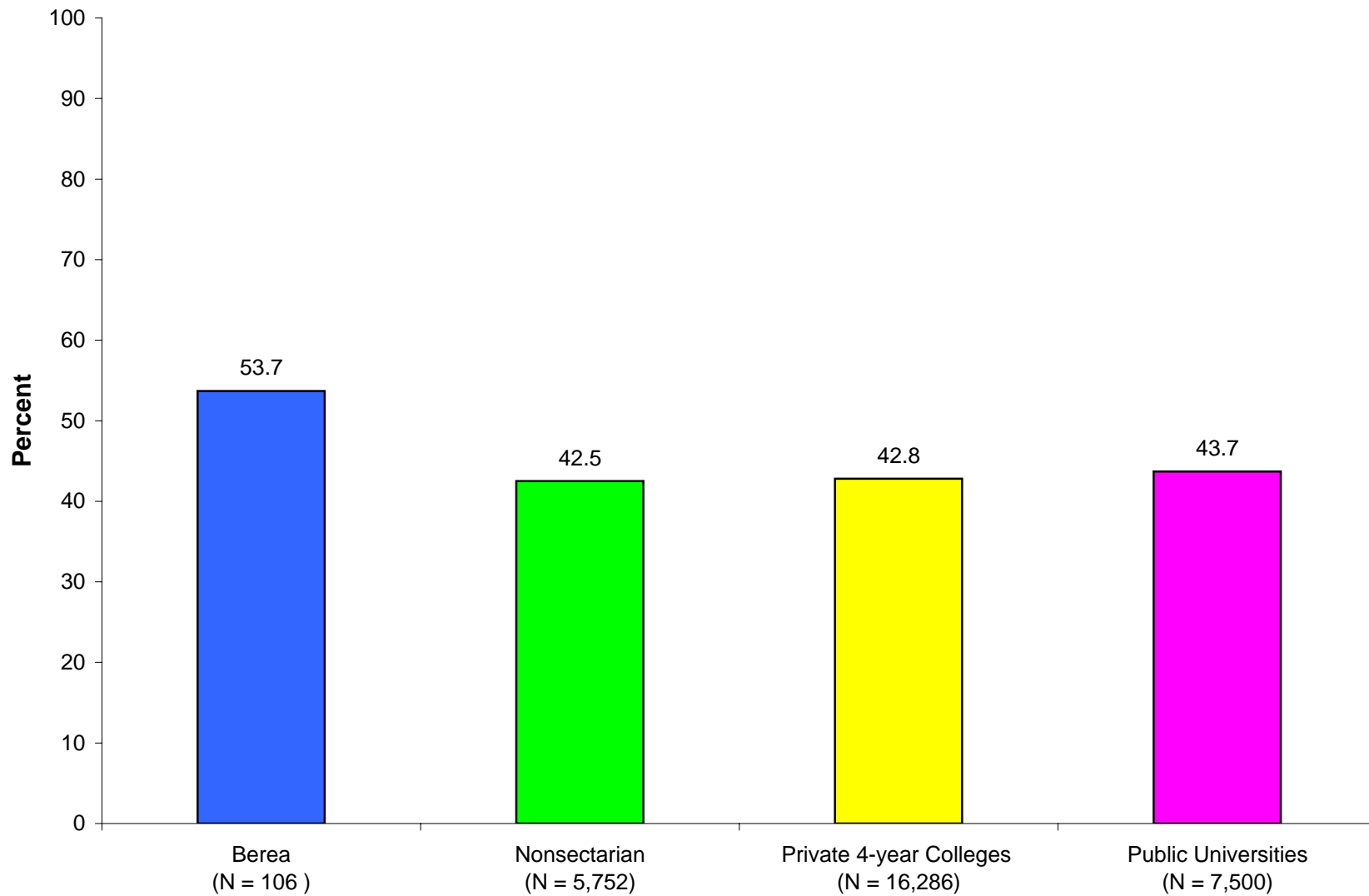
Students reporting they were "satisfied" or "very satisfied" with each of the following at this institution

Student health center/services



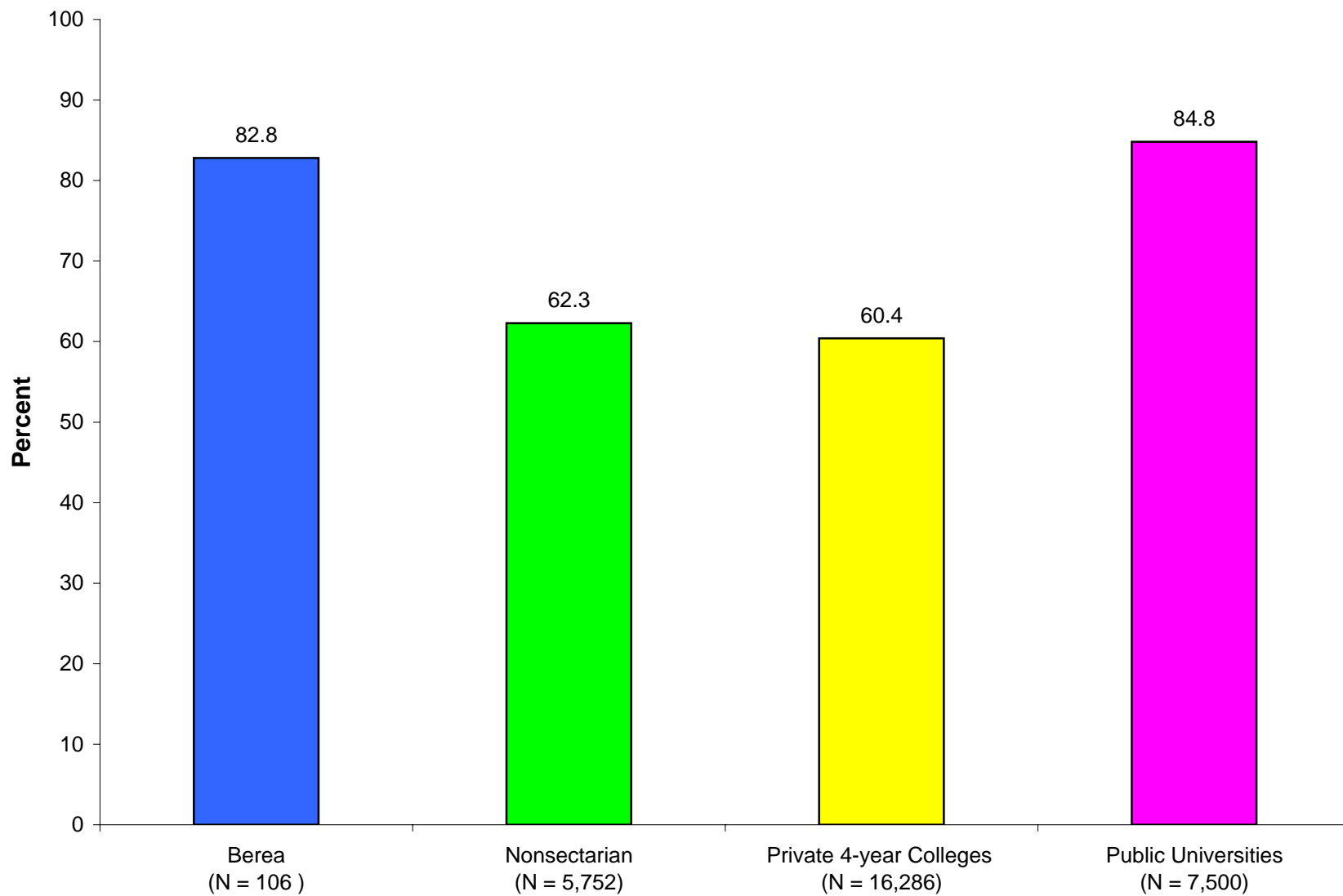
Students reporting they were "satisfied" or "very satisfied" with each of the following at this institution

Psychological counseling services



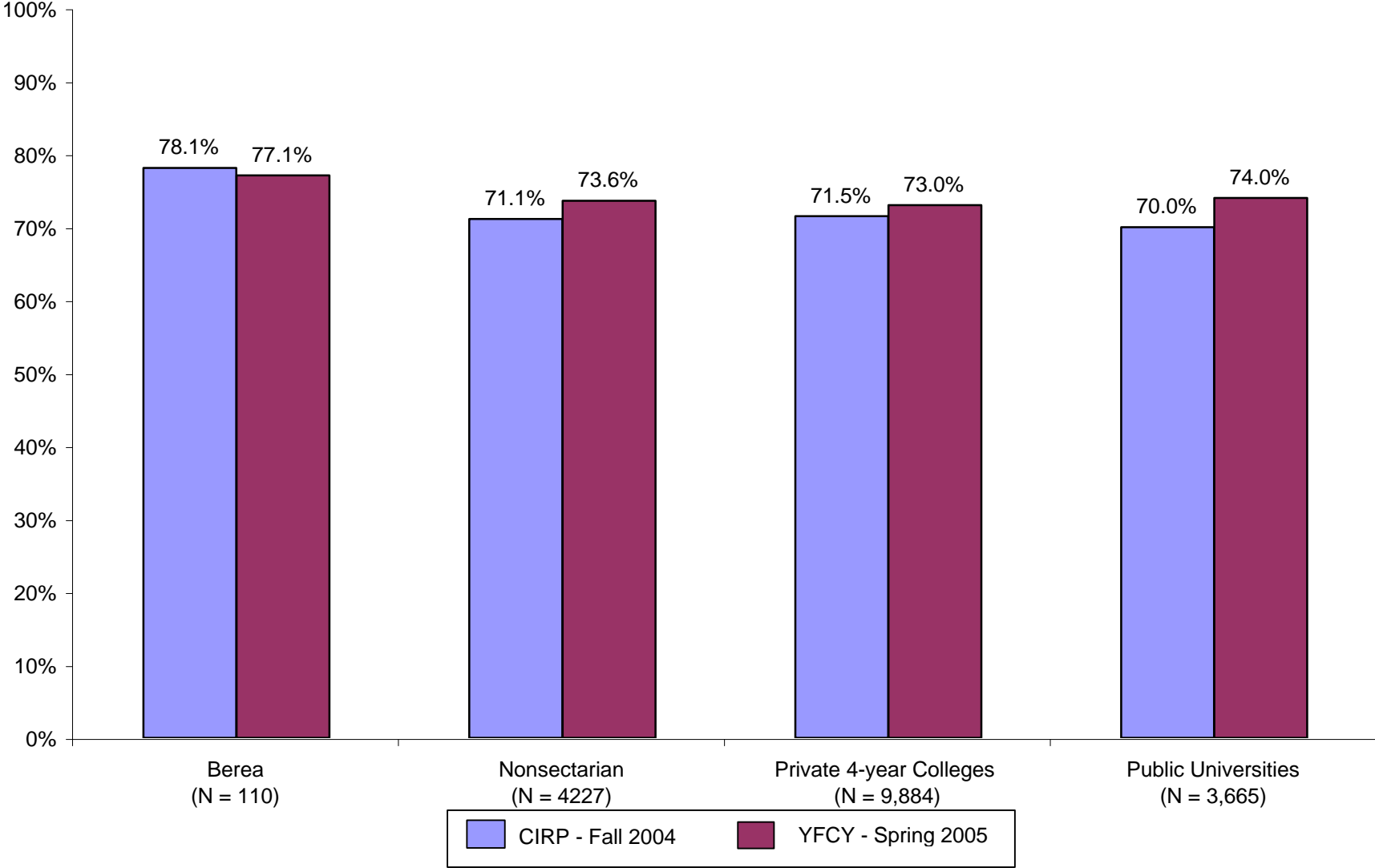
Students reporting they were "satisfied" or "very satisfied" with each of the following at this institution

Recreational facilities



Percent of Students who Rated Themselves "Above Average" or "Highest 10%" Compared with the Average Person Their Age in:

Compassion

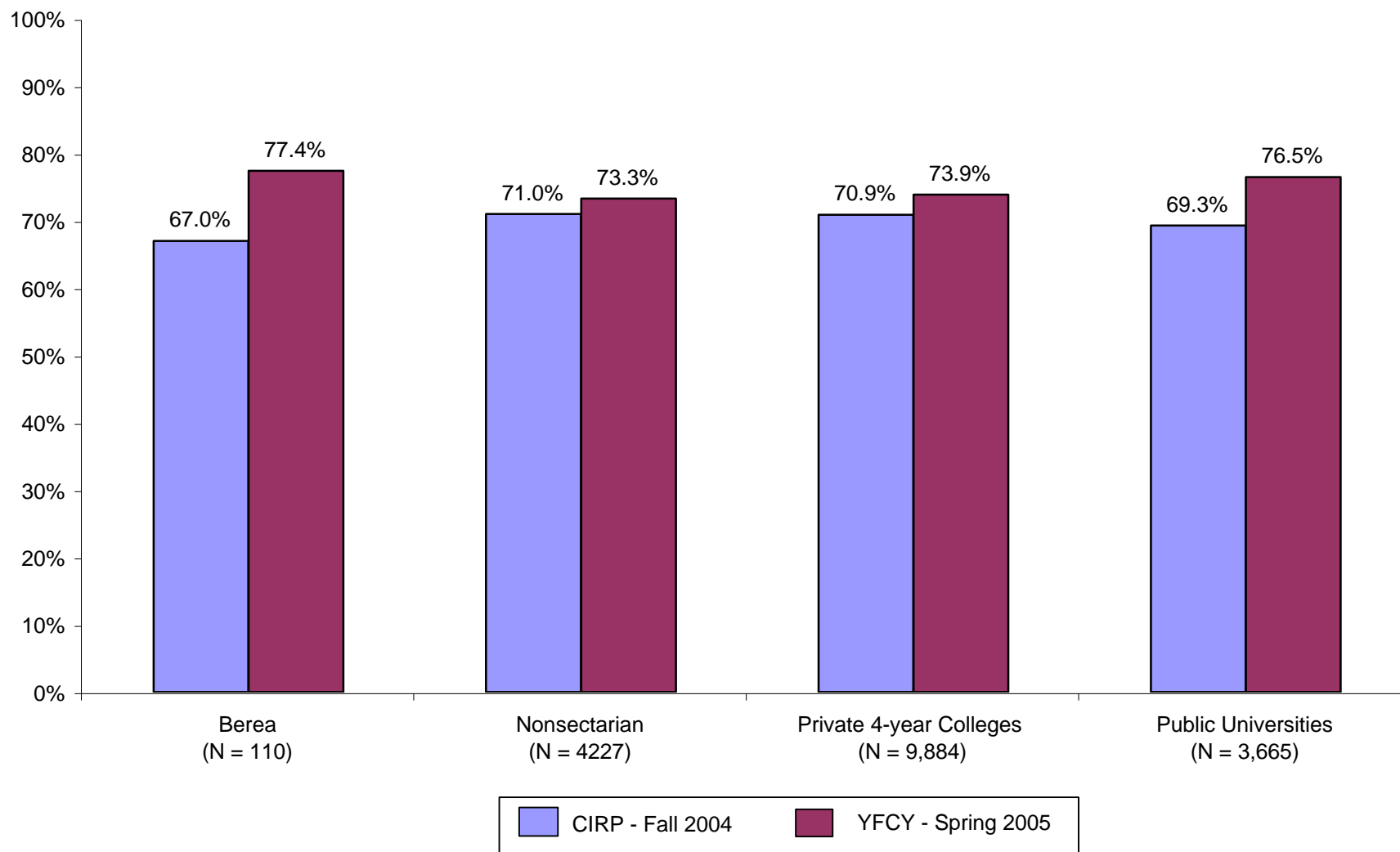


Compiled by the Office of Institutional Research and Assessment, August 2005

CIRP - Cooperative Institutional Research Project (Entering Student Survey)
 YFCY - Your First College Year (Spring Follow-Up Survey)

Percent of Students who Rated Themselves "Above Average" or "Highest 10%" Compared with the Average Person Their Age in:

Cooperativeness



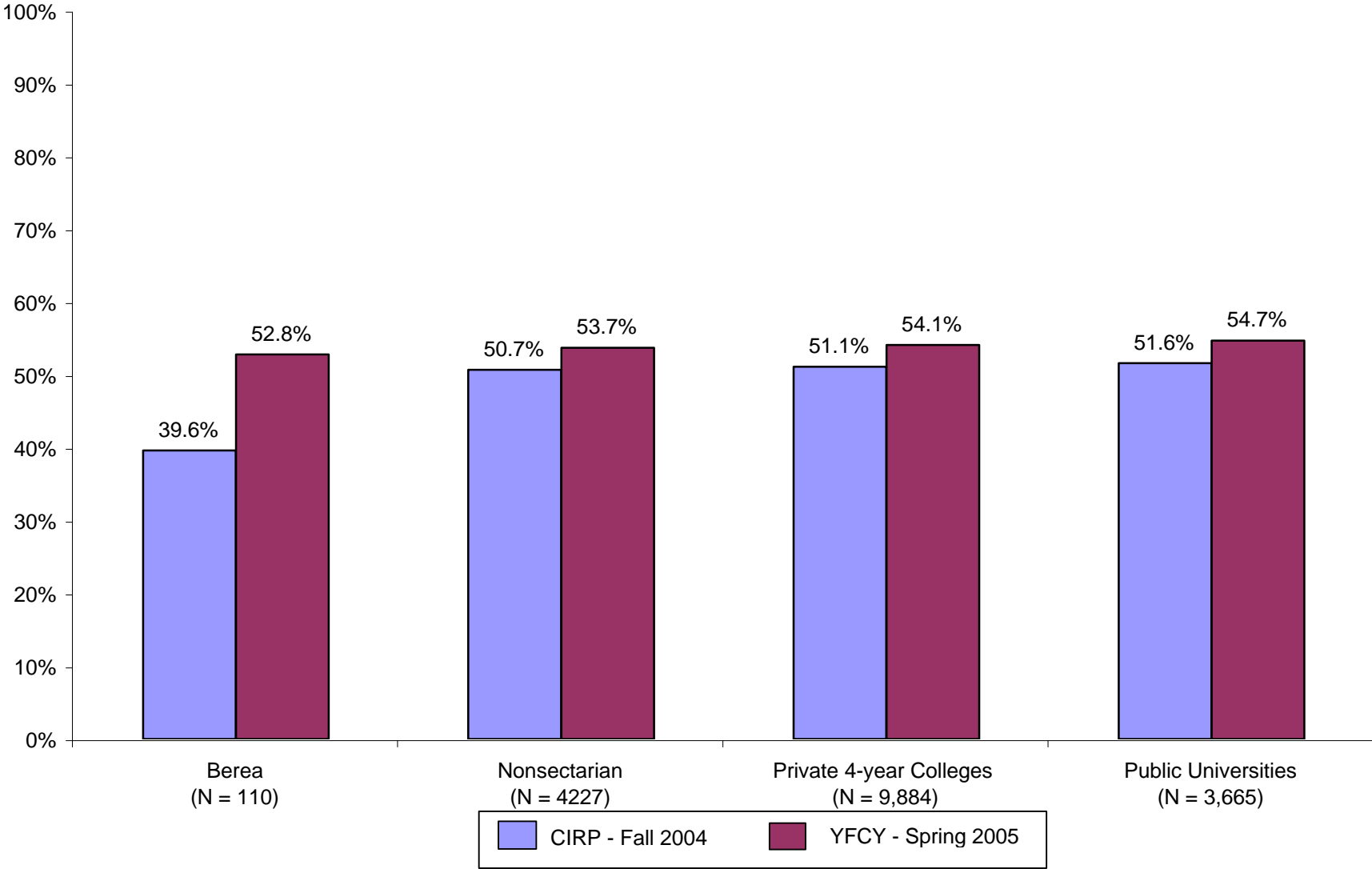
Compiled by the Office of Institutional Research and Assessment, August 2005

CIRP - Cooperative Institutional Research Project (Entering Student Survey)

YFCY - Your First College Year (Spring Follow-Up Survey)

Percent of Students who Rated Themselves "Above Average" or "Highest 10%" Compared with the Average Person Their Age in:

Emotional health

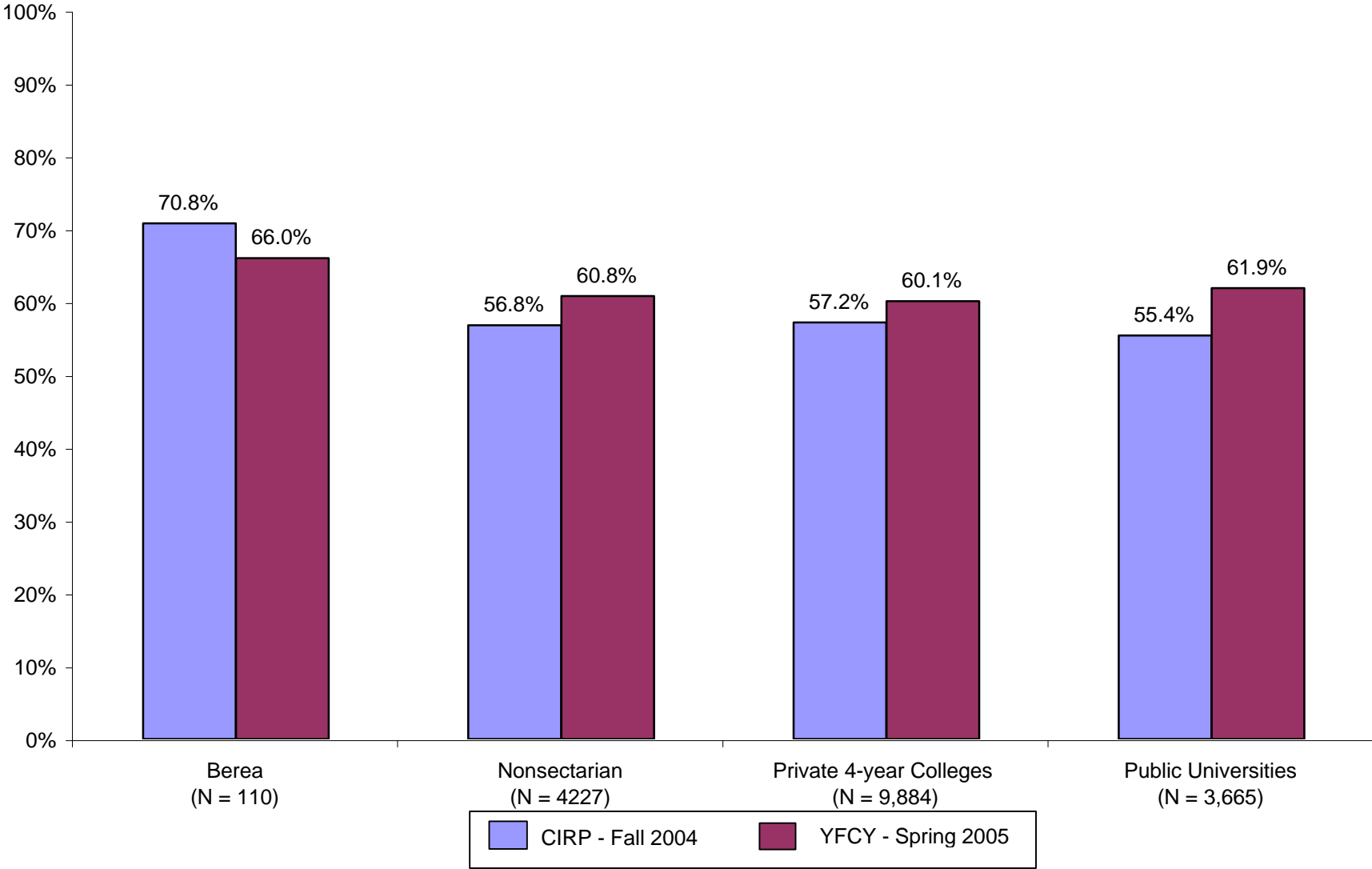


Compiled by the Office of Institutional Research and Assessment, August 2005

CIRP - Cooperative Institutional Research Project (Entering Student Survey)
YFCY - Your First College Year (Spring Follow-Up Survey)

Percent of Students who Rated Themselves "Above Average" or "Highest 10%" Compared with the Average Person Their Age in:

Forgiveness

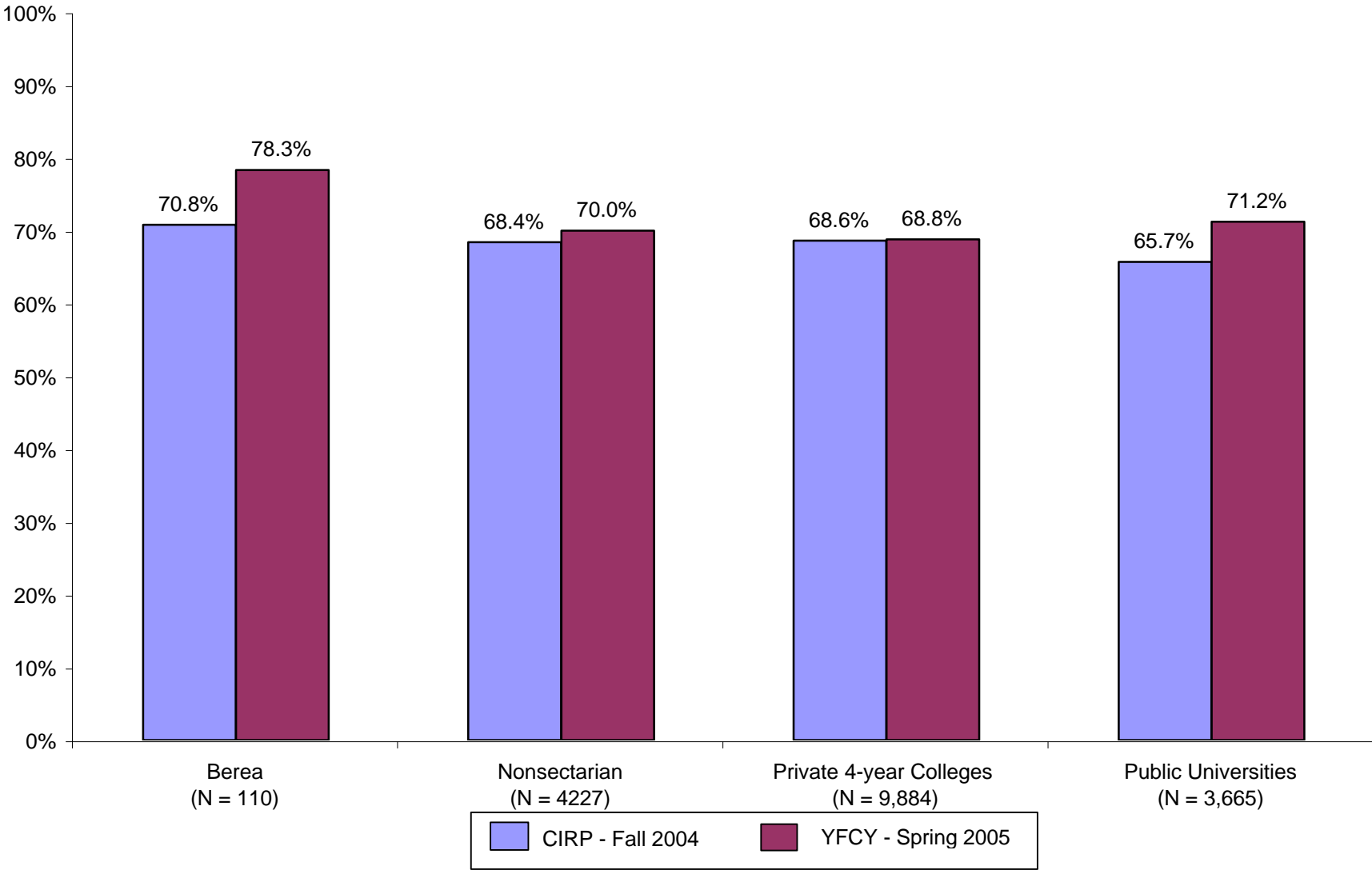


Compiled by the Office of Institutional Research and Assessment, August 2005

CIRP - Cooperative Institutional Research Project (Entering Student Survey)
YFCY - Your First College Year (Spring Follow-Up Survey)

Percent of Students who Rated Themselves "Above Average" or "Highest 10%" Compared with the Average Person Their Age in:

Generosity

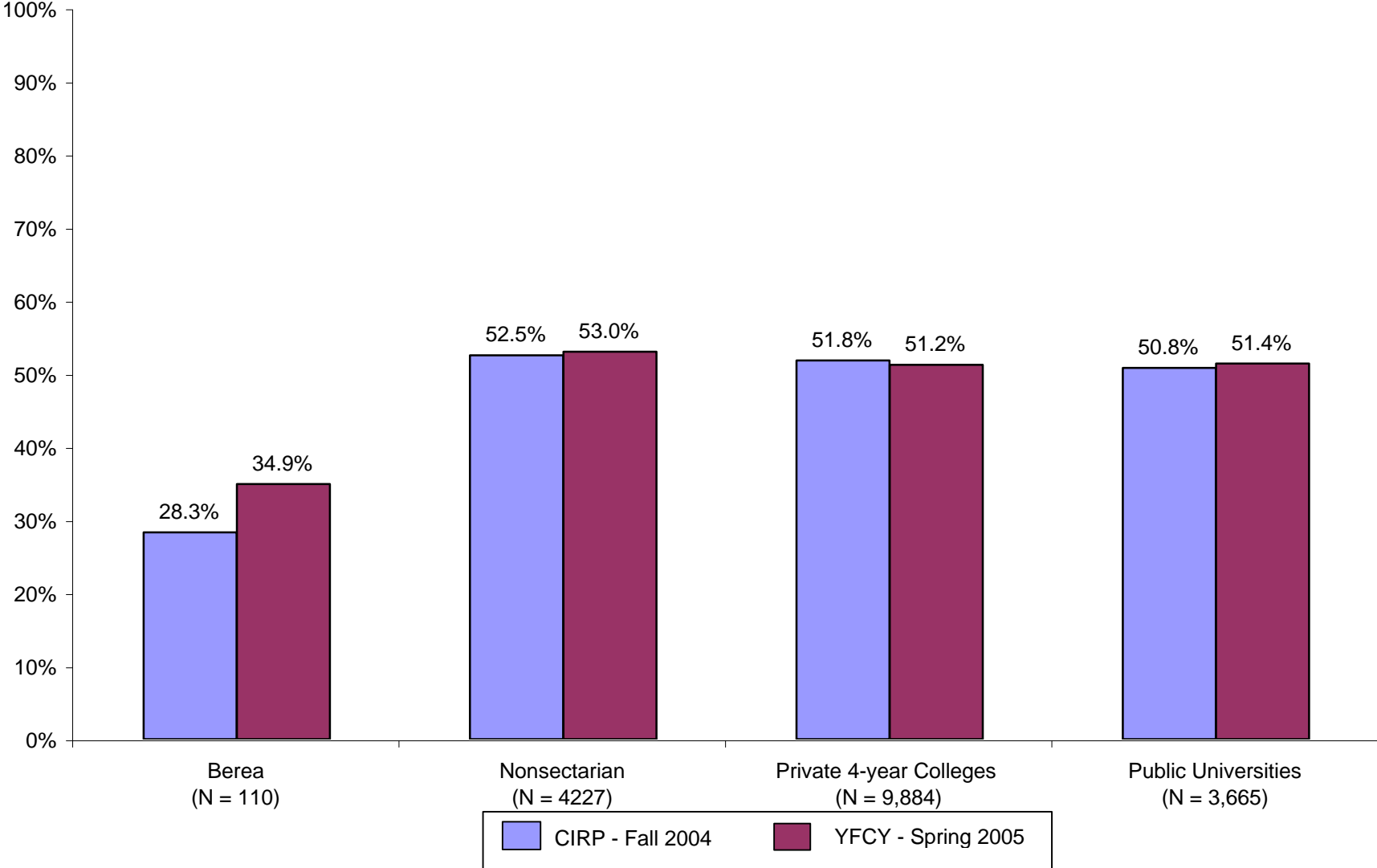


Compiled by the Office of Institutional Research and Assessment, August 2005

CIRP - Cooperative Institutional Research Project (Entering Student Survey)
 YFCY - Your First College Year (Spring Follow-Up Survey)

Percent of Students who Rated Themselves "Above Average" or "Highest 10%" Compared with the Average Person Their Age in:

Physical health

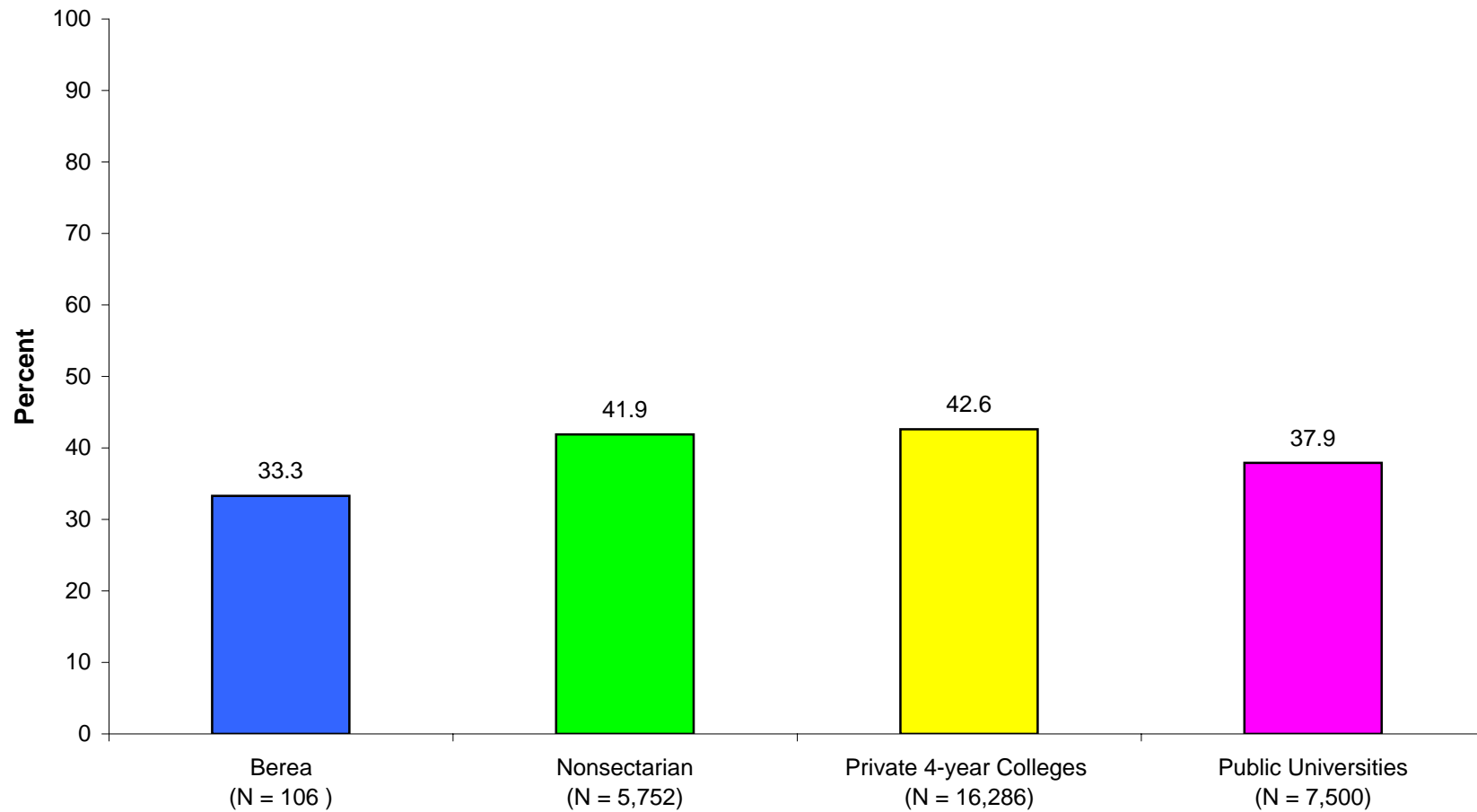


Compiled by the Office of Institutional Research and Assessment, August 2005

CIRP - Cooperative Institutional Research Project (Entering Student Survey)
YFCY - Your First College Year (Spring Follow-Up Survey)

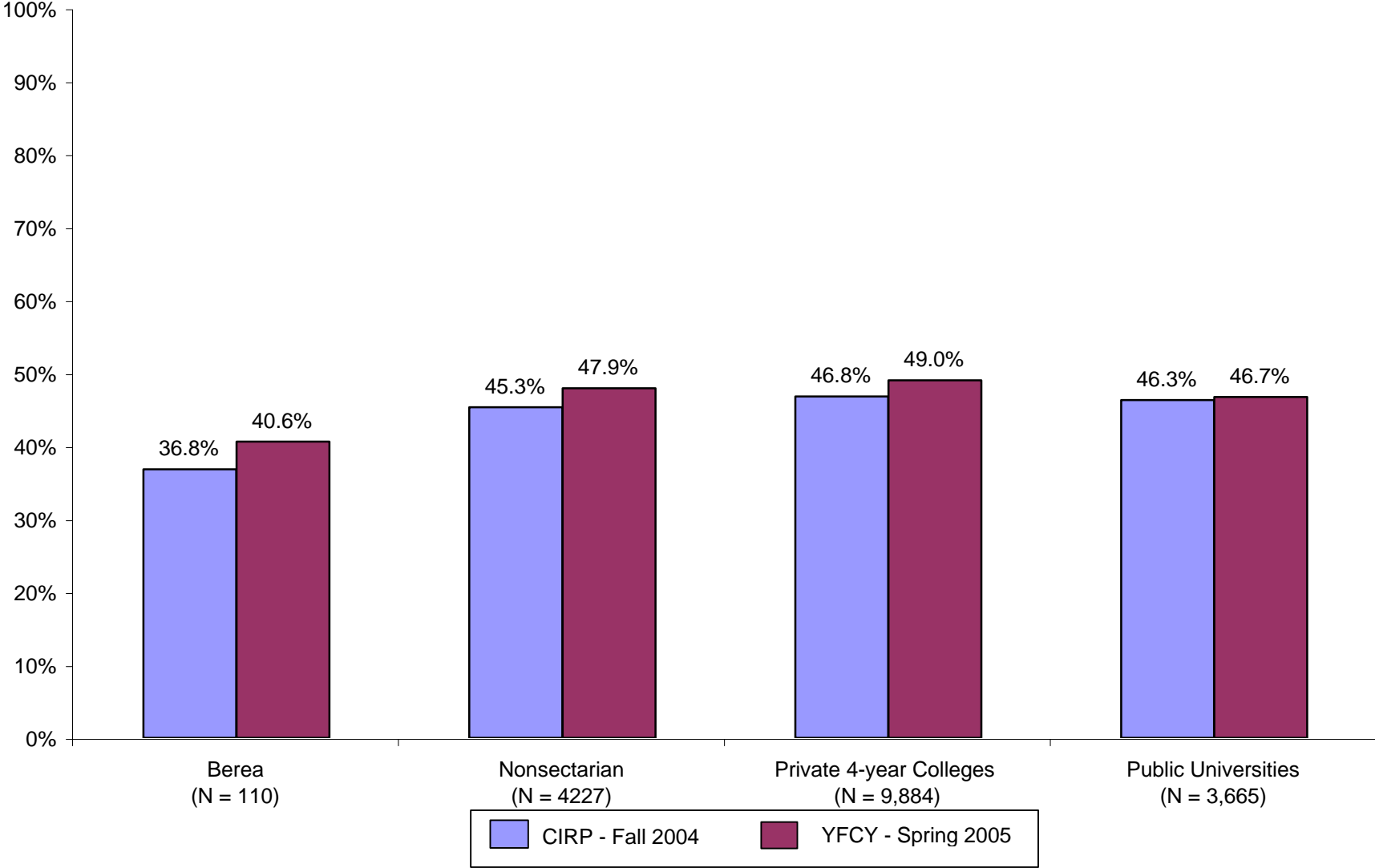
Percentage of students who rated themselves "in the highest 10%" or "above average" compared with the average person their age:

Risk-taking



Percent of Students who Rated Themselves "Above Average" or "Highest 10%" Compared with the Average Person Their Age in:

Self-confidence (social)

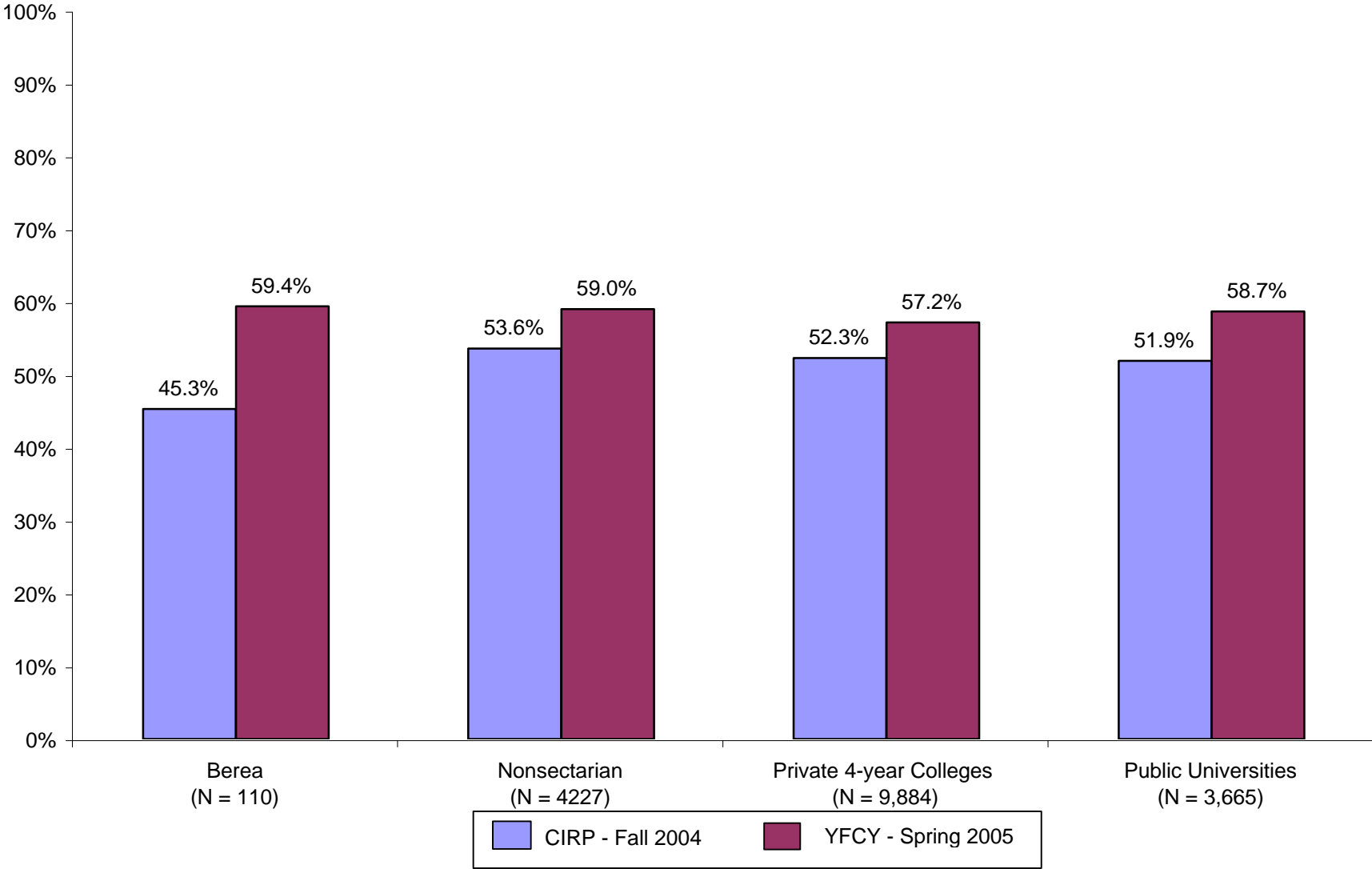


Compiled by the Office of Institutional Research and Assessment, August 2005

CIRP - Cooperative Institutional Research Project (Entering Student Survey)
YFCY - Your First College Year (Spring Follow-Up Survey)

Percent of Students who Rated Themselves "Above Average" or "Highest 10%" Compared with the Average Person Their Age in:

Self-understanding

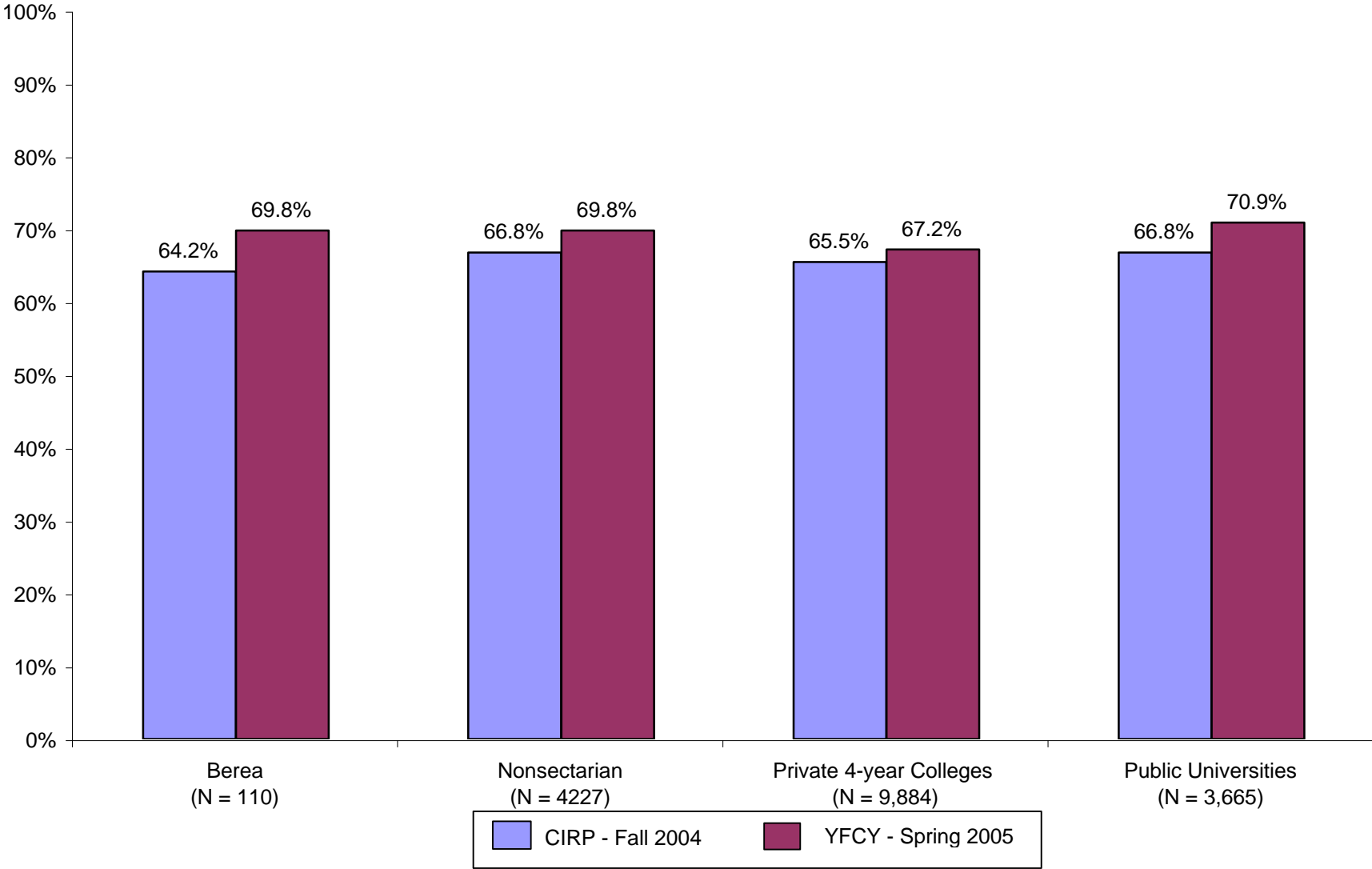


Compiled by the Office of Institutional Research and Assessment, August 2005

CIRP - Cooperative Institutional Research Project (Entering Student Survey)
YFCY - Your First College Year (Spring Follow-Up Survey)

Percent of Students who Rated Themselves "Above Average" or "Highest 10%" Compared with the Average Person Their Age in:

Understanding of others

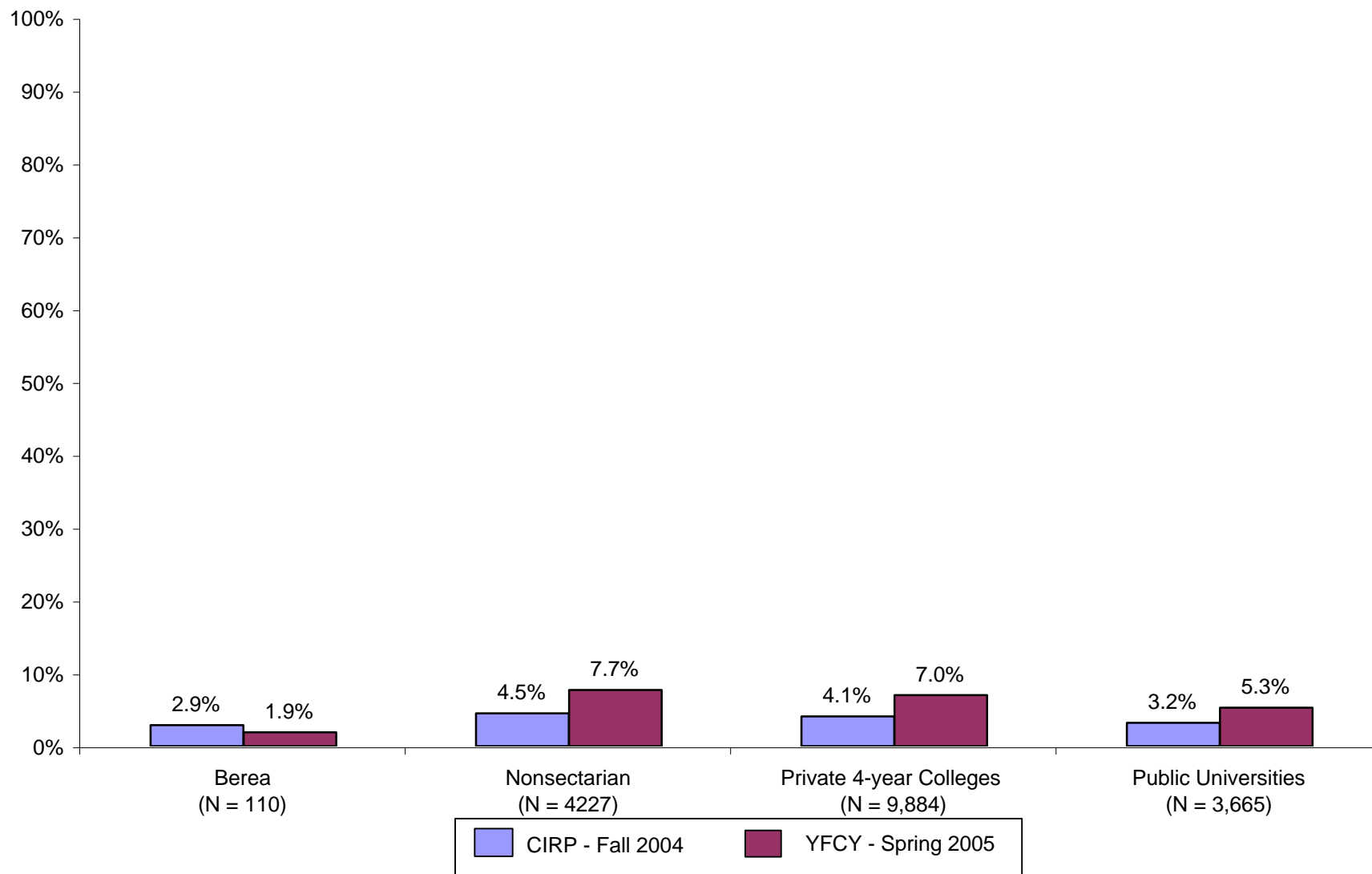


Compiled by the Office of Institutional Research and Assessment, August 2005

CIRP - Cooperative Institutional Research Project (Entering Student Survey)
YFCY - Your First College Year (Spring Follow-Up Survey)

Percent of Students who Marked "Frequently" or "Occasionally". (Last year of High School/Since Entering College)

Smoked cigarettes



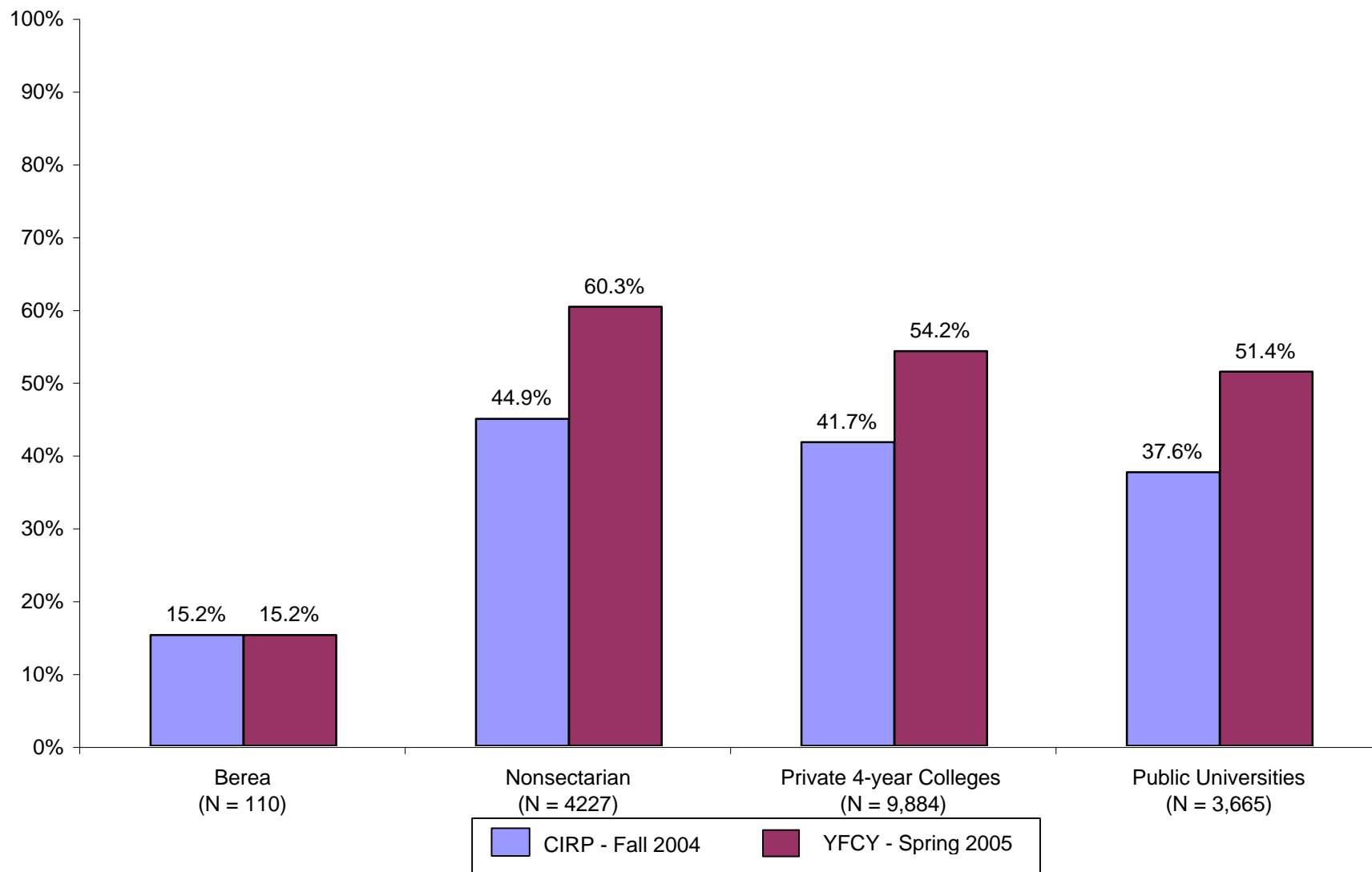
Compiled by the Office of Institutional Research and Assessment, August 2005

CIRP - Cooperative Institutional Research Project (Entering Student Survey)

YFCY - Your First College Year (Spring Follow-Up Survey)

Percent of Students who Marked "Frequently" or "Occasionally". (Last year of High School/Since Entering College)

Drank beer



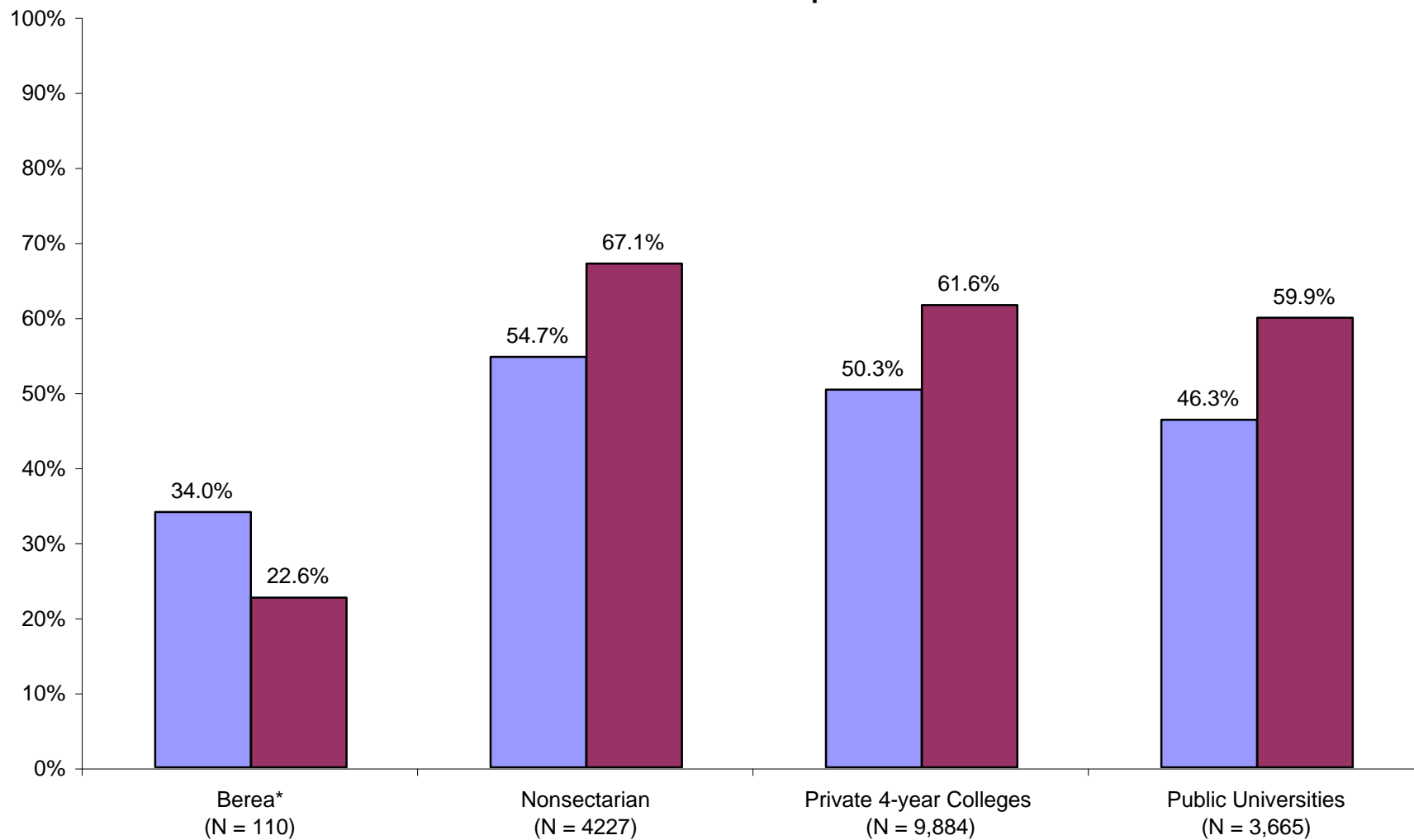
Compiled by the Office of Institutional Research and Assessment, August 2005

CIRP - Cooperative Institutional Research Project (Entering Student Survey)

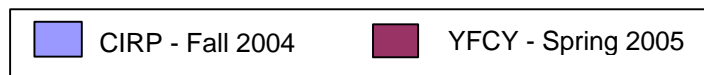
YFCY - Your First College Year (Spring Follow-Up Survey)

Percent of Students who Marked "Frequently" or "Occasionally". (Last year of High School/Since Entering College)

Drank wine or liquor



*Berea means are statistically significantly different at the P<.05 level.



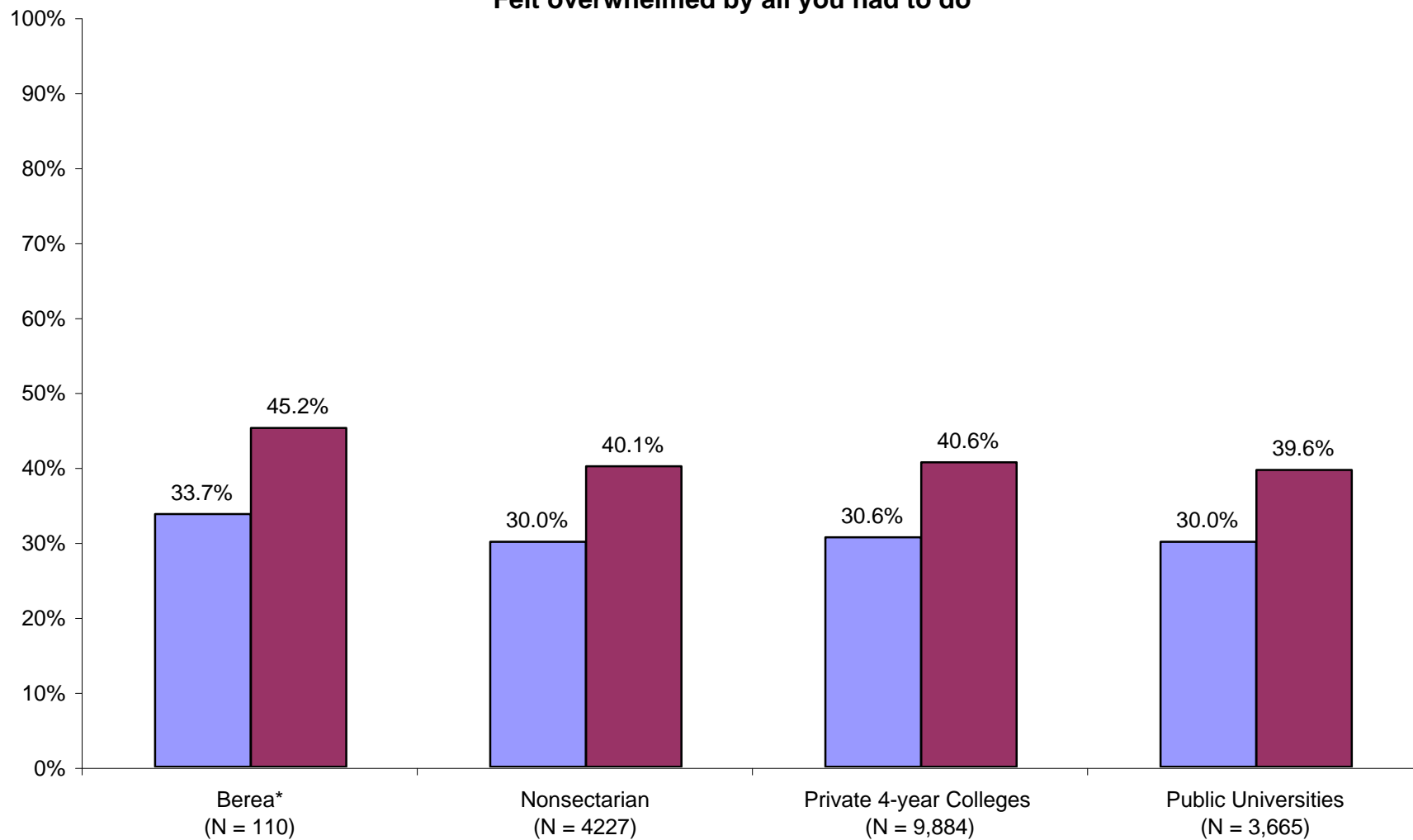
Compiled by the Office of Institutional Research and Assessment, August 2005

CIRP - Cooperative Institutional Research Project (Entering Student Survey)

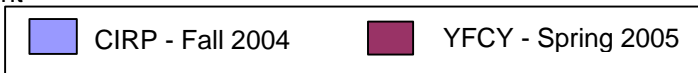
YFCY - Your First College Year (Spring Follow-Up Survey)

Percent of Students who Marked "Frequently" or "Occasionally". (Last year of High School/Since Entering College)

Felt overwhelmed by all you had to do



*Berea means are statistically significantly different at the P<.05 level.



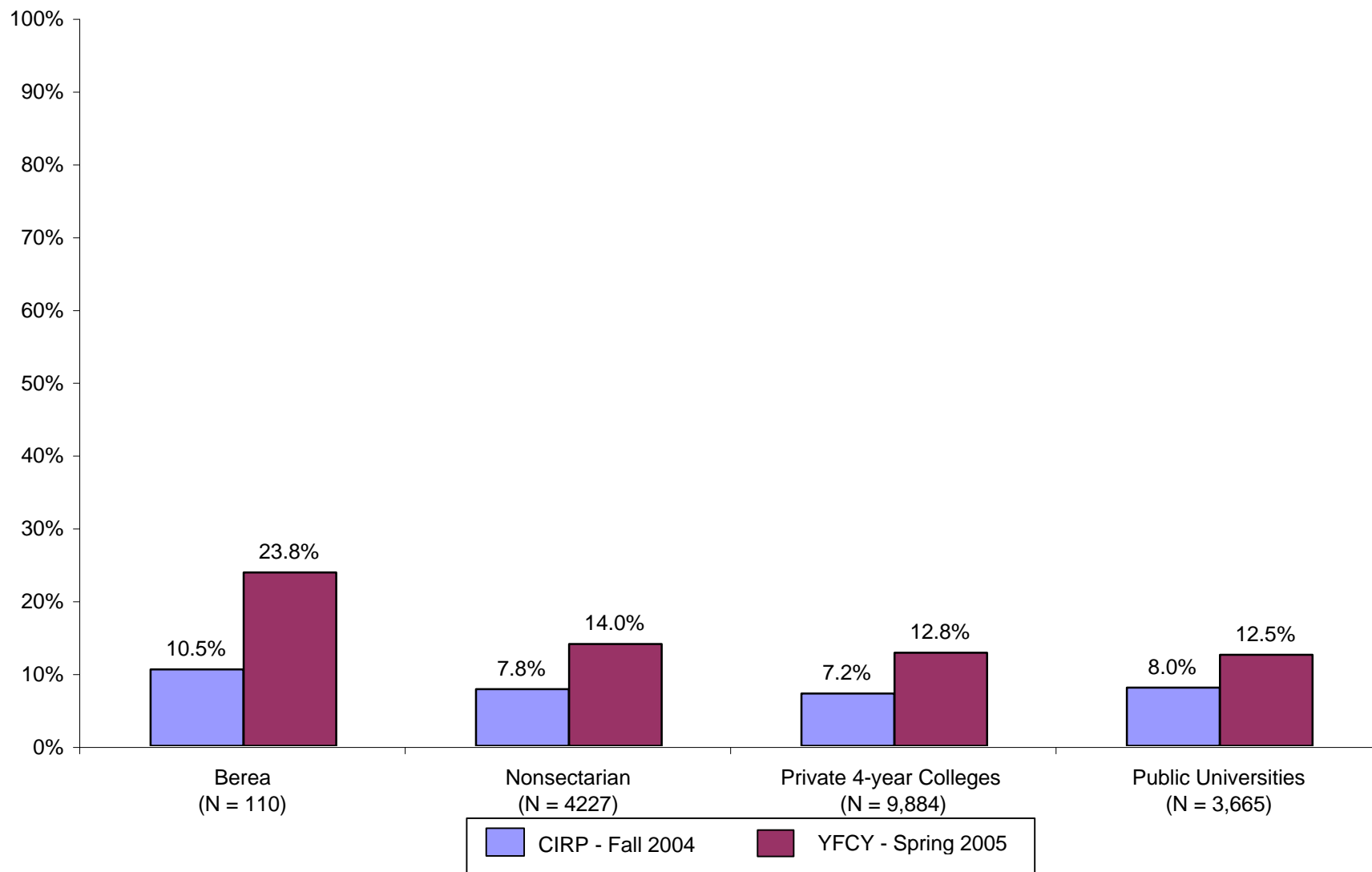
Compiled by the Office of Institutional Research and Assessment, August 2005

CIRP - Cooperative Institutional Research Project (Entering Student Survey)

YFCY - Your First College Year (Spring Follow-Up Survey)

Percent of Students who Marked "Frequently" or "Occasionally". (Last year of High School/Since Entering College)

Felt depressed



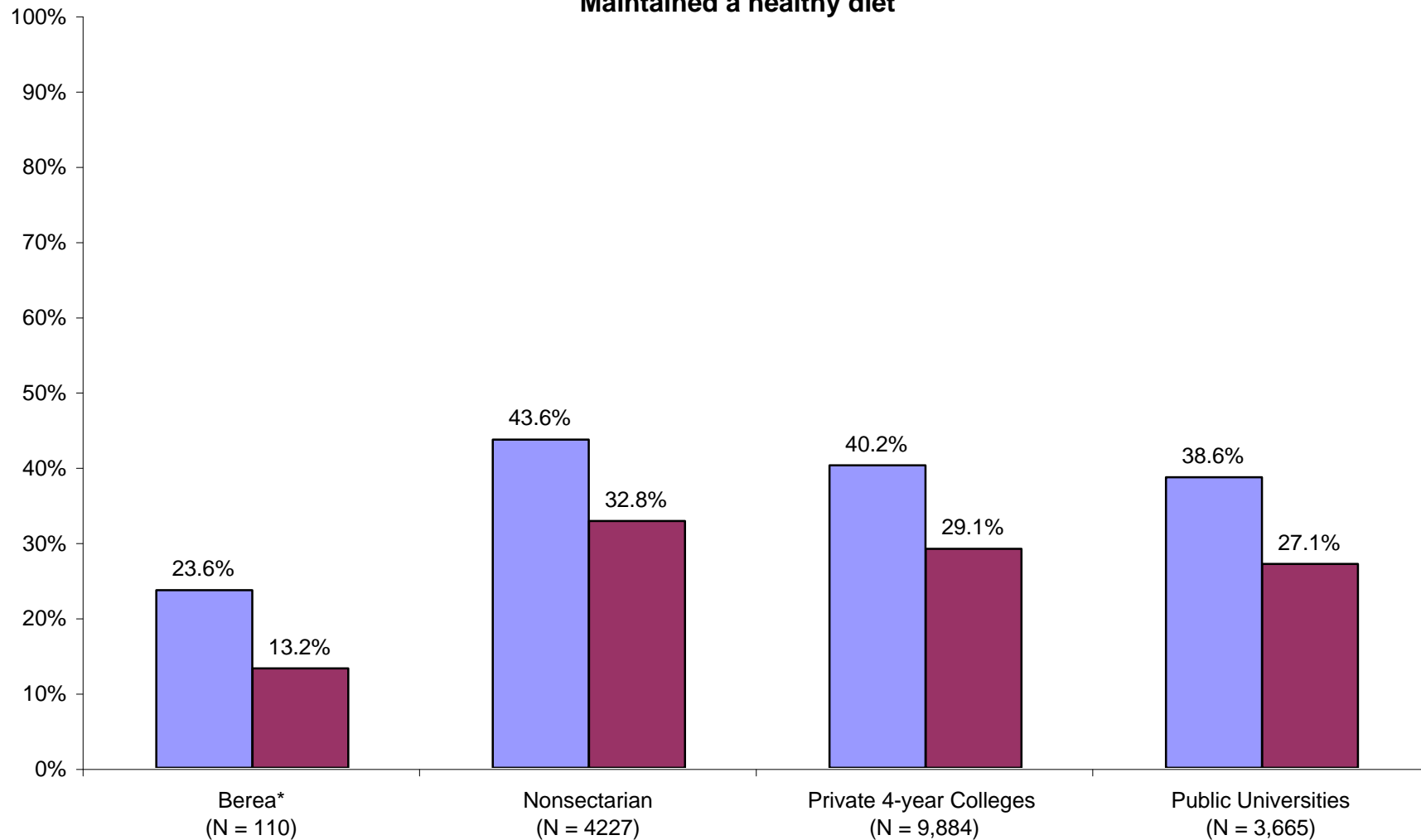
Compiled by the Office of Institutional Research and Assessment, August 2005

CIRP - Cooperative Institutional Research Project (Entering Student Survey)

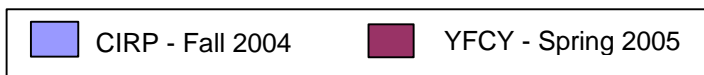
YFCY - Your First College Year (Spring Follow-Up Survey)

Percent of Students who Marked "Frequently" or "Occasionally". (Last year of High School/Since Entering College)

Maintained a healthy diet



*Berea means are statistically significantly different at the P<.05 level.



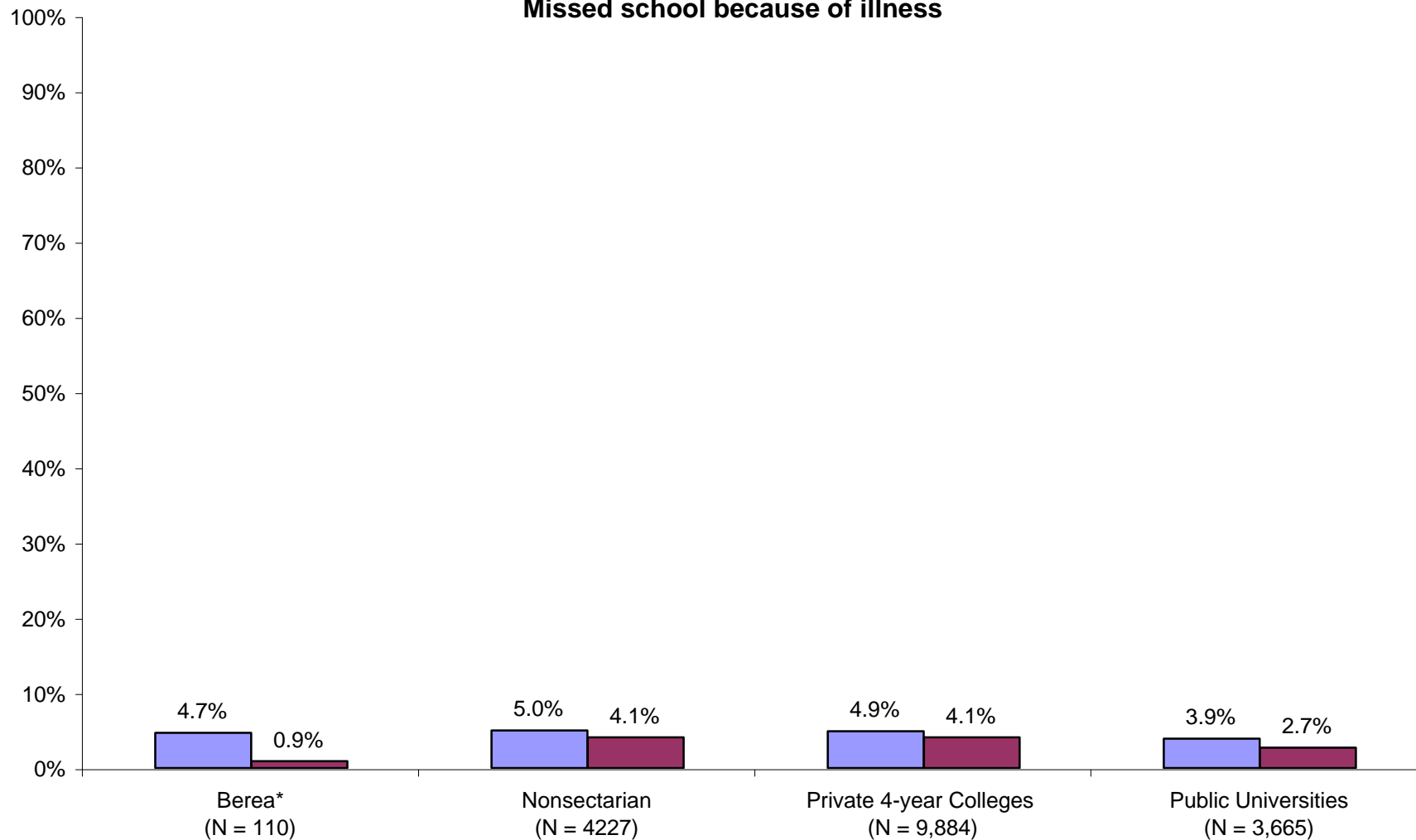
Compiled by the Office of Institutional Research and Assessment, August 2005

CIRP - Cooperative Institutional Research Project (Entering Student Survey)

YFCY - Your First College Year (Spring Follow-Up Survey)

Percent of Students who Marked "Frequently" or "Occasionally". (Last year of High School/Since Entering College)

Missed school because of illness



*Berea means are statistically significantly different at the P<.05 level.



Compiled by the Office of Institutional Research and Assessment, August 2005

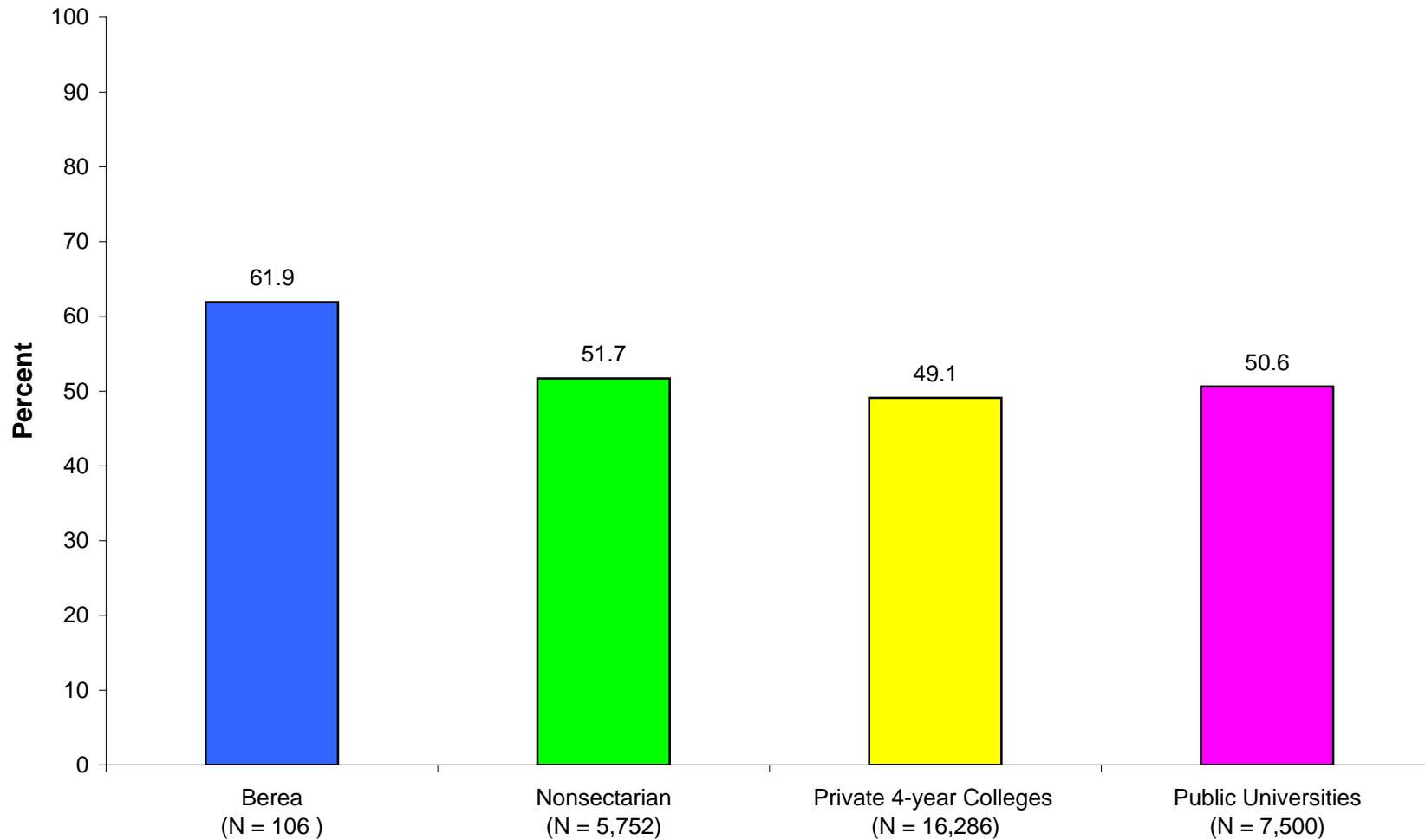
CIRP - Cooperative Institutional Research Project (Entering Student Survey)

YFCY - Your First College Year (Spring Follow-Up Survey)

YFCY - Your First College Year (Spring Follow-Up Survey to the 2004 New Freshmen)

Percentage of students reporting "frequently" or "occasionally" feeling:

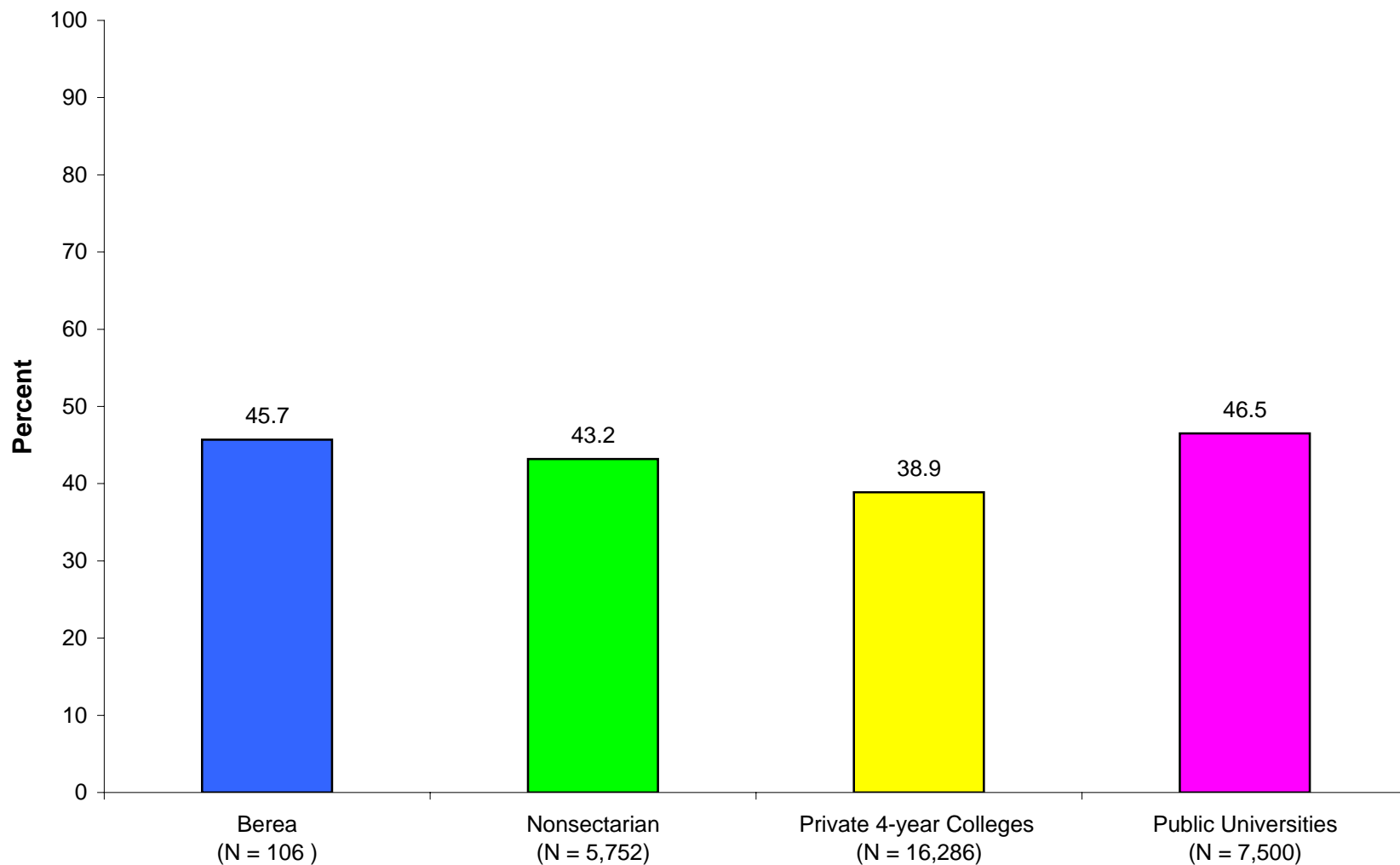
Lonely or homesick



YFCY - Your First College Year (Spring Follow-Up Survey to the 2004 New Freshmen)

Percentage of students reporting "frequently" or "occasionally" feeling:

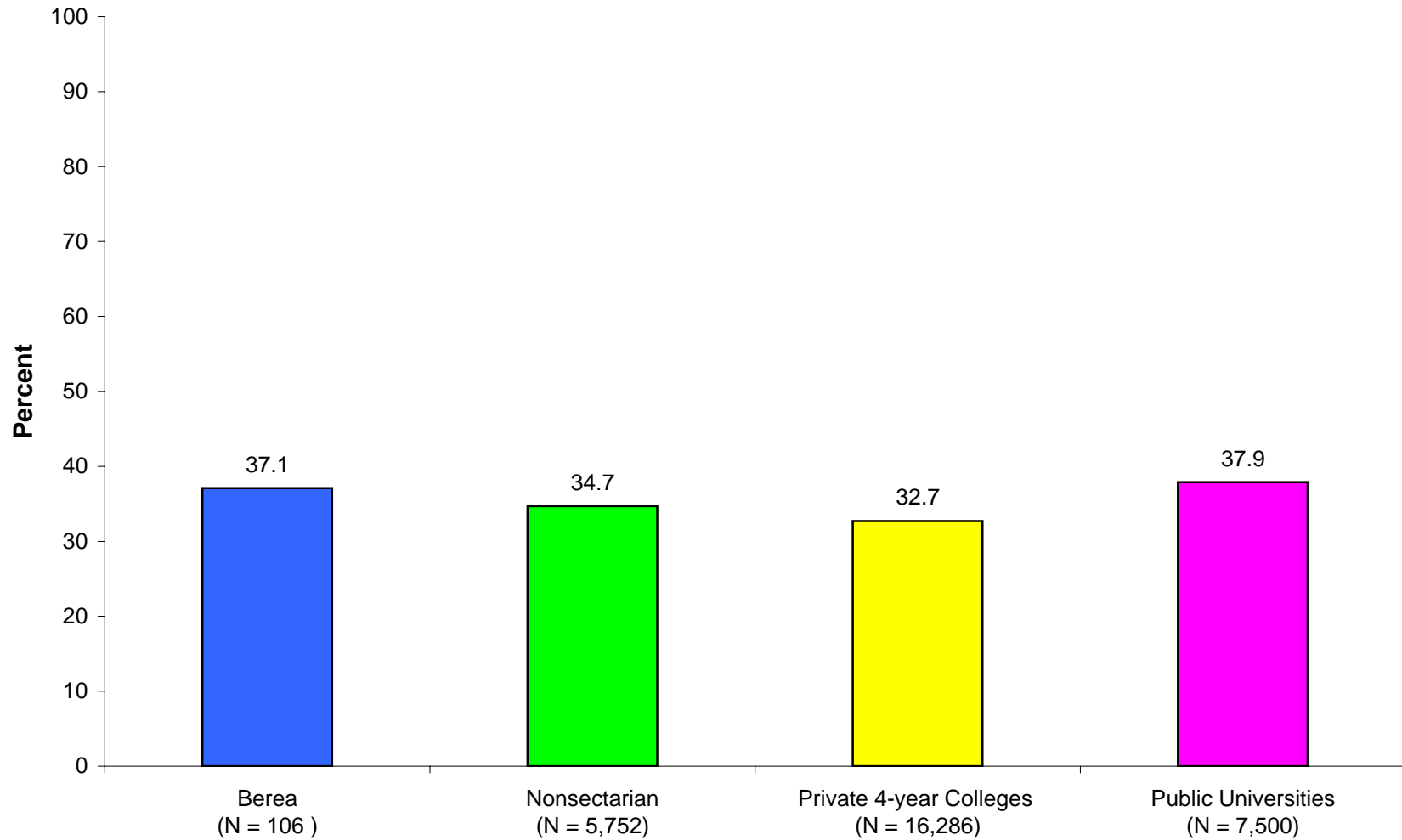
Worried about meeting new people



YFCY - Your First College Year (Spring Follow-Up Survey to the 2004 New Freshmen)

Percentage of students reporting "frequently" or "occasionally" feeling:

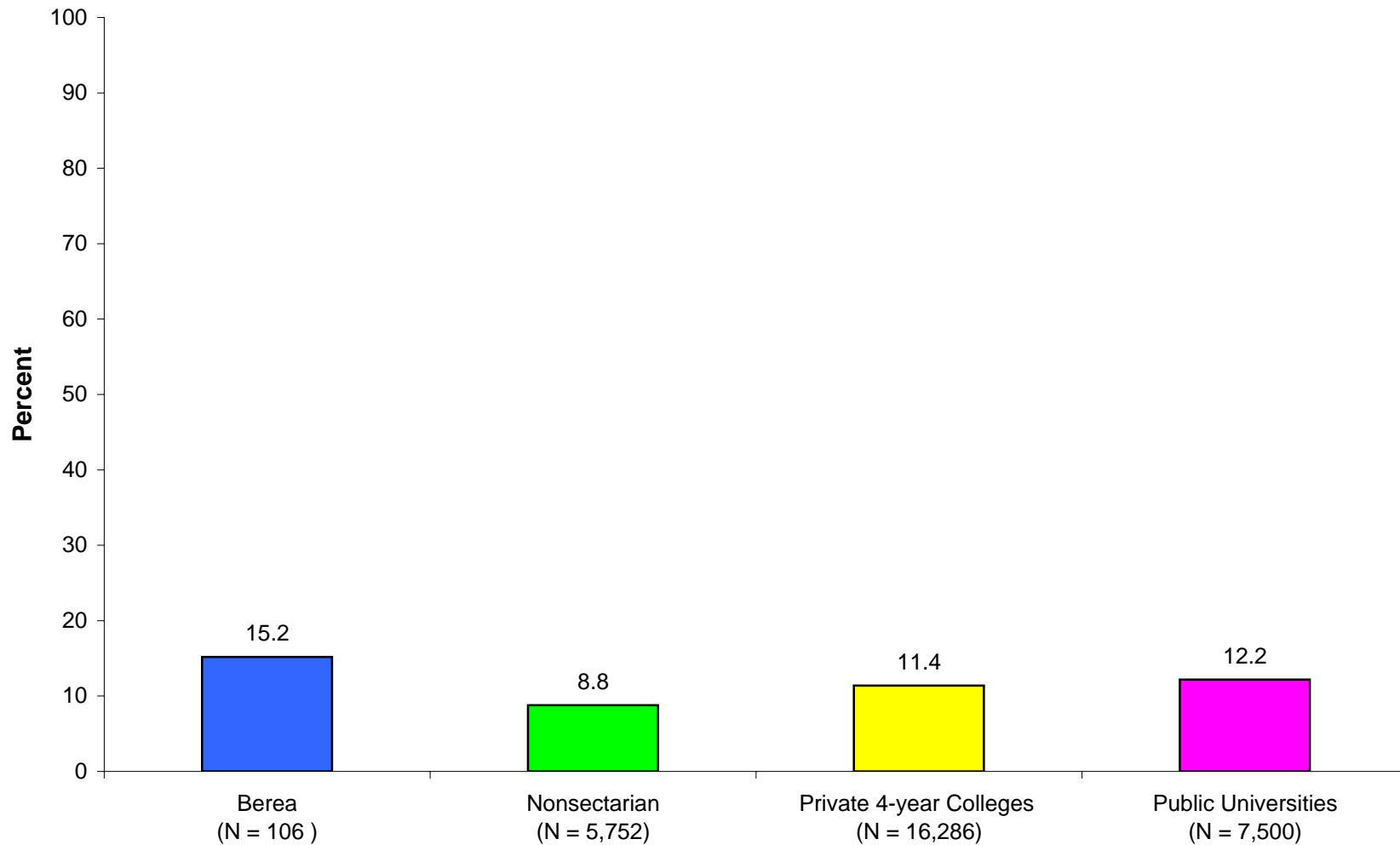
Isolated from campus life



YFCY - Your First College Year (Spring Follow-Up Survey to the 2004 New Freshmen)

Percentage of students reporting "frequently" or "occasionally" feeling:

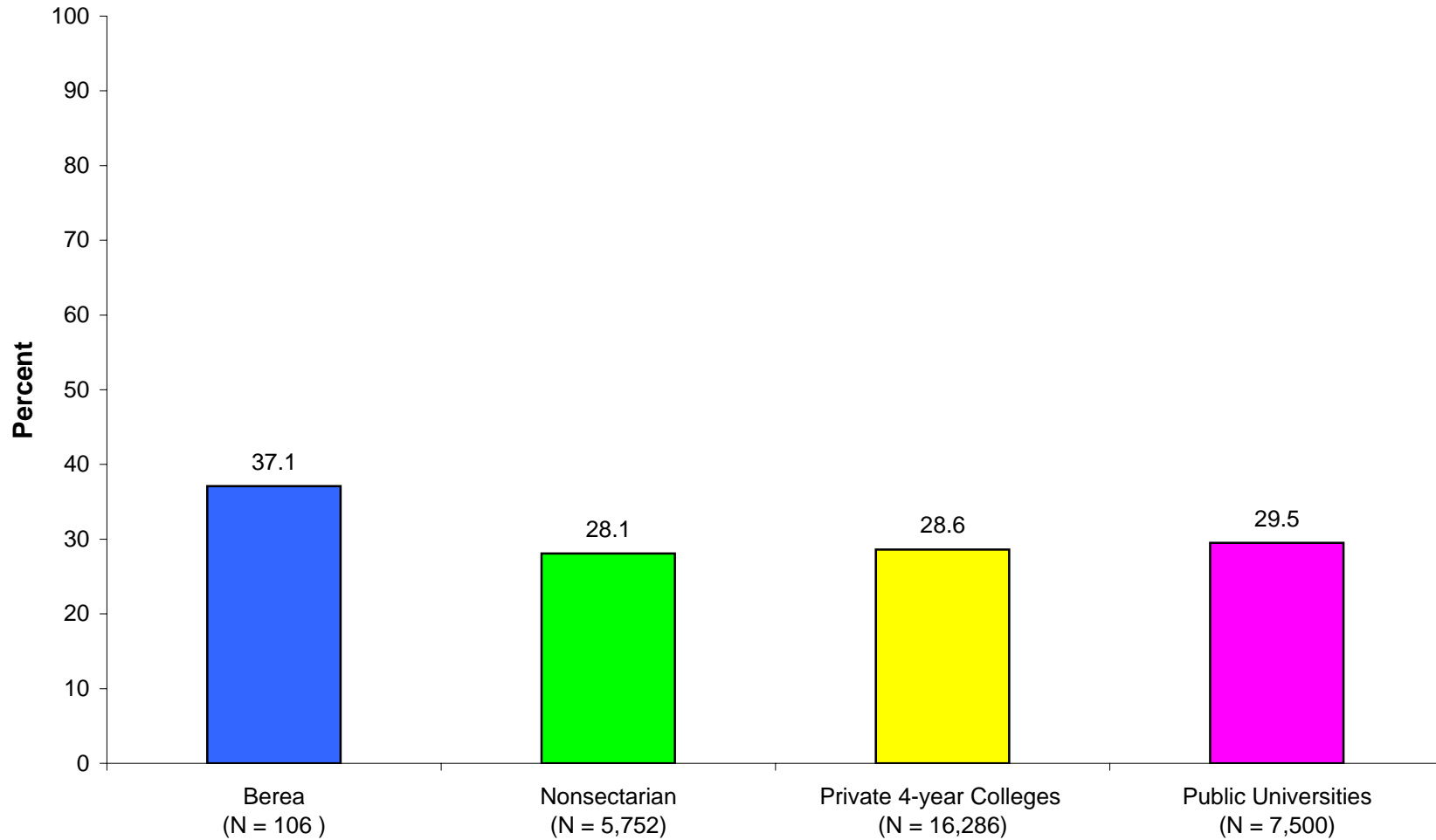
Unsafe on this campus



YFCY - Your First College Year (Spring Follow-Up Survey to the 2004 New Freshmen)

Percentage of students reporting "frequently" or "occasionally" feeling:

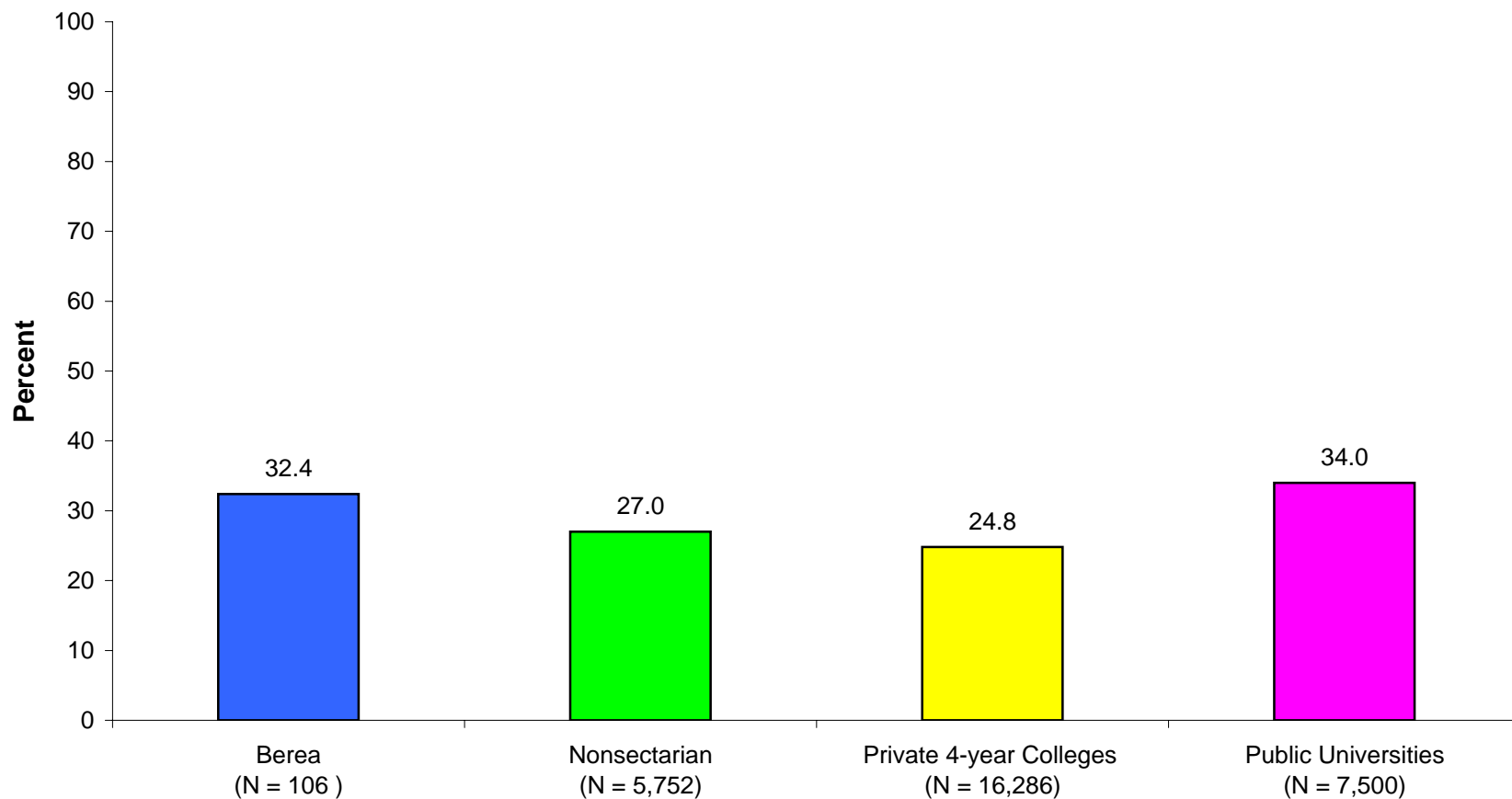
Worried about your health



YFCY - Your First College Year (Spring Follow-Up Survey to the 2004 New Freshmen)

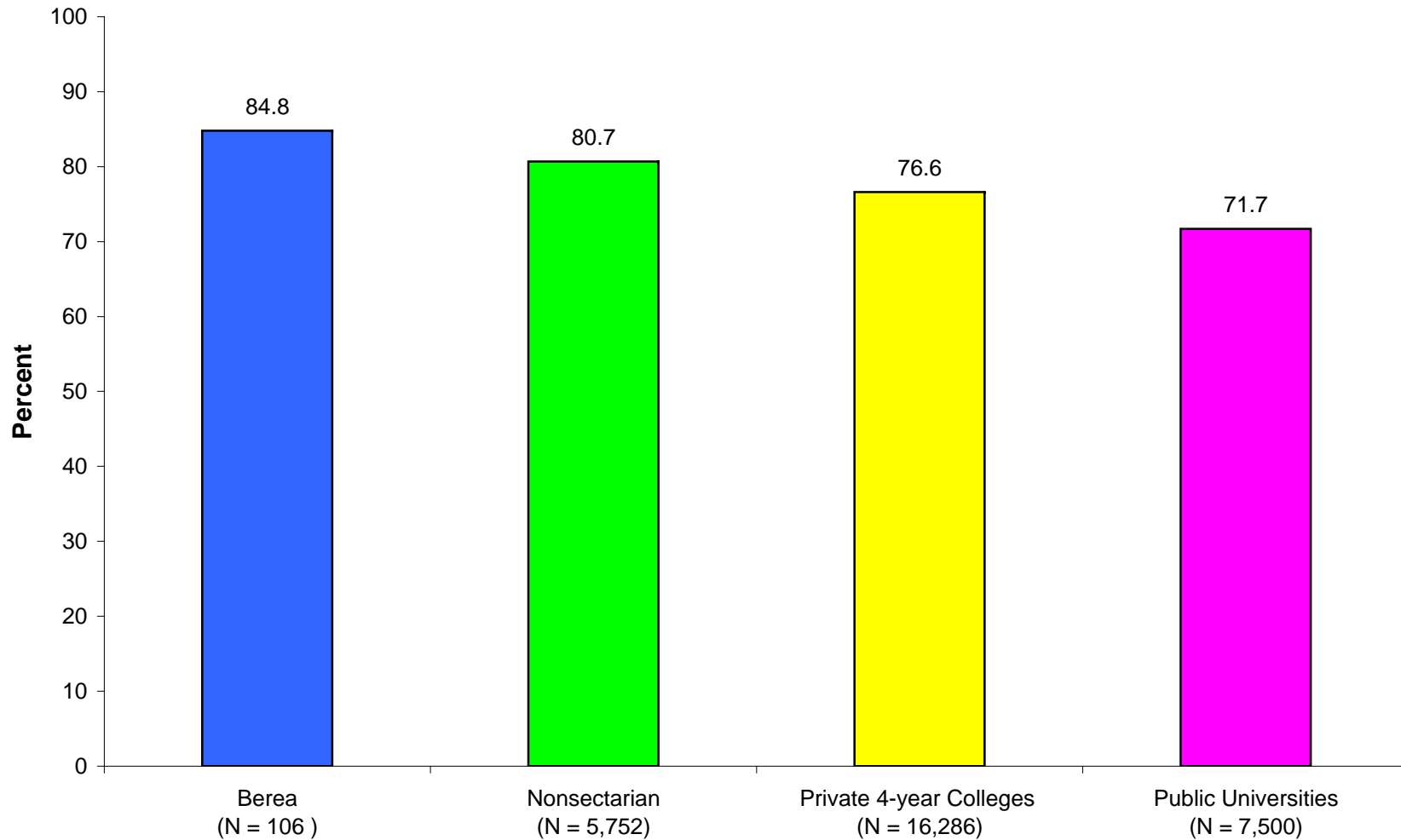
Percentage of students reporting "frequently" or "occasionally" feeling:

Intimidated by your professors



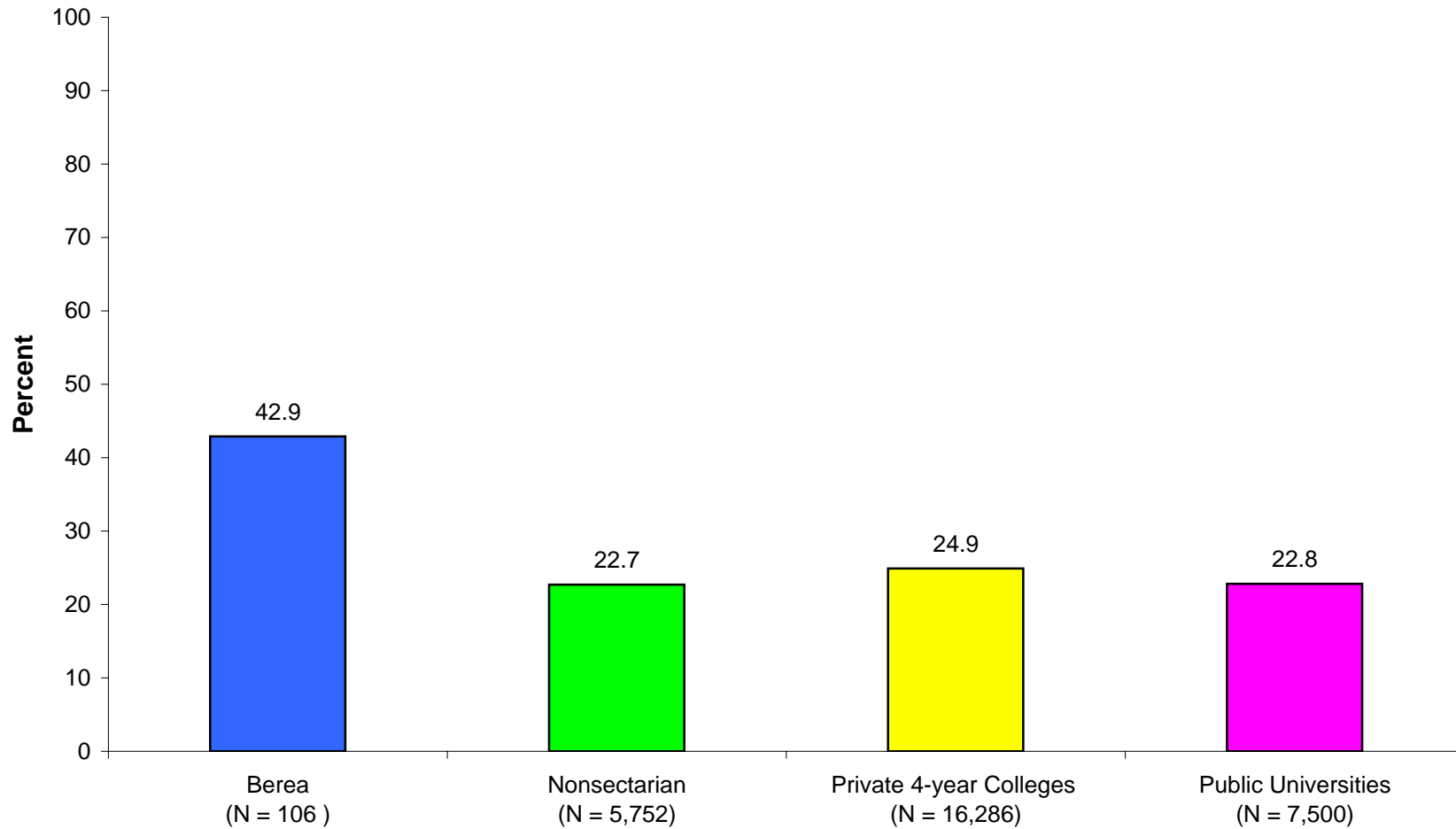
Percentage of students reporting "frequently" or "occasionally" feeling:

That your courses inspired you to think in new ways



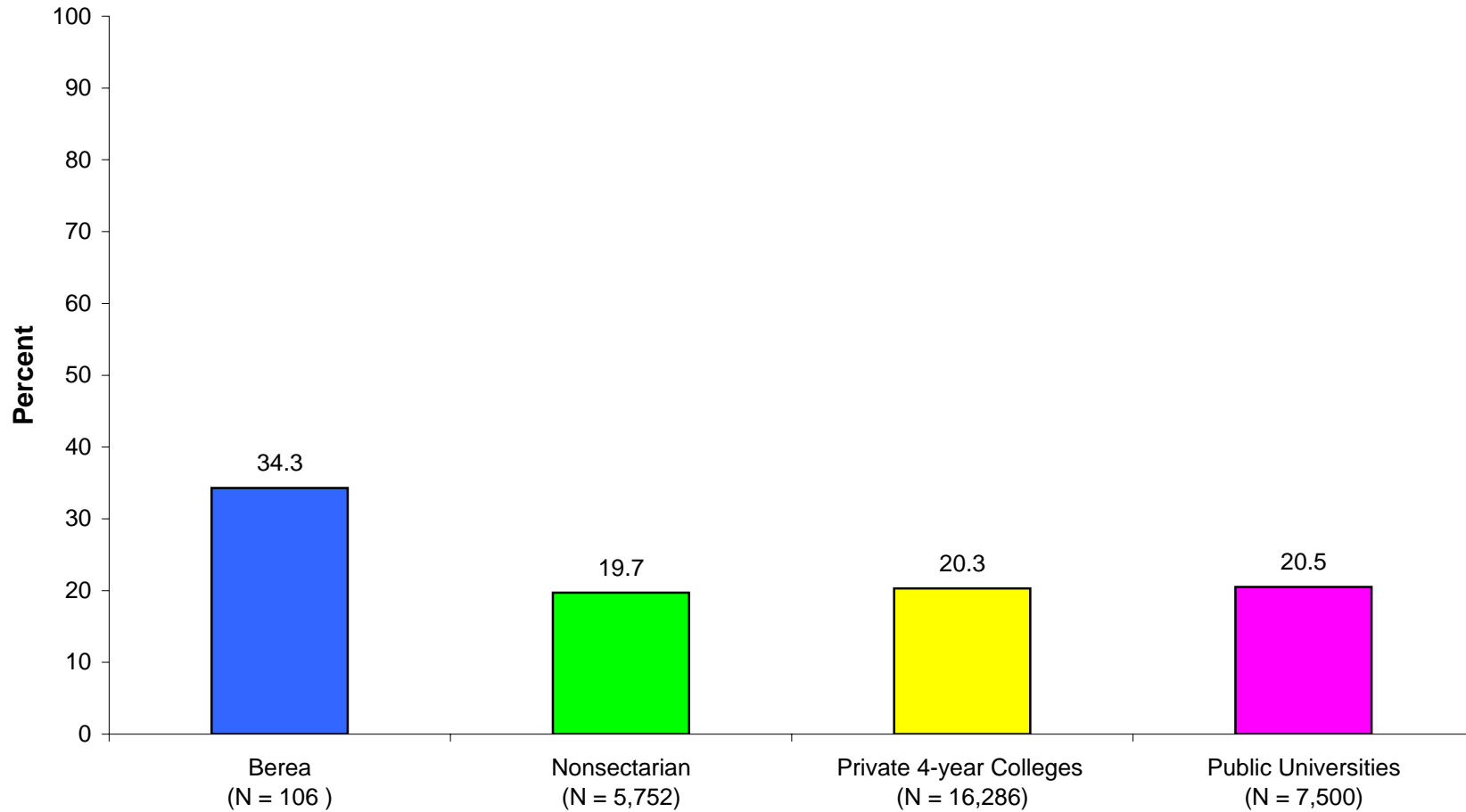
Percentage of students reporting "frequently" or "occasionally" feeling:

That your job responsibilities interfered with your schoolwork



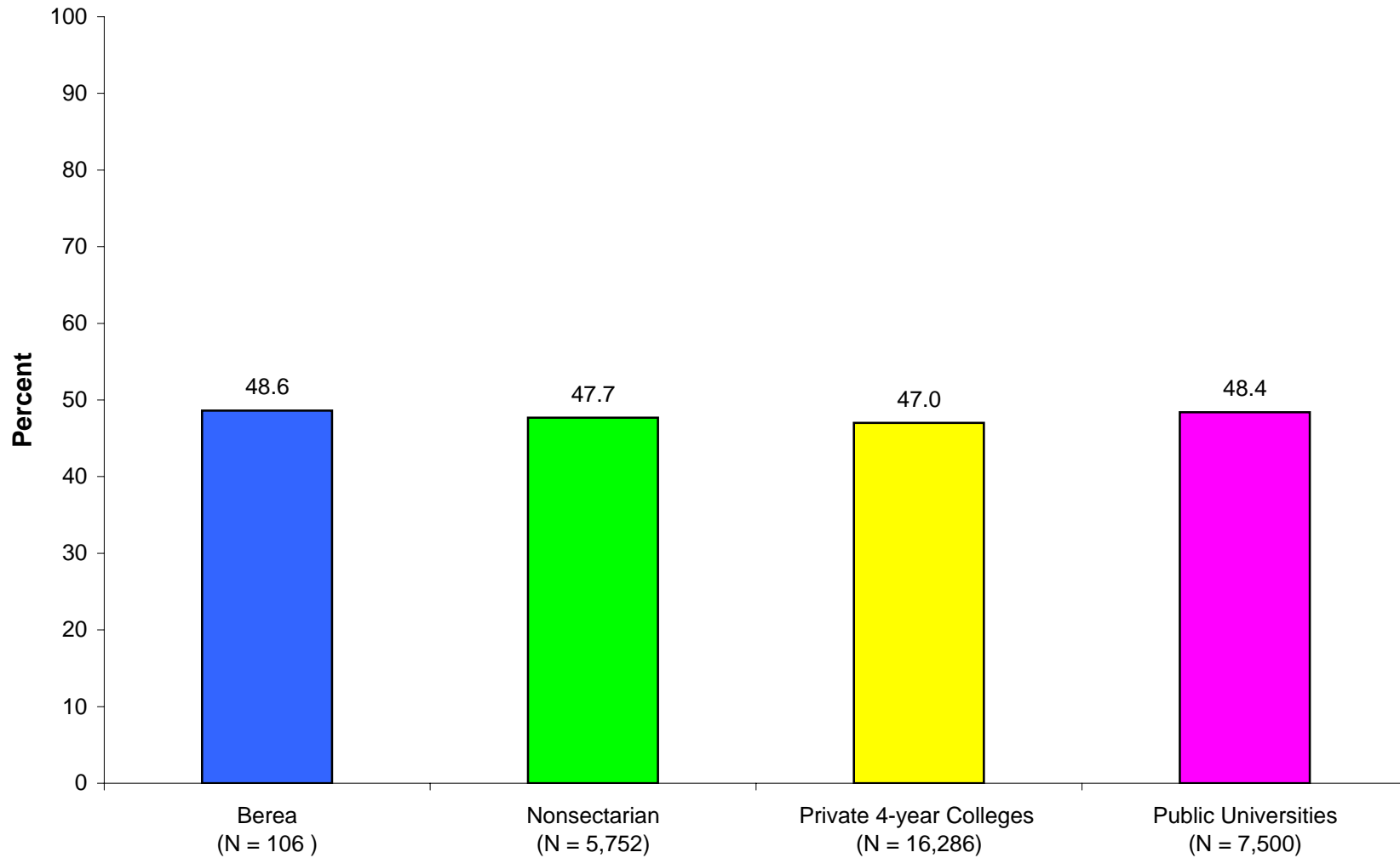
Percentage of students reporting "frequently" or "occasionally" feeling:

That your family responsibilities interfered with your schoolwork



Percentage of students reporting "frequently" or "occasionally" feeling:

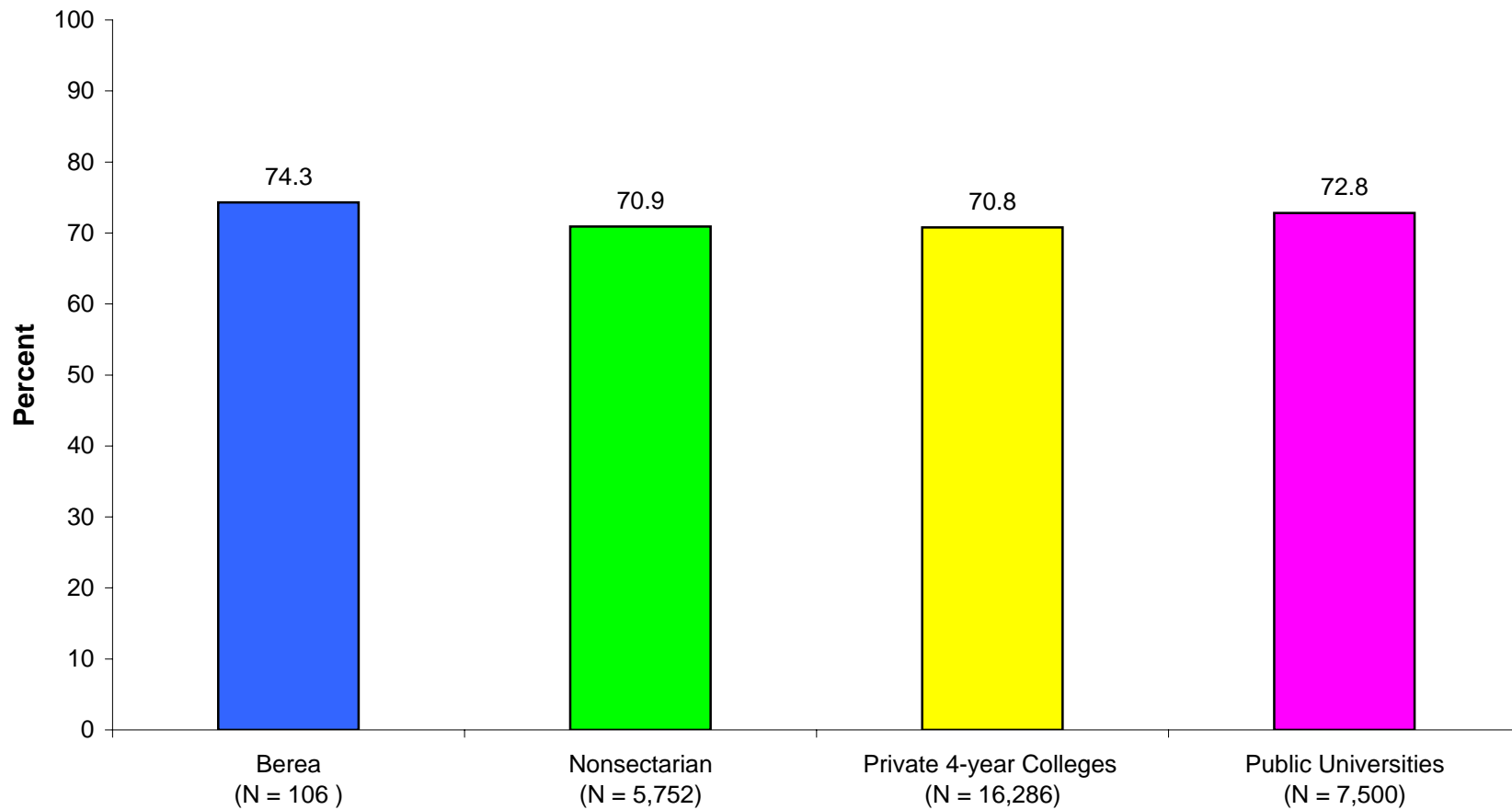
That your social life interfered with your schoolwork



YFCY - Your First College Year (Spring Follow-Up Survey to the 2004 New Freshmen)

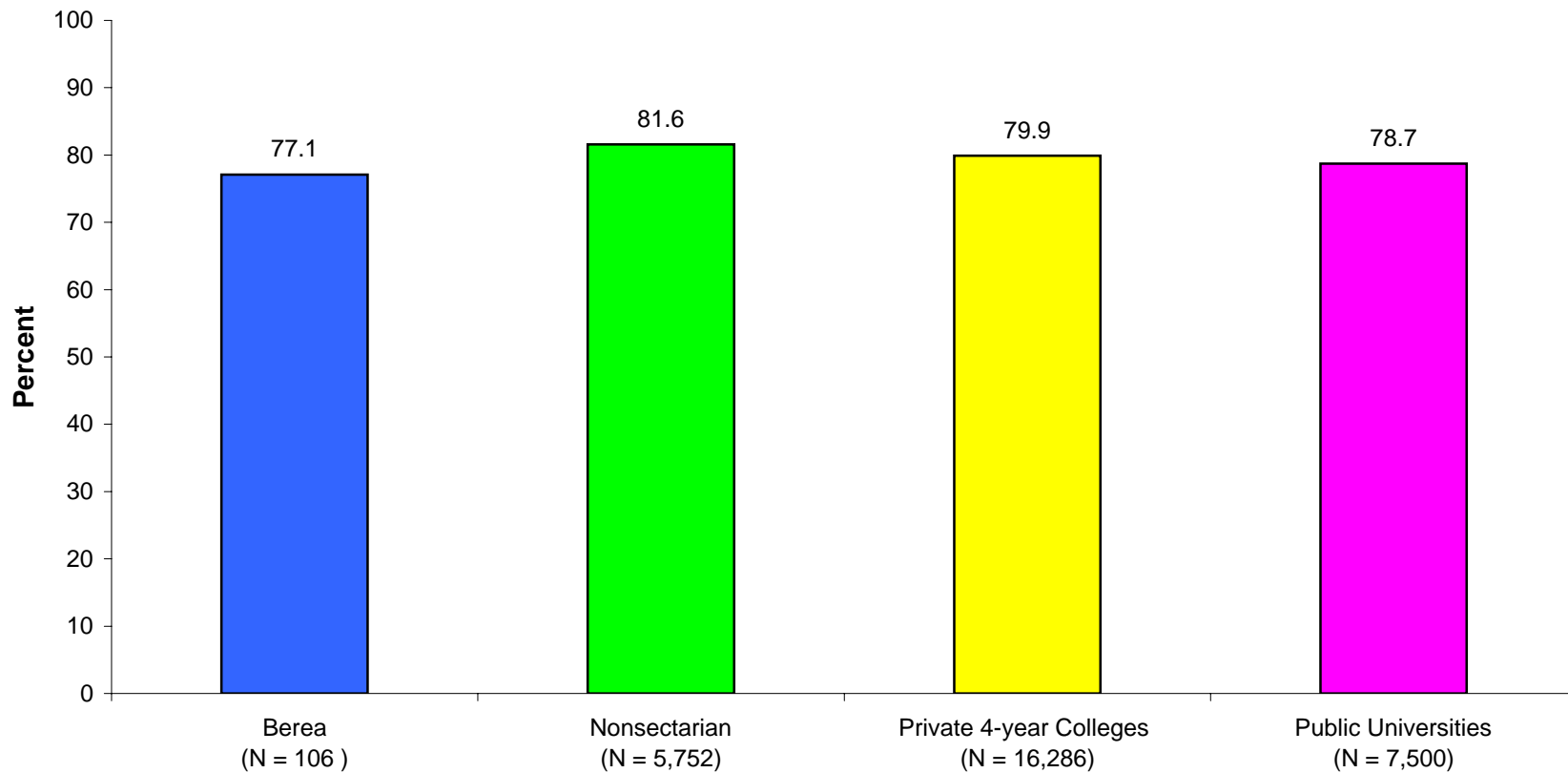
Percentage of students reporting "frequently" or "occasionally" feeling:

Concerned about life after college



Percentage of students reporting "frequently" or "occasionally" feeling:

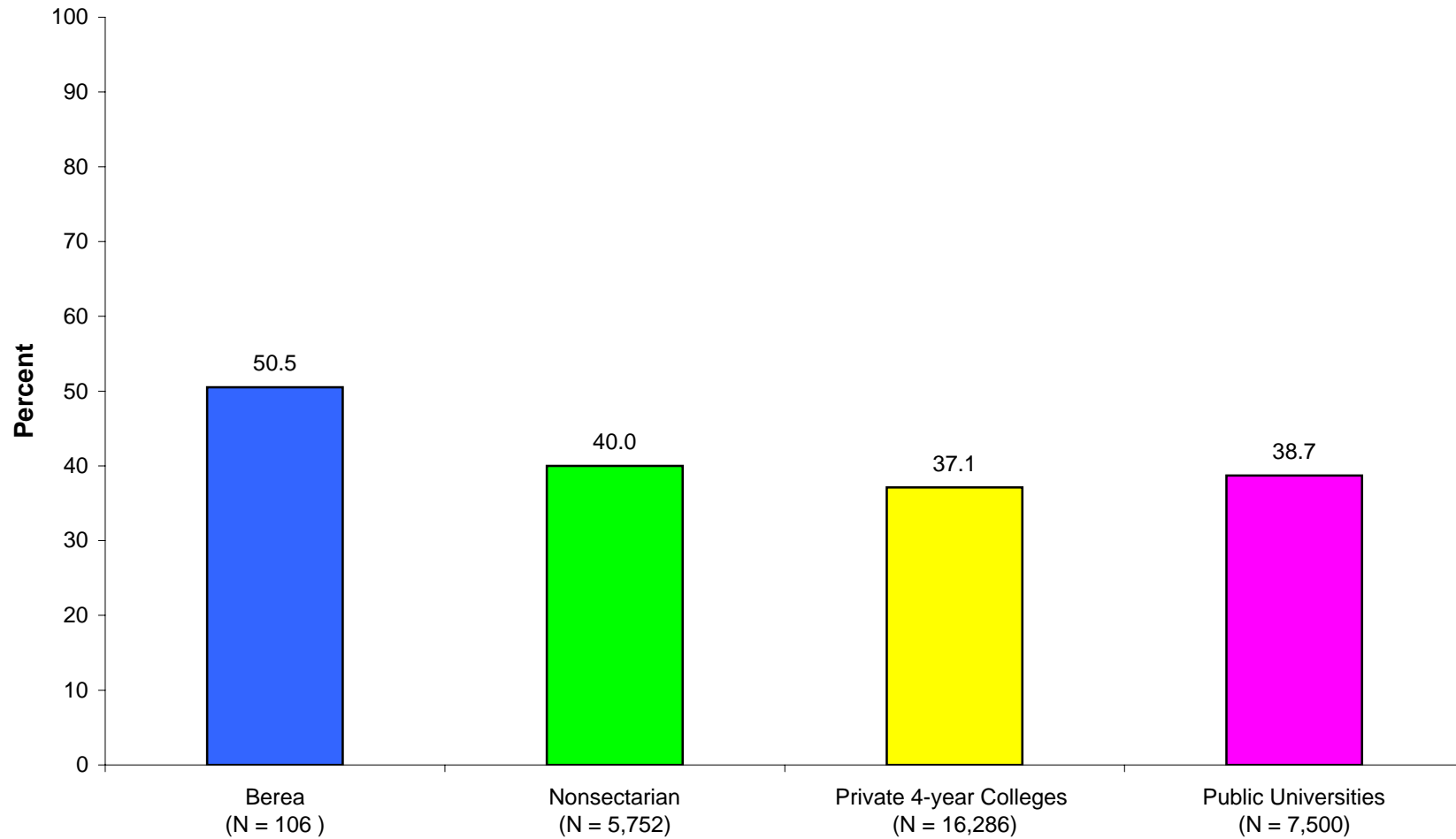
Family support to succeed



YFCY - Your First College Year (Spring Follow-Up Survey to the 2004 New Freshmen)

Percentage of students who "often" or "very often" experience the following with students from a racial/ethnic group other than their own:

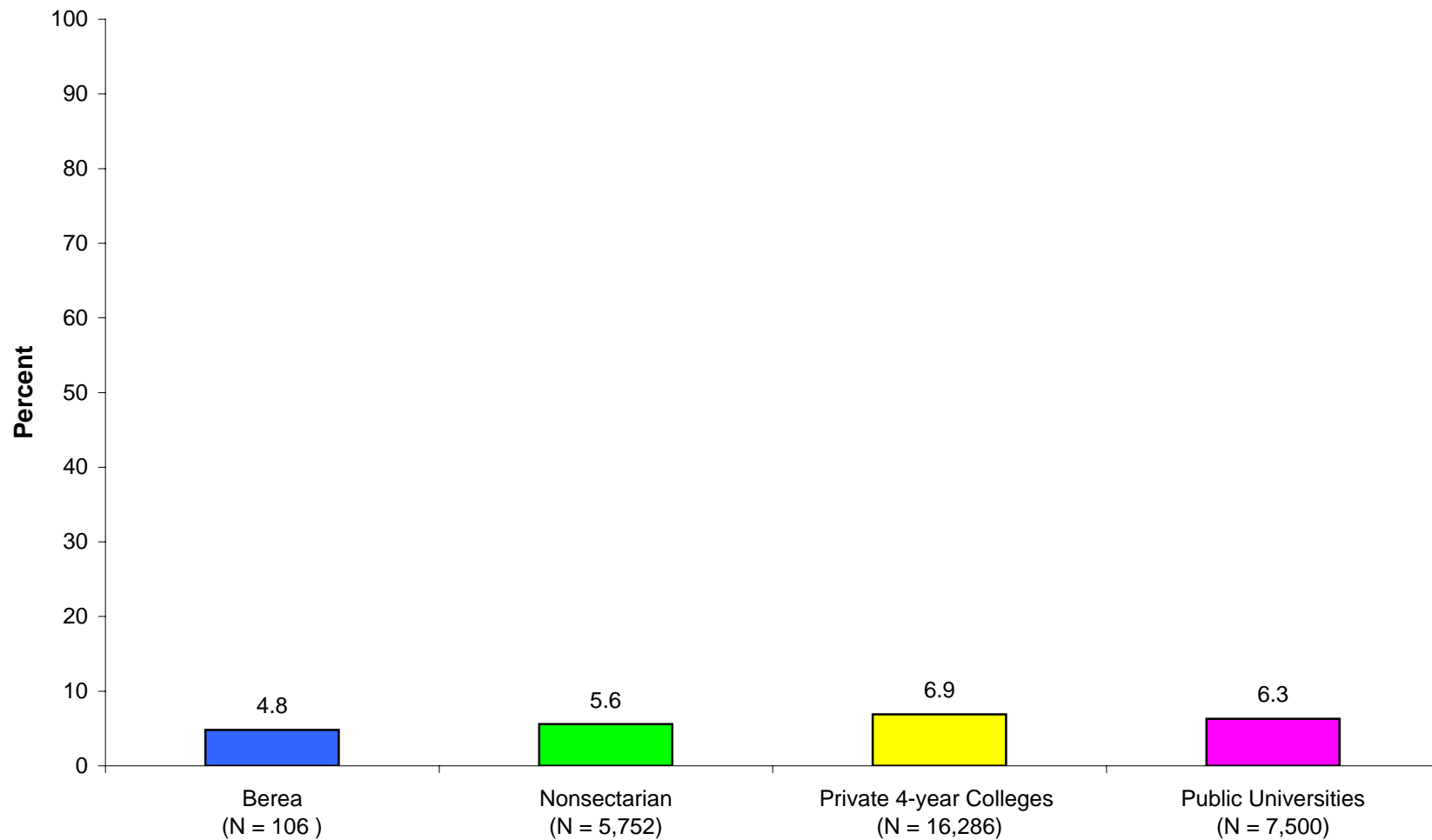
Shared personal feelings and problems



YFCY - Your First College Year (Spring Follow-Up Survey to the 2004 New Freshmen)

Percentage of students who "often" or "very often" experience the following with students from a racial/ethnic group other than their own:

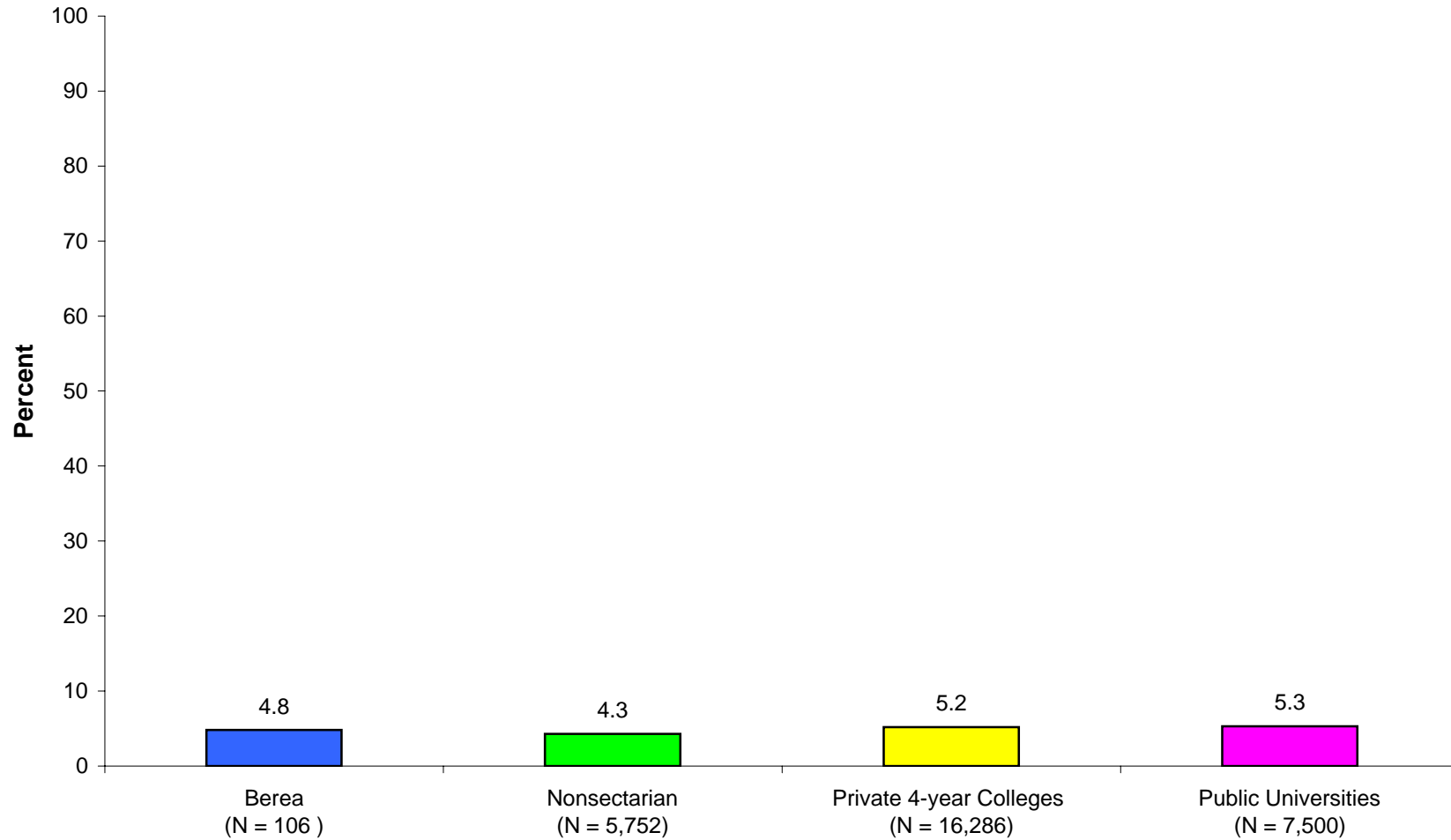
Had tense, somewhat hostile interactions



YFCY - Your First College Year (Spring Follow-Up Survey to the 2004 New Freshmen)

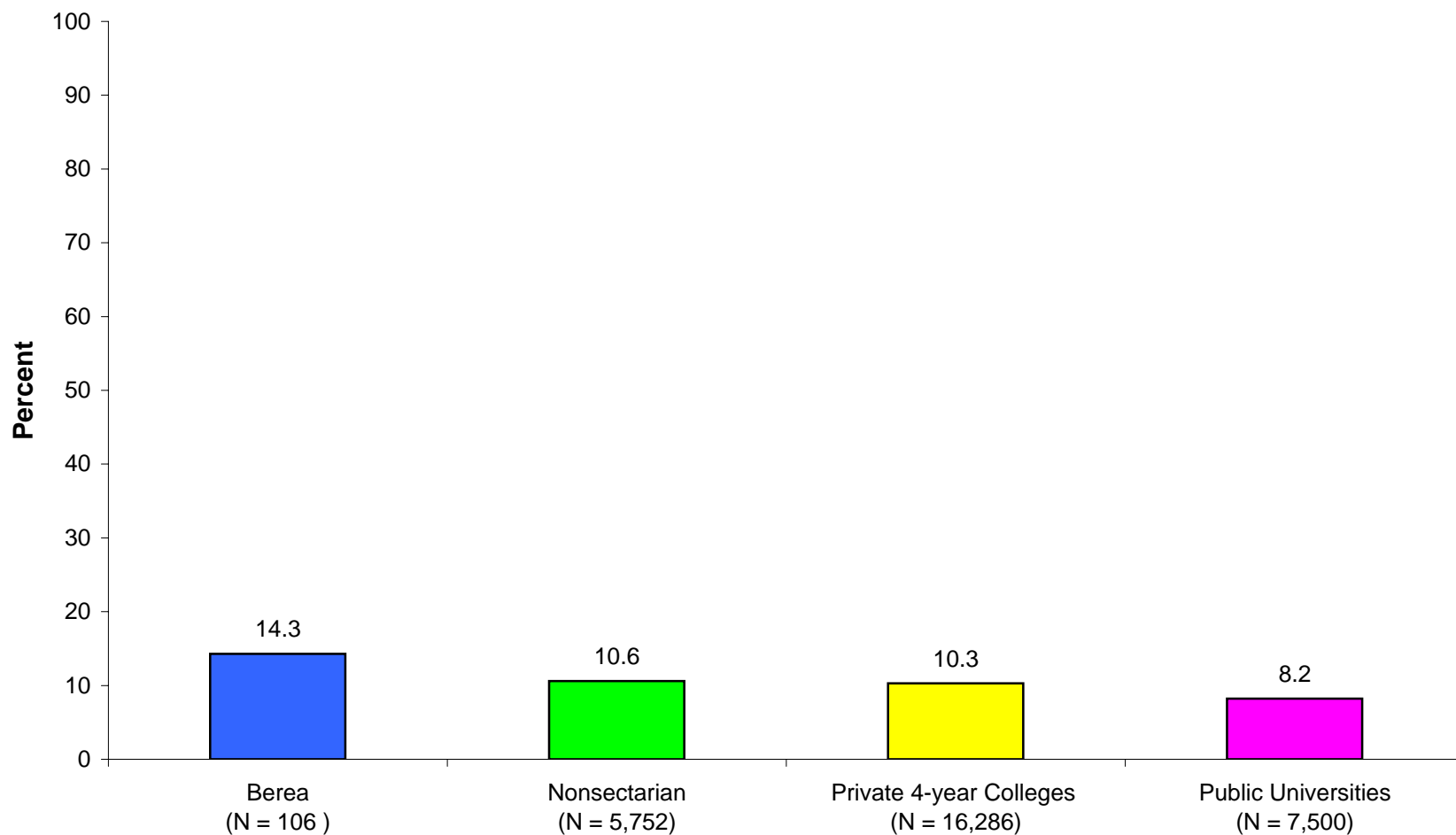
Percentage of students who "often" or "very often" experience the following with students from a racial/ethnic group other than their own:

Felt insulted or threatened because of race/ethnicity



Percent of students indicating "frequently" or "occasionally" since entering this college:

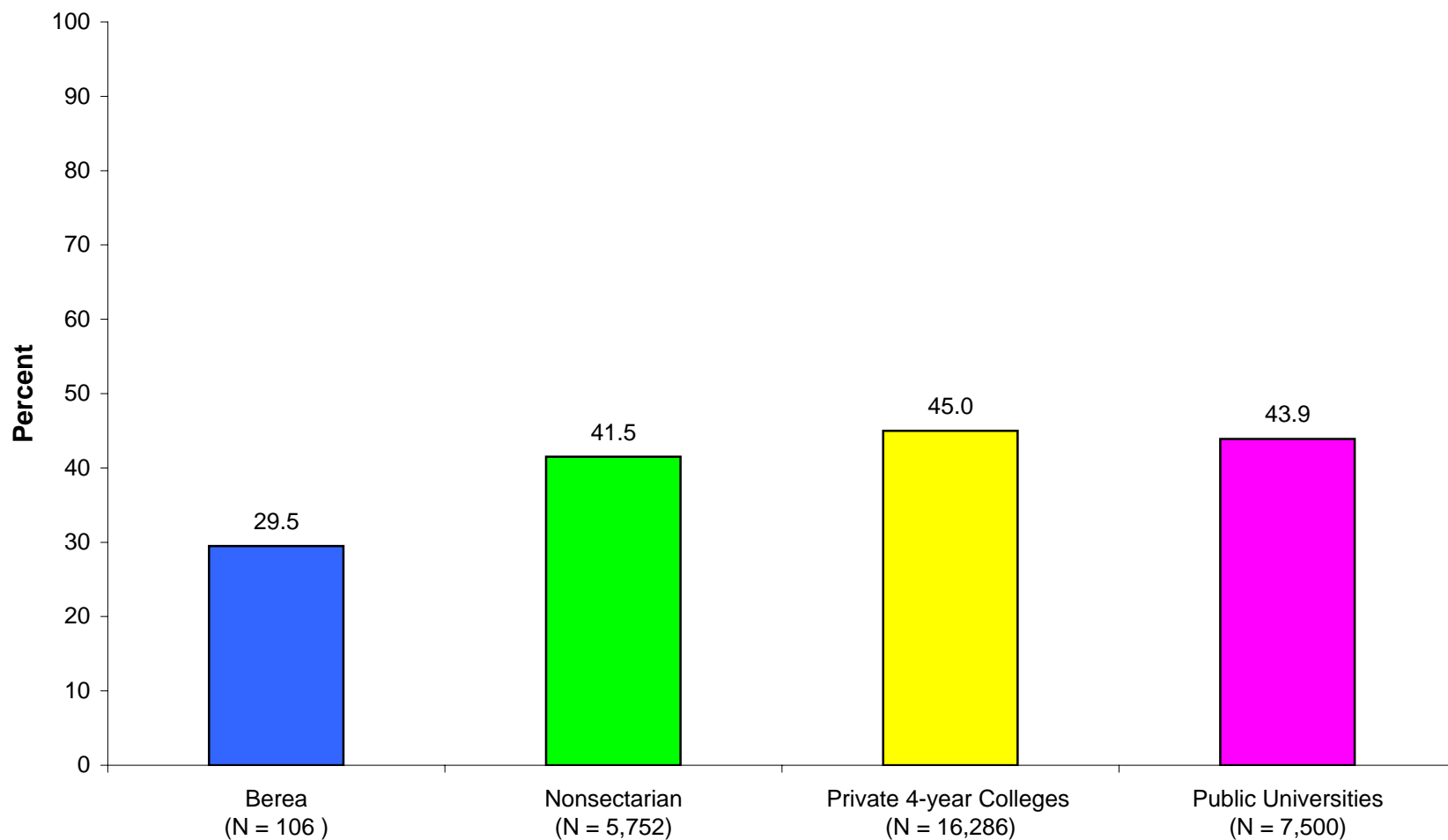
Sought personal counseling



YFCY - Your First College Year (Spring Follow-Up Survey to the 2004 New Freshmen)

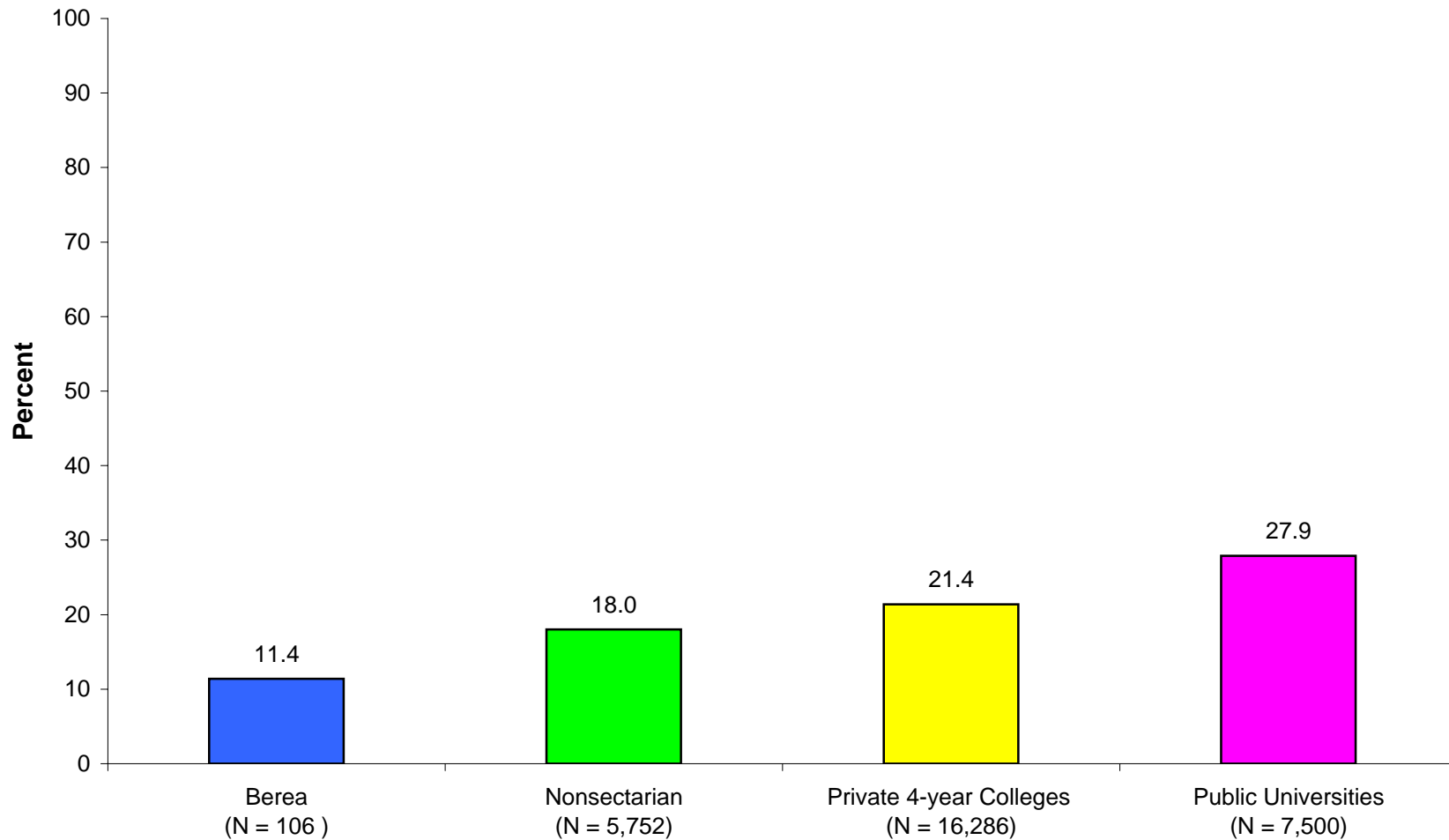
Percent of students indicating "frequently" or "occasionally" since entering this college:

Went on a date



Percent of students indicating "frequently" or "occasionally" since entering this college:

Fell asleep in class



African-American Student Study



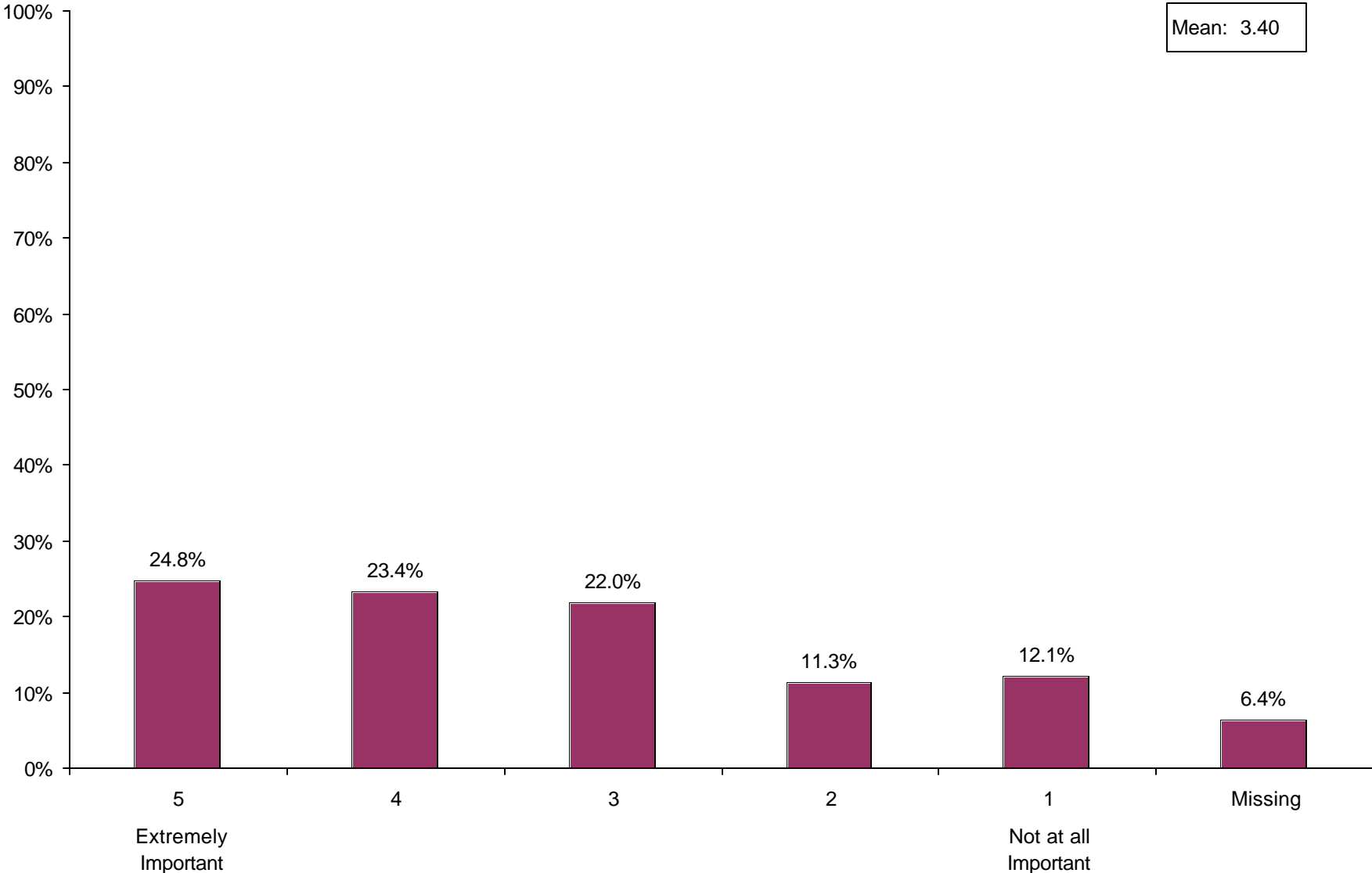
[Click to see survey instrument](#)

Completed in April 2003

Response Rate: 62% (142/ 229)

Health Service

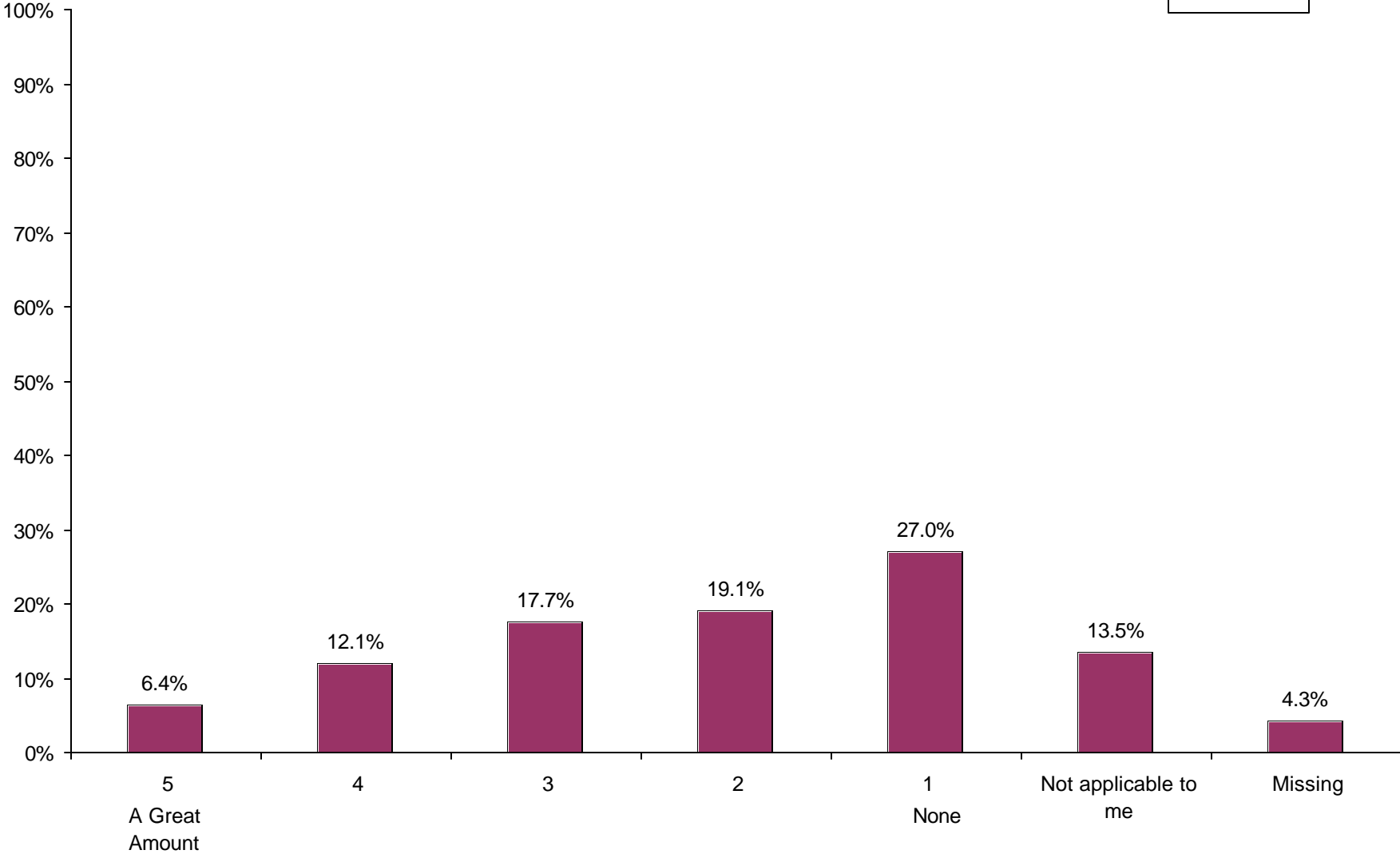
How important are health services to your overall success and well-being at Berea College?



Health Services

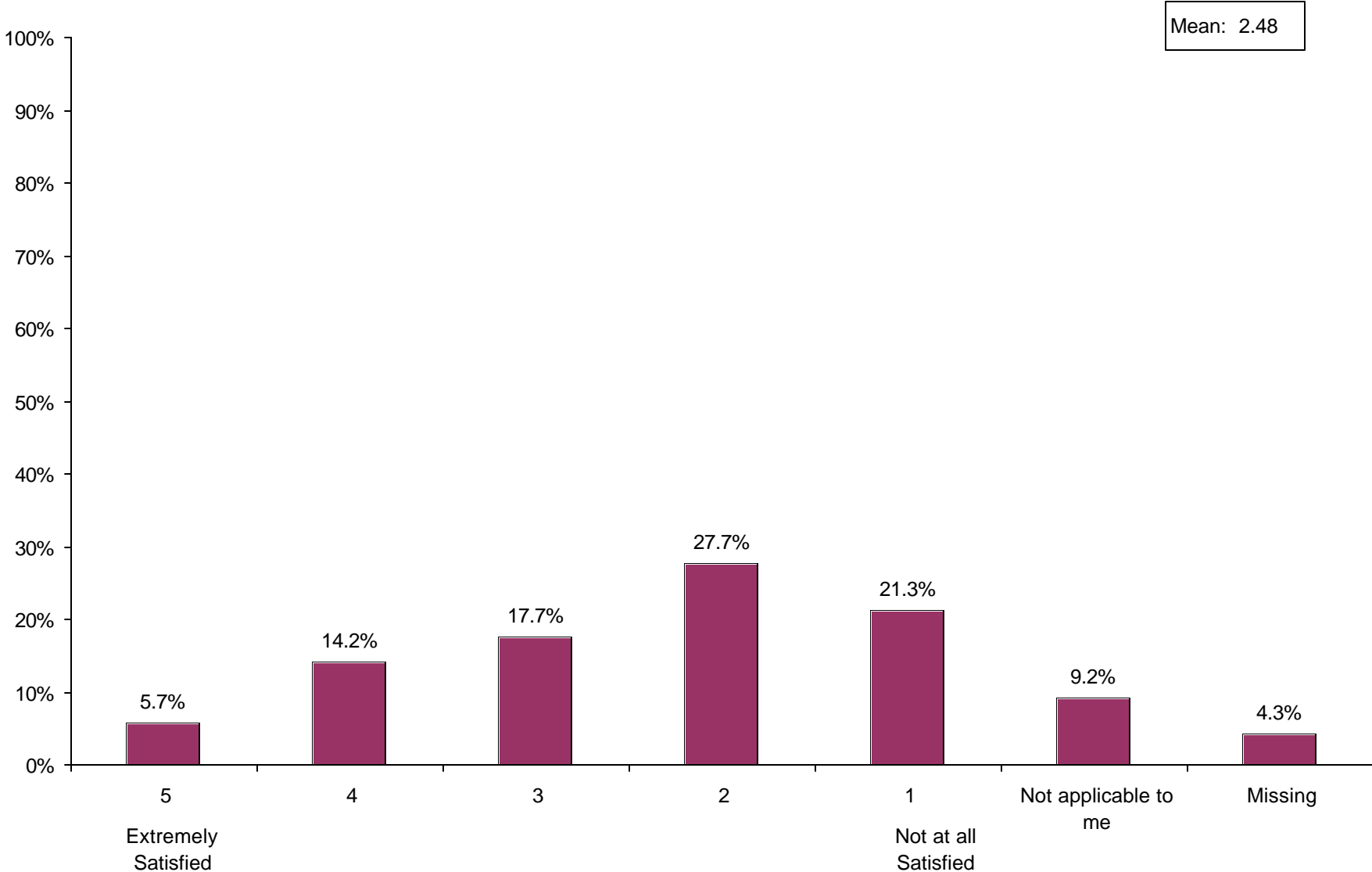
How much have health services contributed to your overall success and well-being at Berea College?

Mean: 2.41



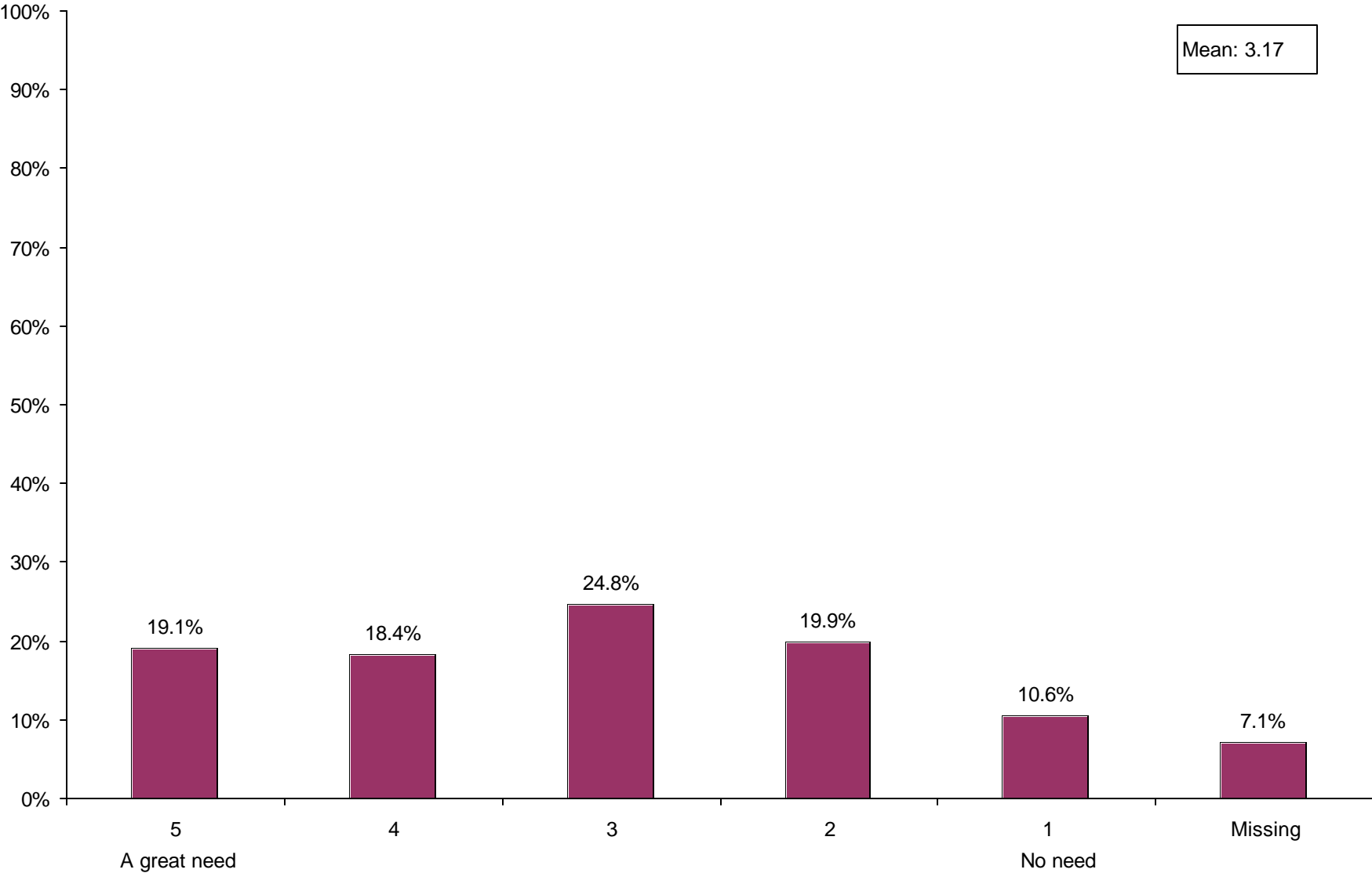
Health Service

How satisfied are you with the services or programs aimed at fulfilling this need (health services)?



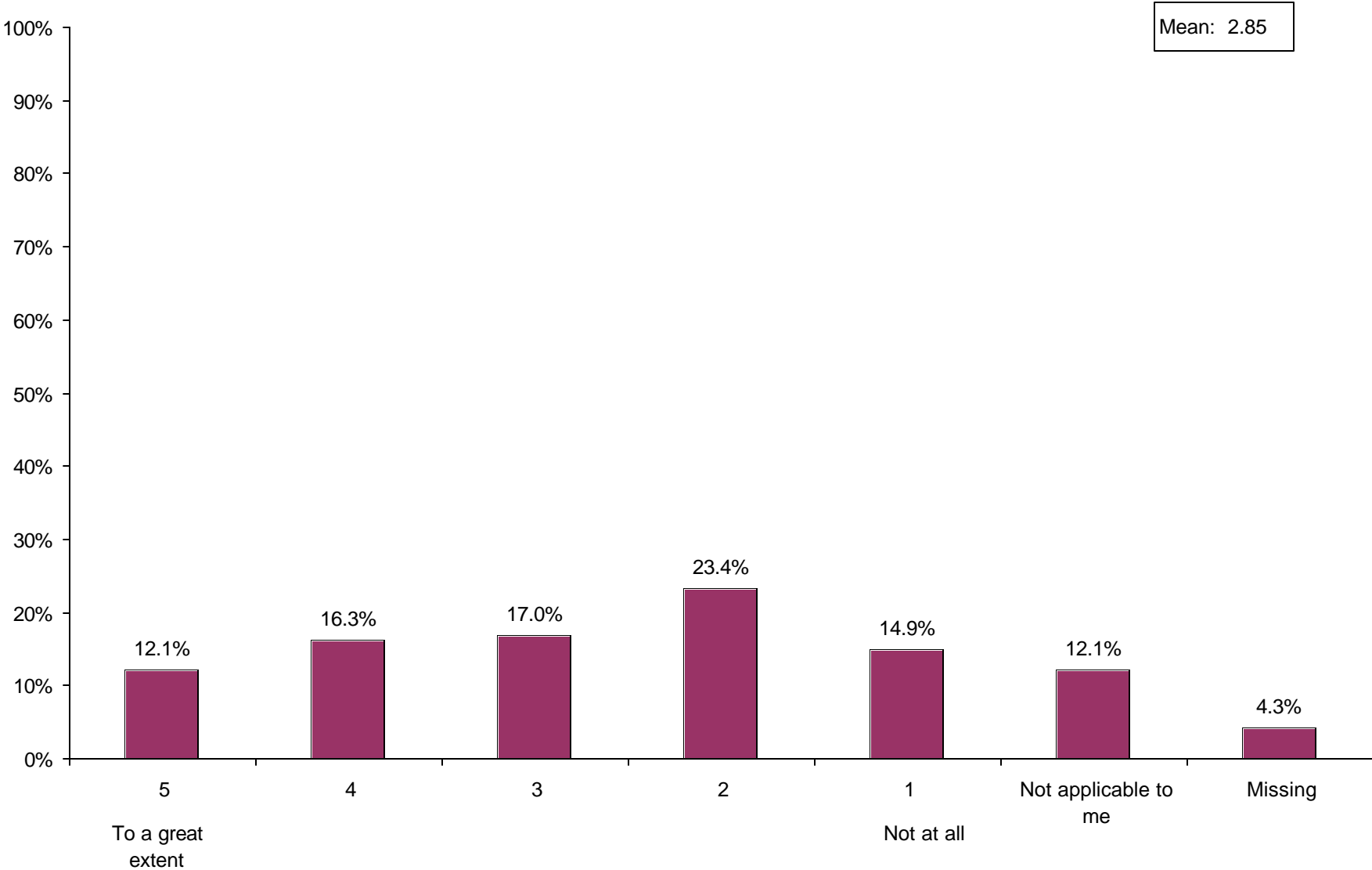
Health Service

Rate your level of personal need for health services.



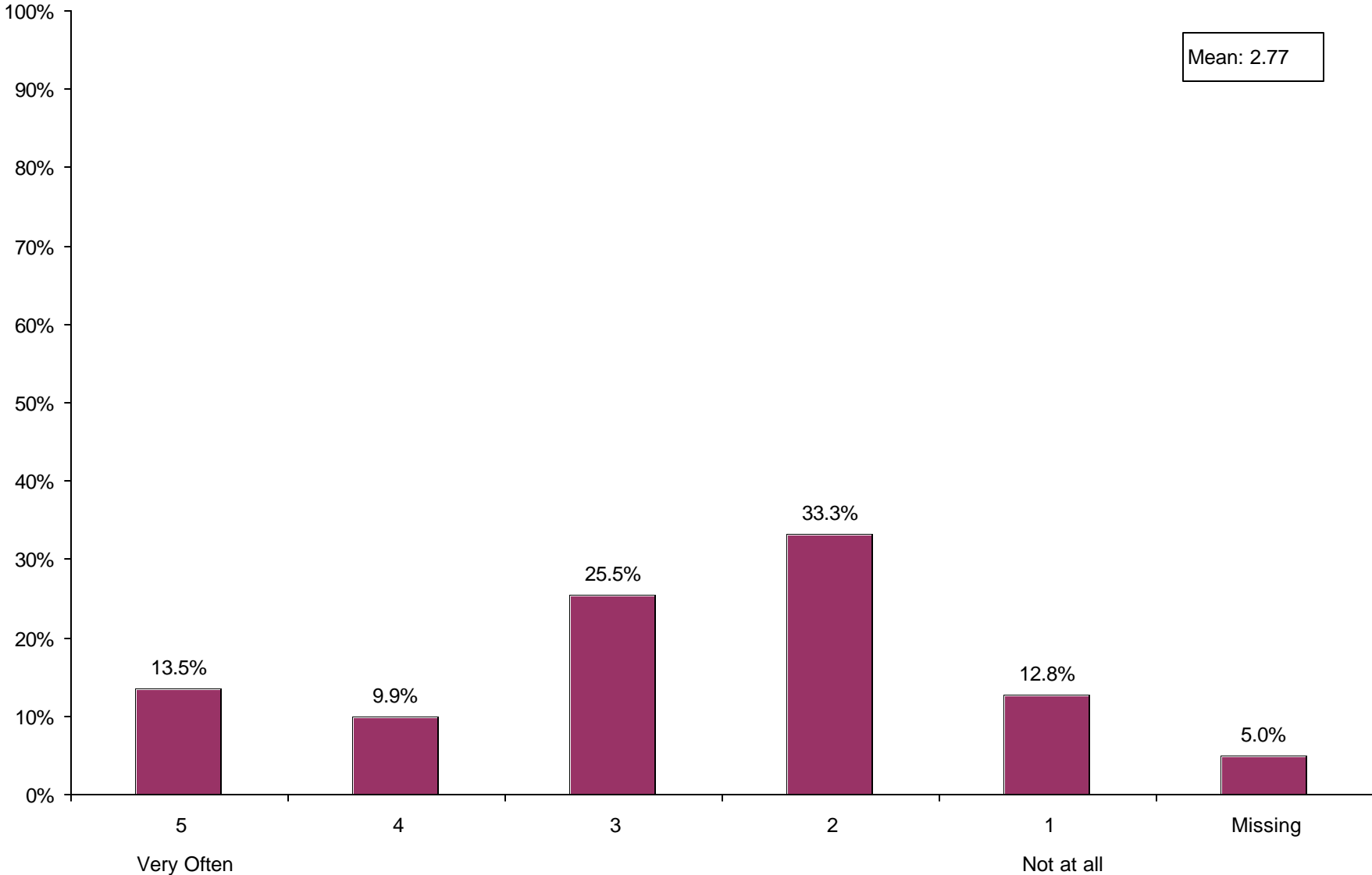
Health Service

To what extent is this need (health services) being met by services at the College?

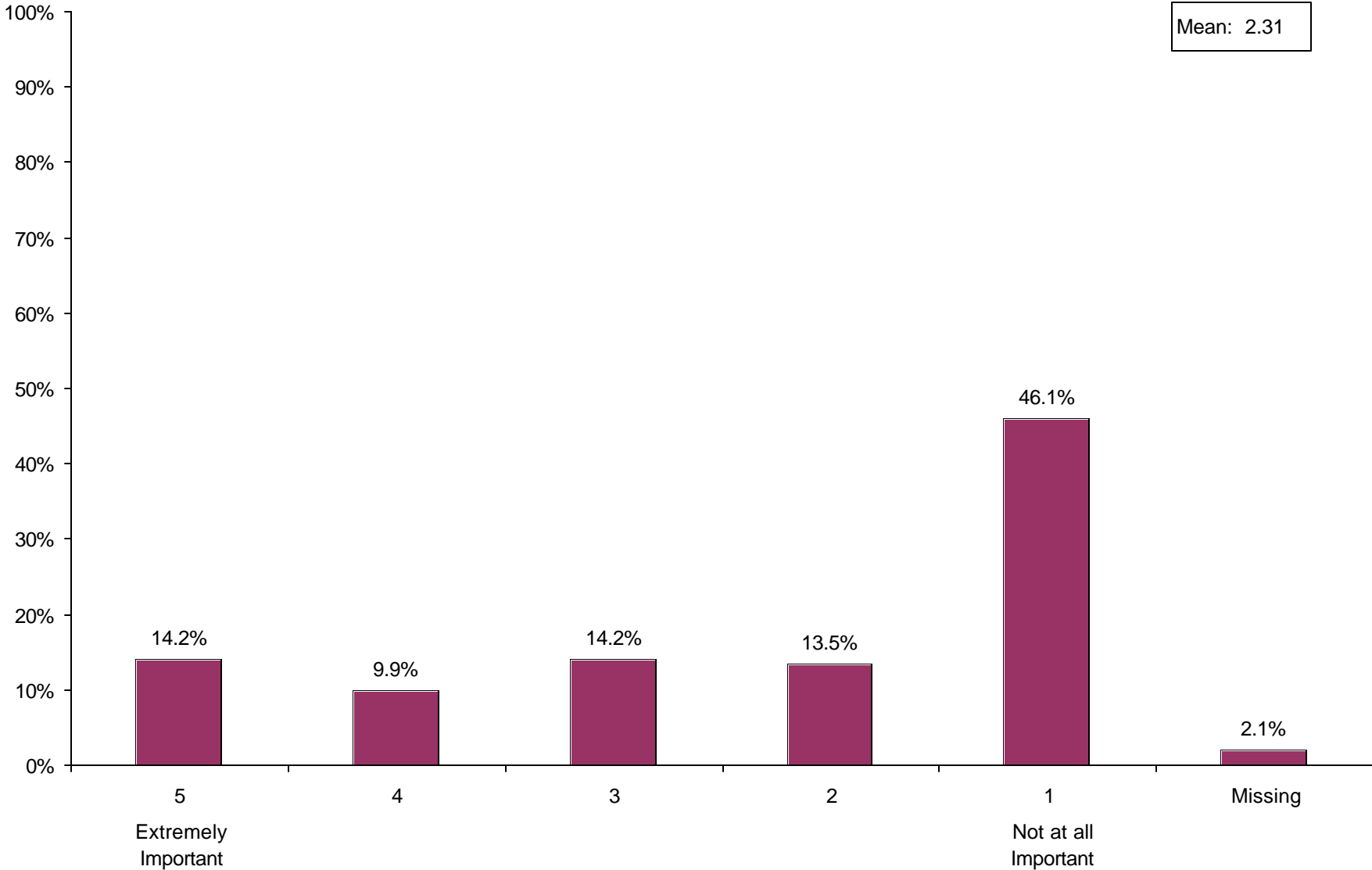


Health Service

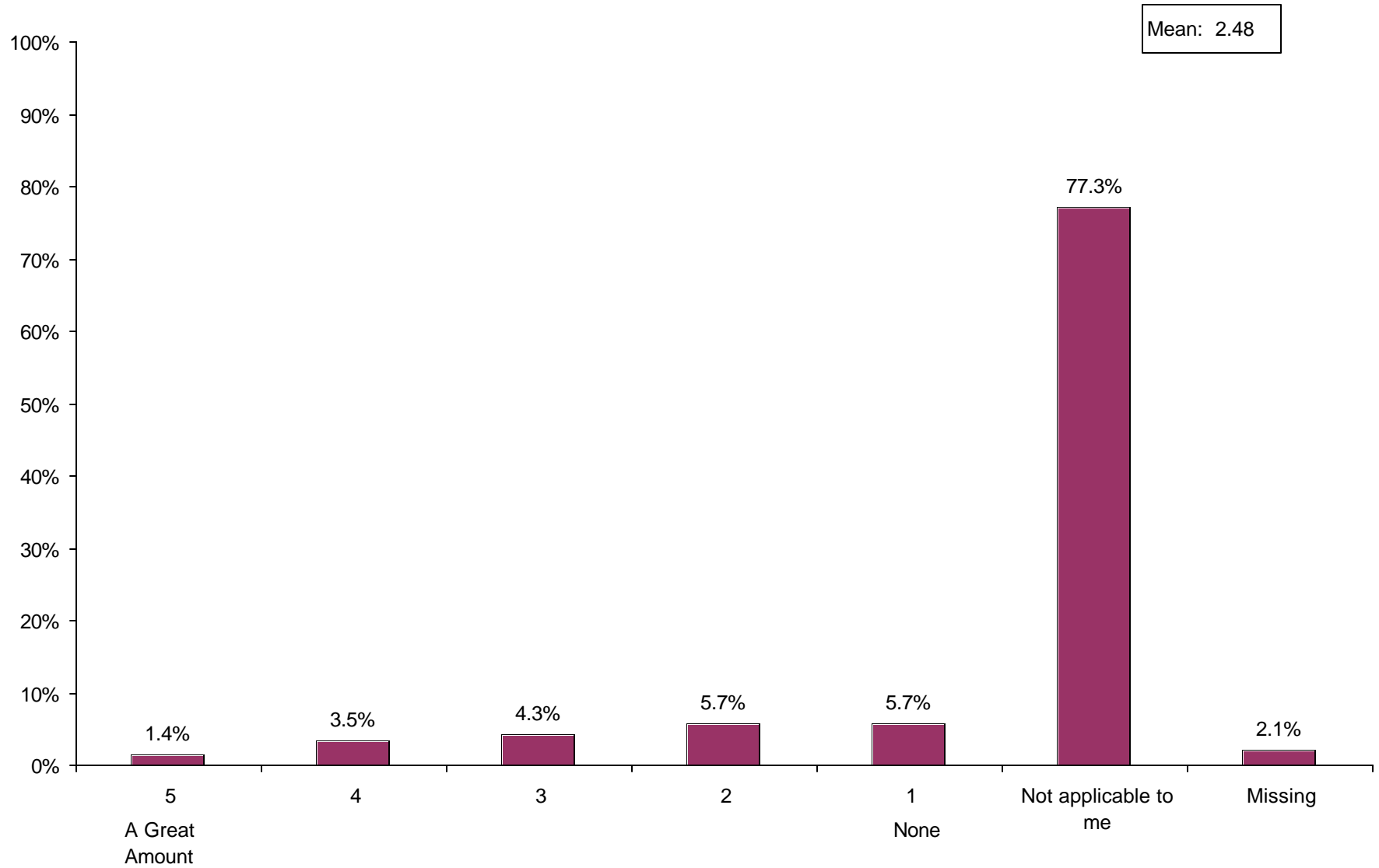
How often have you used Berea College Health Service?



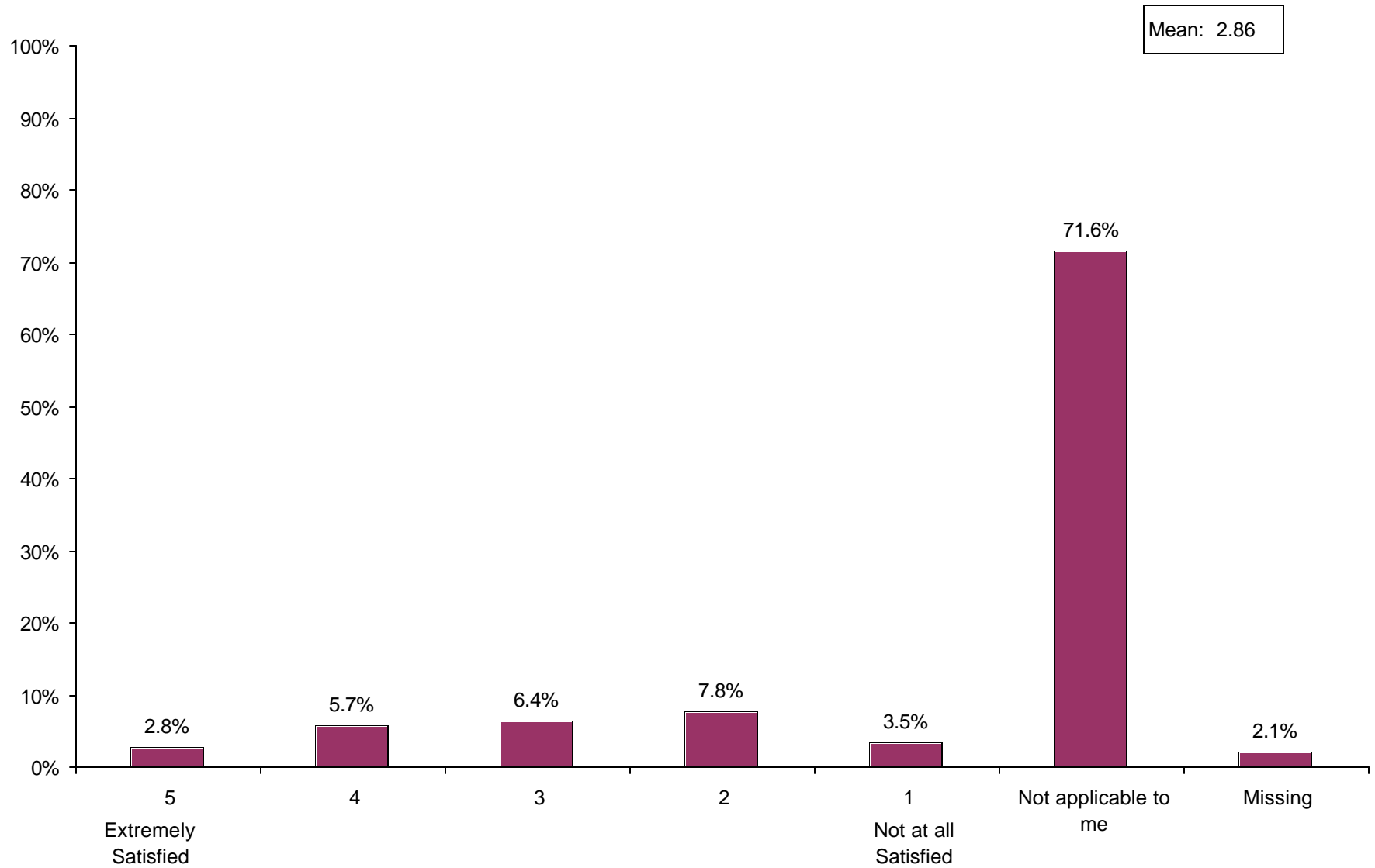
How important are psychological/ counseling services to your overall success and well-being at Berea College?



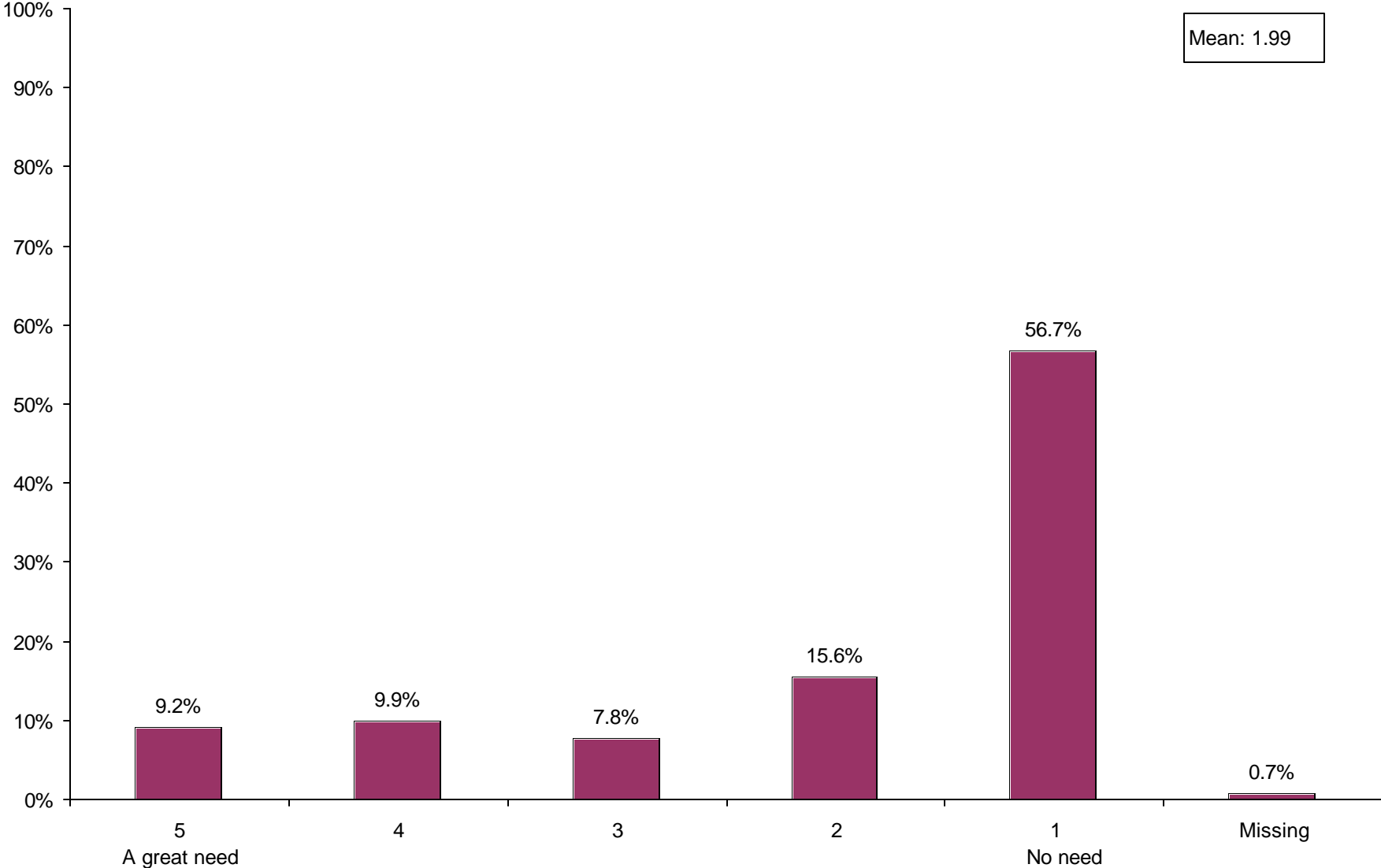
How much have psychological/ counseling services contributed to your overall success and well-being at Berea College?



**How satisfied are you with the services or programs aimed at fulfilling this need
(psychological/counseling services)?**

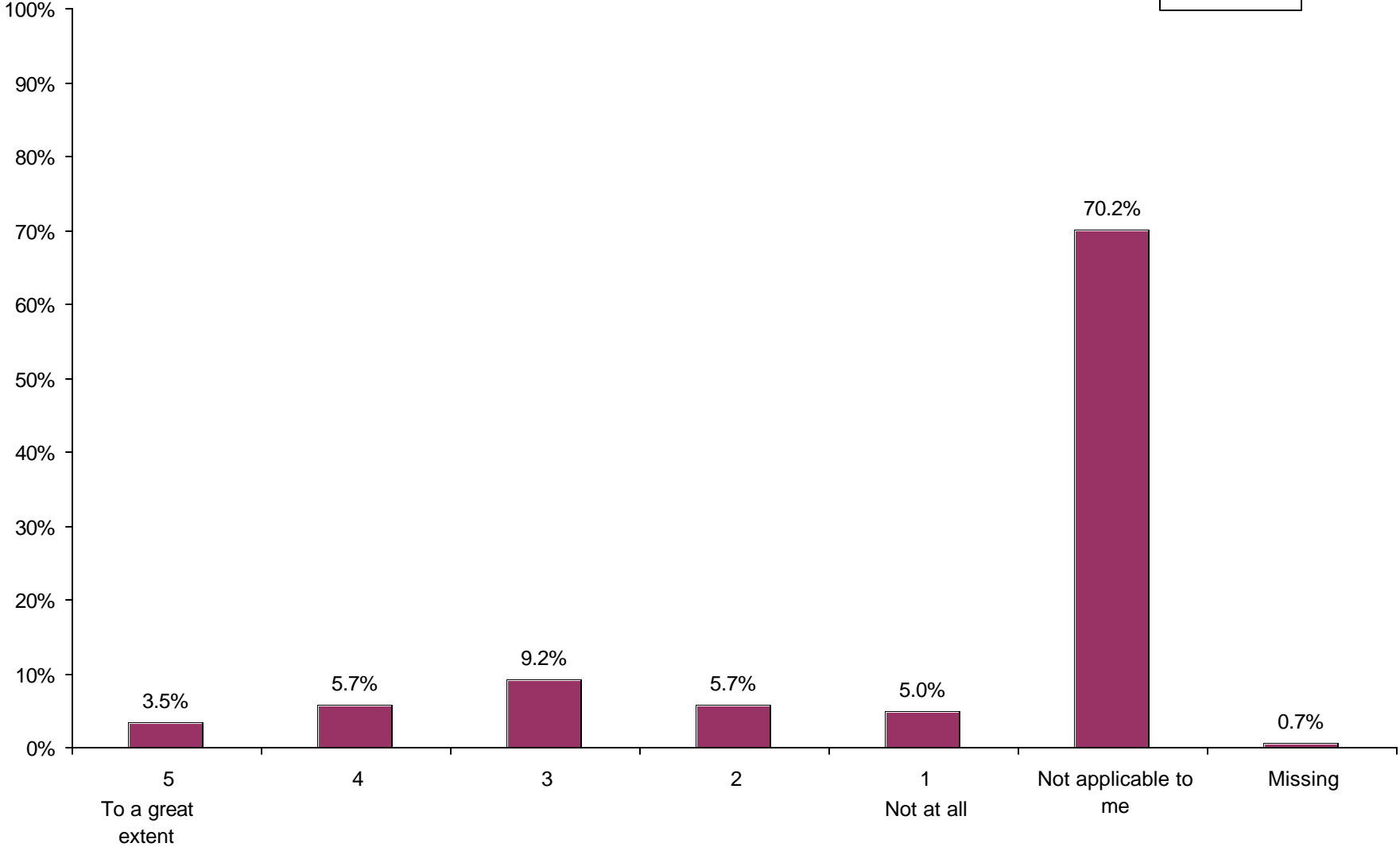


Rate your level of personal need for psychological/counseling services.

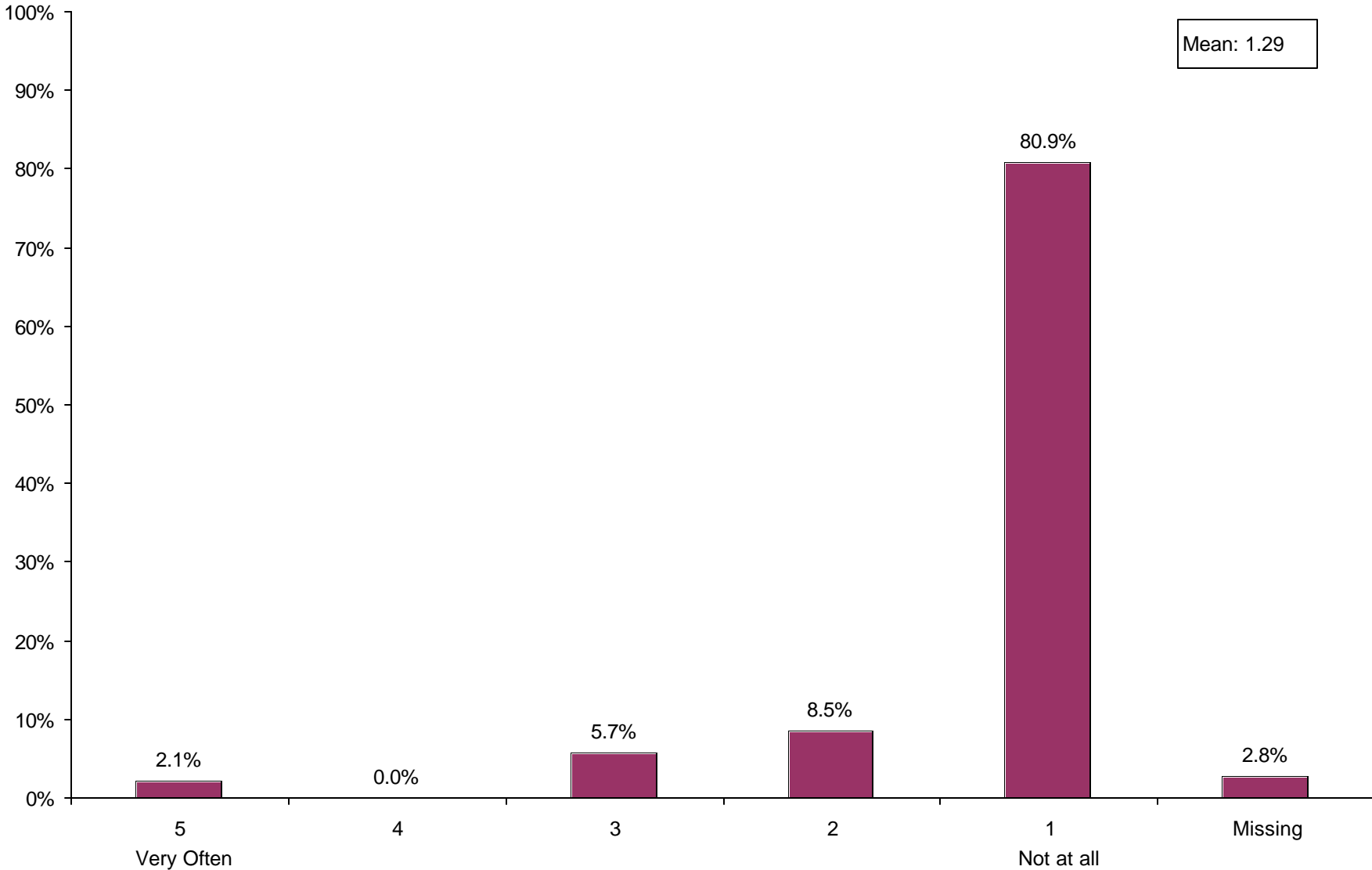


**To what extent is this need (psychological/ counseling services)
being met by services at the College?**

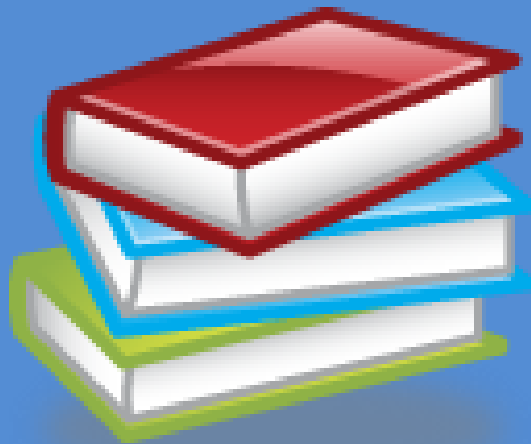
Mean: 2.90



How often have you used Berea College psychological/counseling services?



Counseling and Psychological Services Survey



Completed in Spring 2006

[Click to see survey instrument](#)

Response Rate: 26%

Counseling and Psychological Services Survey Results

(All comments are verbatim, spelling and grammar errors have not been corrected)

Demographics and Response Rate:

An initial e-mail invitation was sent to Students on February 7. A reminder went out February 9 and a final thank you/invitation was sent on February 14. These e-mails were supplemented by word-of-mouth encouragement from residence hall staff members. A total of 396 responses were received. This is 26% of the 1,523 degree-seeking students. An additional 26 students logged on and completed only the demographics portion of the survey. These 26 students are not included in the any of the results below.

1. Gender

Male	111	(28%)
Female	285	(72%)

2. Race (Check all that apply)

White	313	(79%)
African-American	48	(12%)
Hispanic	10	(3%)
Asian or Pacific Islander	8	(2%)
American Indian or Alaskan Native	23	(6%)
Other	20	(5%)
Prefer not to Respond	26	(7%)
Missing	1	(<1%)

3. Classification:

Freshman	123	(31%)
Sophomore	103	(26%)
Junior	77	(19%)
Senior	93	(24%)

4. Are you a U.S. Citizen?

Yes	373	(94%)
No	21	(5%)
Missing	2	(1%)

5. What is your approximate college gpa?

3.20
(30 students indicated "none")

6. What is your primary major?

Agriculture/Natural Resources	12	(3%)
Art	17	(4%)
Biology	26	(7%)
Business Administration	29	(7%)
Chemistry	6	(2%)
Child and Family Studies	36	(9%)
Economics	2	(1%)
Education Studies	19	(5%)
Elementary Education	8	(2%)
English	15	(4%)
French	1	(<1%)
German	2	(1%)
History	13	(3%)
Independent	9	(2%)
Mathematics	7	(2%)
Music	5	(1%)
Nursing	24	(6%)
Philosophy	4	(1%)
Physical Education	9	(2%)
Political Science	12	(3%)
Psychology	39	(10%)
Religion	9	(2%)
Sociology	17	(4%)
Spanish	7	(2%)
Speech Communication	9	(2%)
Technology/Industrial Arts	17	(4%)
Theatre	6	(2%)
Women's Studies	4	(1%)
Undecided/Undeclared	29	(7%)

Counseling and Psychological Services Survey Results

(All comments are verbatim, spelling and grammar errors have not been corrected)

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Theatre	6	(2%)
Women's Studies	4	(1%)
Undecided/Undeclared	29	(7%)

Counseling and Psychological Services Survey Results
 (All comments are verbatim, spelling and grammar errors have not been corrected)

7. Please indicate the extent to which each of the following is a PERSONAL PROBLEM FOR YOU currently:

	To a great extent 5	4	3	2	Not at all 1	Missing	Mean
Choosing/changing a major	25 (6.3%)	37 (9.3%)	42 (10.6%)	67 (16.9%)	224 (56.6%)	1 (0.3%)	1.92
Conflict with parents about choice of major	9 (2.3%)	9 (2.3%)	15 (3.8%)	35 (8.8%)	327 (82.6%)	1 (0.3%)	1.32
Identifying a career	47 (11.9%)	80 (20.2%)	113 (28.5%)	58 (14.6%)	80 (20.2%)	18 (4.5%)	2.88
Feeling overwhelmed with all you have to do	111 (28.0%)	123 (31.1%)	93 (23.5%)	53 (13.4%)	14 (3.5%)	2 (0.5%)	3.67
Adjusting to college (being on your own)	17 (4.3%)	30 (7.6%)	50 (12.6%)	100 (25.3%)	198 (50.0%)	1 (0.3%)	1.91
Decision-making	22 (5.6%)	71 (17.9%)	125 (31.6%)	90 (22.7%)	87 (22.0%)	1 (0.3%)	2.62
Test anxiety	41 (10.4%)	81 (20.5%)	107 (27.0%)	99 (25.0%)	67 (16.9%)	1 (0.3%)	2.82
Study habits	53 (13.4%)	94 (23.7%)	114 (28.8%)	95 (24.0%)	38 (9.6%)	2 (0.5%)	3.07
Time Management	66 (16.7%)	111 (28.0%)	93 (23.5%)	93 (23.5%)	31 (7.8%)	2 (0.5%)	3.22
Getting motivated	65 (16.4%)	105 (26.5%)	105 (26.5%)	81 (20.5%)	38 (9.6%)	2 (0.5%)	3.20
Academic pressures	65 (16.4%)	117 (29.5%)	102 (25.8%)	78 (19.7%)	32 (8.1%)	2 (0.5%)	3.27
Problems concentrating	78 (19.7%)	93 (23.5%)	86 (21.7%)	93 (23.5%)	43 (10.9%)	3 (0.8%)	3.18
Speech anxiety – excessive nervousness (sweaty palms, stuttering, mind going blank) when asked to speak in front of a group of people	47 (11.9%)	61 (15.4%)	75 (18.9%)	110 (27.8%)	102 (25.8%)	1 (0.3%)	2.60
Math anxiety	43 (10.9%)	43 (10.9%)	65 (16.4%)	82 (20.7%)	160 (40.4%)	3 (0.8%)	2.31
Homesickness	22 (5.6%)	27 (6.8%)	47 (11.9%)	96 (24.2%)	200 (50.5%)	4 (1.0%)	1.92
Loneliness/feeling isolated	45 (11.4%)	70 (17.7%)	77 (19.4%)	102 (25.8%)	102 (25.8%)	0 (0.0%)	2.63
Breakup/loss of a relationship	33 (8.3%)	36 (9.1%)	35 (8.8%)	58 (14.6%)	232 (58.6%)	2 (0.5%)	1.93

Counseling and Psychological Services Survey Results
 (All comments are verbatim, spelling and grammar errors have not been corrected)

7. Please indicate the extent to which each of the following is a PERSONAL PROBLEM FOR YOU currently, (continued)

	To a great extent 5	4	3	2	Not at all 1	Missing	Mean
Relationship with partner/spouse	23 (5.8%)	36 (9.1%)	38 (9.6%)	63 (15.9%)	234 (59.1%)	2 (0.5%)	1.86
Relationship with parents	24 (6.1%)	36 (9.1%)	53 (13.4%)	82 (20.7%)	199 (50.3%)	2 (0.5%)	1.99
Relationship with other family members	17 (4.3%)	25 (6.3%)	56 (14.1%)	89 (22.5%)	205 (51.8%)	4 (1.0%)	1.88
Relationship with friends	15 (3.8%)	29 (7.3%)	68 (17.2%)	121 (30.6%)	161 (40.7%)	2 (0.5%)	2.03
Relationship with roommate	16 (4.0%)	14 (3.5%)	28 (7.1%)	65 (16.4%)	268 (67.7%)	5 (1.3%)	1.58
Relationship with peers	13 (3.3%)	17 (4.3%)	67 (16.9%)	117 (29.5%)	176 (44.4%)	6 (1.5%)	1.91
Being ill at ease with people	14 (3.5%)	36 (9.1%)	74 (18.7%)	104 (26.3%)	161 (40.7%)	7 (1.8%)	2.07
Dating concerns	31 (7.8%)	54 (13.6%)	52 (13.1%)	83 (21.0%)	174 (43.9%)	2 (0.5%)	2.20
Afraid of a close relationship	37 (9.3%)	44 (11.1%)	46 (11.6%)	58 (14.6%)	205 (51.8%)	6 (1.5%)	2.10
Communication skills (able to say what you truly feel and think to others)	28 (7.1%)	67 (16.9%)	85 (21.5%)	98 (24.7%)	115 (29.0%)	3 (0.8%)	2.48
Dealing with anger	30 (7.6%)	43 (10.9%)	77 (19.4%)	106 (26.8%)	135 (34.1%)	5 (1.3%)	2.30
Perfectionism (no matter how well you do, it's not good enough)	50 (12.6%)	83 (21.0%)	75 (18.9%)	82 (20.7%)	102 (25.8%)	4 (1.0%)	2.74
Tendency to be insulting to others	9 (2.3%)	35 (8.8%)	78 (19.7%)	108 (27.3%)	164 (41.4%)	2 (0.5%)	2.03
Tendency to be overly negative	29 (7.3%)	44 (11.1%)	72 (18.2%)	106 (26.8%)	140 (35.4%)	5 (1.3%)	2.27
Death of a friend or loved one	24 (6.1%)	22 (5.6%)	20 (5.1%)	47 (11.9%)	280 (70.7%)	2 (0.8%)	1.63
Smoking cigarettes	19 (4.8%)	7 (1.8%)	9 (2.3%)	17 (4.3%)	340 (85.9%)	4 (1.0%)	1.34
Drinking too much wine, liquor, or beer	9 (2.3%)	10 (2.5%)	23 (5.8%)	36 (9.1%)	315 (79.5%)	3 (0.8%)	1.38
Using illegal drugs	3 (0.8%)	5 (1.3%)	7 (1.8%)	20 (5.1%)	358 (90.4%)	3 (0.8%)	1.16
Abuse of prescription drugs	4 (1.0%)	1 (0.3%)	3 (0.8%)	11 (2.8%)	374 (94.4%)	3 (0.8%)	1.09

Counseling and Psychological Services Survey Results
 (All comments are verbatim, spelling and grammar errors have not been corrected)

7. Please indicate the extent to which each of the following is a PERSONAL PROBLEM FOR YOU currently, (continued)

	To a great extent 5	4	3	2	Not at all 1	Missing	Mean
Bingeing (overeating, followed by efforts to get rid of the food by overexercising, vomiting, laxatives, etc.)	8 (2.0%)	12 (3.0%)	17 (4.3%)	20 (5.1%)	336 (84.8%)	3 (0.8%)	1.31
Dieting to reduce weight (counting calories, restricting food intake, following one of the popular diet plans such as low carb)	20 (5.1%)	25 (6.3%)	56 (14.1%)	41 (10.4%)	251 (63.4%)	3 (0.8%)	1.78
Weight problems	41 (10.4%)	58 (14.6%)	61 (15.4%)	86 (21.7%)	144 (36.4%)	6 (1.5%)	2.40
Bulimia (intentionally vomiting, overexercising, using laxatives to get rid of food/calories)	4 (1.0%)	5 (1.3%)	7 (1.8%)	6 (1.5%)	371 (93.7%)	3 (0.8%)	1.13
Anorexia (restricting your eating – eating very little or only very specific “safe” foods)	2 (0.5%)	8 (2.0%)	11 (2.8%)	15 (3.8%)	357 (90.2%)	3 (0.8%)	1.18
Physical handicap or disability	3 (0.8%)	6 (1.5%)	6 (1.5%)	18 (4.5%)	357 (90.2%)	6 (1.5%)	1.15
Pregnancy (yours or hers)	2 (0.5%)	2 (0.5%)	4 (1.0%)	5 (1.3%)	380 (96.0%)	3 (0.8%)	1.07
Sleep problems	28 (7.1%)	63 (15.9%)	64 (16.2%)	85 (21.5%)	152 (38.4%)	4 (1.0%)	2.31
Depression	43 (10.9%)	42 (10.6%)	60 (15.2%)	78 (19.7%)	169 (42.7%)	4 (1.0%)	2.27
Anxiety or tension	52 (13.1%)	70 (17.7%)	68 (17.2%)	94 (23.7%)	109 (27.5%)	3 (0.8%)	2.65
Worrying too much	72 (18.2%)	73 (18.4%)	88 (22.2%)	89 (22.5%)	70 (17.7%)	4 (1.0%)	2.97
Stress	94 (23.7%)	90 (22.7%)	91 (23.0%)	77 (19.4%)	42 (10.6%)	2 (0.5%)	3.30
Feeling unworthy or inferior	53 (13.4%)	51 (12.9%)	64 (16.2%)	91 (23.0%)	131 (33.1%)	6 (1.5%)	2.50
Unhappy much of the time	27 (6.8%)	46 (11.6%)	57 (14.4%)	95 (24.0%)	168 (42.4%)	3 (0.8%)	2.16

Counseling and Psychological Services Survey Results
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7. Please indicate the extent to which each of the following is a PERSONAL PROBLEM FOR YOU currently, (continued)

	To a great extent 5	4	3	2	Not at all 1	Missing	Mean
Thoughts of suicide	9 (2.3%)	13 (3.3%)	24 (6.1%)	37 (9.3%)	308 (77.8%)	5 (1.3%)	1.41
Thoughts of harming others	3 (0.8%)	6 (1.5%)	20 (5.1%)	37 (9.3%)	323 (81.6%)	7 (1.8%)	1.28
Current verbal/emotional abuse	2 (0.5%)	9 (2.3%)	21 (5.3%)	48 (12.1%)	309 (78.0%)	7 (1.8%)	1.32
Past verbal/emotional abuse	25 (6.3%)	34 (8.6%)	41 (10.4%)	65 (16.4%)	224 (56.6%)	7 (1.8%)	1.90
Current physical abuse	1 (0.3%)	0 (0.0%)	2 (0.5%)	7 (1.8%)	381 (96.2%)	5 (1.3%)	1.04
Past physical abuse	14 (3.5%)	11 (2.8%)	9 (2.3%)	25 (6.3%)	329 (83.1%)	8 (2.0%)	1.34
Current sexual abuse	1 (0.3%)	0 (0.0%)	4 (1.0%)	3 (0.8%)	382 (96.5%)	6 (1.5%)	1.04
Past sexual abuse	17 (4.3%)	15 (3.8%)	18 (4.5%)	24 (6.1%)	317 (80.1%)	5 (1.3%)	1.44
Date rape	4 (1.0%)	3 (0.8%)	2 (0.5%)	5 (1.3%)	375 (94.7%)	7 (1.8%)	1.09
Rape/sexual assault (other than date rape)	5 (1.3%)	1 (0.3%)	3 (0.8%)	11 (2.8%)	370 (93.4%)	6 (1.5%)	1.10
Deliberate self-inflicted injuries	10 (2.5%)	8 (2.0%)	9 (2.3%)	22 (5.6%)	342 (86.4%)	5 (1.3%)	1.27
Identifying sexual orientation	5 (1.3%)	8 (2.0%)	9 (2.3%)	20 (5.1%)	346 (87.4%)	8 (2.0%)	1.21
Discrimination based on race, gender, sexual orientation, etc.	11 (2.8%)	12 (3.0%)	22 (5.6%)	48 (12.1%)	298 (75.3%)	5 (1.3%)	1.44
Sexually transmitted disease(s)	1 (0.3%)	4 (1.0%)	6 (1.5%)	18 (4.5%)	361 (91.2%)	6 (1.5%)	1.12
Arrest or legal problems	3 (0.8%)	1 (0.3%)	4 (1.0%)	6 (1.5%)	376 (94.9%)	6 (1.5%)	1.07
Physical assault	1 (0.3%)	1 (0.3%)	0 (0.0%)	2 (0.5%)	387 (97.7%)	5 (1.3%)	1.02

Counseling and Psychological Services Survey Results
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7. Please indicate the extent to which each of the following is a PERSONAL PROBLEM FOR YOU currently, (continued)

	To a great extent 5	4	3	2	Not at all 1	Missing	Mean
Financial difficulties	78 (19.7%)	92 (23.2%)	98 (24.7%)	83 (21.0%)	43 (10.9%)	2 (0.5%)	3.20
Managing your money	37 (9.3%)	68 (17.2%)	91 (23.0%)	109 (27.5%)	88 (22.2%)	3 (0.8%)	2.64
Over-involved or controlling parents	17 (4.3%)	14 (3.5%)	23 (5.8%)	58 (14.6%)	280 (70.7%)	4 (1.0%)	1.55
Personal experience with racism	11 (2.8%)	14 (3.5%)	19 (4.8%)	58 (14.6%)	289 (73.0%)	5 (1.3%)	1.47
Lack of nurturing parent as a child	18 (4.5%)	15 (3.8%)	38 (9.6%)	42 (10.6%)	279 (70.5%)	4 (1.0%)	1.60
Troubled or lack of relationship with a parent	33 (8.3%)	34 (8.6%)	60 (15.2%)	53 (13.4%)	212 (53.5%)	4 (1.0%)	2.04
A diagnosed learning disability	2 (0.5%)	8 (2.0%)	8 (2.0%)	11 (2.8%)	363 (91.7%)	4 (1.0%)	1.15
A suspicion of a learning disability	11 (2.8%)	14 (3.5%)	25 (6.3%)	31 (7.8%)	312 (78.8%)	3 (0.8%)	1.42
Other, please describe or explain below.	21 (5.3%)	15 (3.8%)	4 (1.0%)	6 (1.5%)	280 (70.7%)	70 (17.7%)	1.44

ACT Alumni Survey

(Graduates two years after graduation)



[Click to see survey instruments](#)

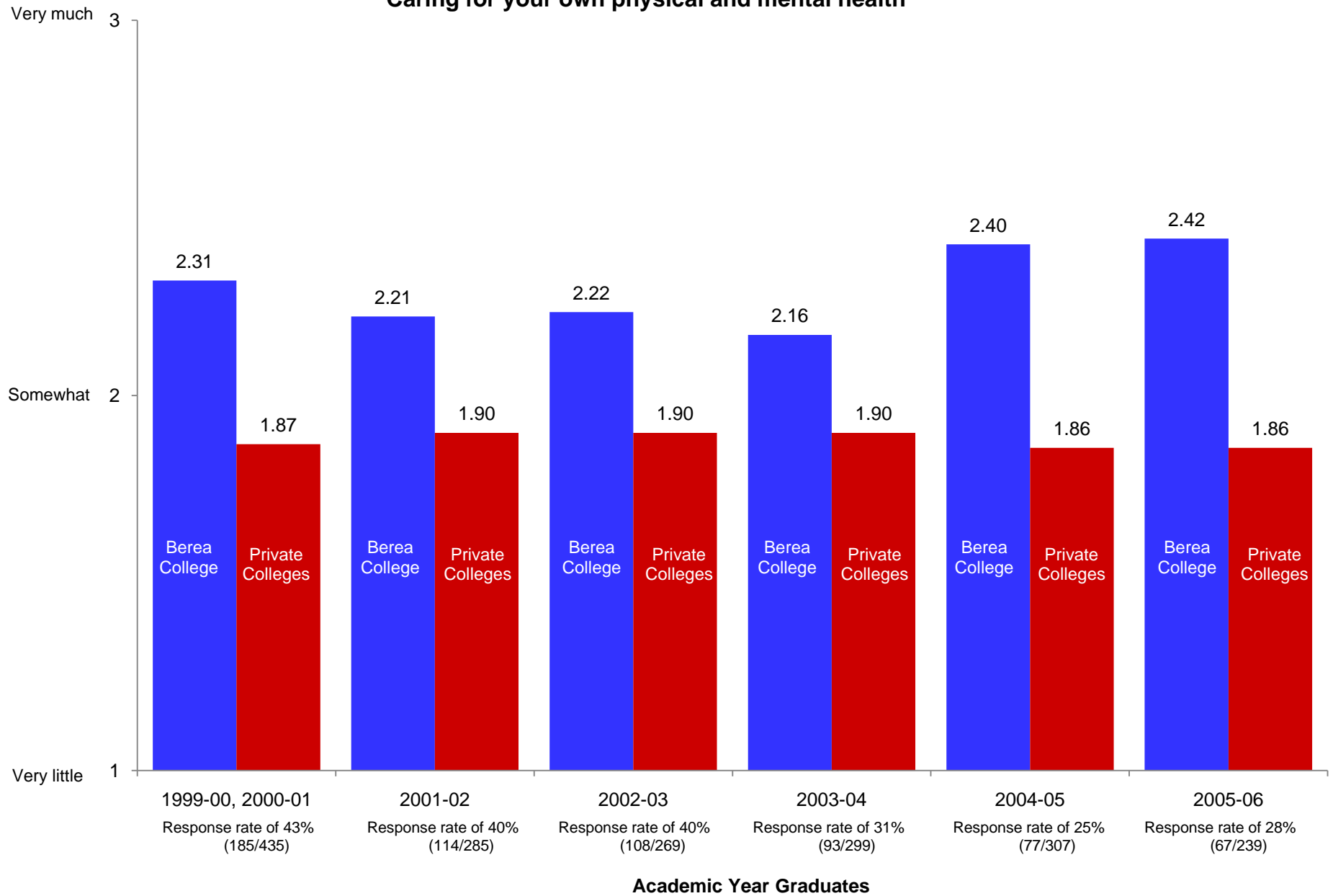
Response Rates:

1999-00/2000-01	43% (185/435)	2001-02	40% (115/285)
2002-03	40% (108/269)	2003-04	31% (93/299)
2004-05	25% (77/304)	2005-06	28% (67/239)

How much did your education at this college contribute to your personal growth in each of the following areas?

ACT Alumni Survey
Administered to graduates two years after graduation

Caring for your own physical and mental health



NOTE: 1999-00 and 2000-01 graduates were surveyed at the same time and their results were combined.

ACA Appalachian Region Alumni Outcomes Survey

(1974-76, 1984-86, 1994-96 Graduates)



[Click to see survey instruments](#)

Response Rate: 42%

2000 ACA Alumni Survey
BEREA COLLEGE
ADDITIONAL QUESTIONS 1-15

DIRECTIONS: Respond to the questions below by marking **ONLY ONE** response for each beginning with Question 1, on the *ACA Alumni Survey* form.

For items 1-13, use the following scale.

- A. **Strongly agree**
- B. **Agree**
- C. **Neither agree or disagree**
- D. **Disagree**
- E. **Strongly disagree**

1. My overall educational cost was decreased by work/labor program participation.
 2. Participation in the work/labor program increased my ability to continue my education after graduation.
 3. Participation in the work/labor program increased my ability to participate in community service after graduation.
 4. I believe my experience in the college work/labor program helped me to understand the importance of providing community service after college.
 5. The Berea College labor program positively influenced my later work life.
 6. The Berea College convocations program positively influenced my later interest in various cultural and other intellectual pursuits.
 7. My overall experience at Berea College influenced me positively in regard to serving my community.
 8. My overall experience at Berea College has contributed to a generally positive view of life.
 9. Compared to my co-workers who have college degrees, I believe my education at Berea better prepared me for my work.
 10. My Berea College experience helped me to _ develop an appreciation of and respect for the experiences of others, especially in terms of race, gender, religion, language, class, cultures, and societies.
 11. It was important to my decision to attend Berea College that it had a Christian self-understanding that welcomes "all people of the earth."
 12. My Berea College experience helped me to _ strengthen my ethical, religious and/or spiritual consciousness.
 13. My Berea College experience helped me to _ develop the intellectual ability to address complex problems from multiple disciplines and perspectives.
-

14. What is your perception of Berea College in terms of the financial need of the institution in supporting the students it serves?

- A. Berea College needs my support no matter how large or small an amount I could give.
- B. Berea College does not need my support unless I could give a large amount.
- C. Because of other funding sources, Berea College does not need support from me at all.

15. What would encourage you to increase your level of support or begin to support the College financially?

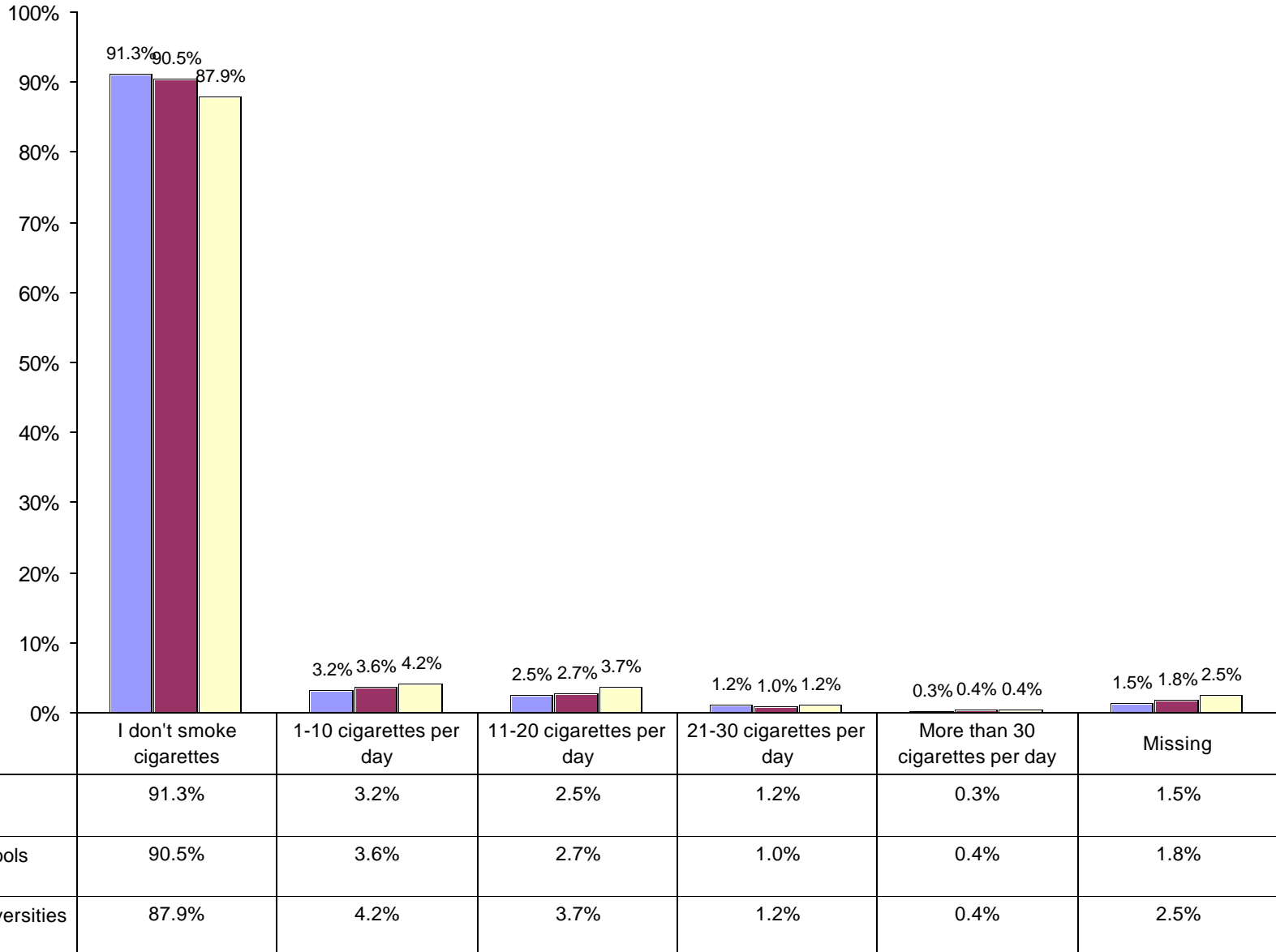
- A. A personal note from someone I knew at Berea (a teacher, labor supervisor, etc.)
- B. A news story that described the need of the College and how it allocates its money.
- C. I don't know.

Thank you!

Please discard this sheet of additional questions after you have completed the survey. Do not return with your survey.

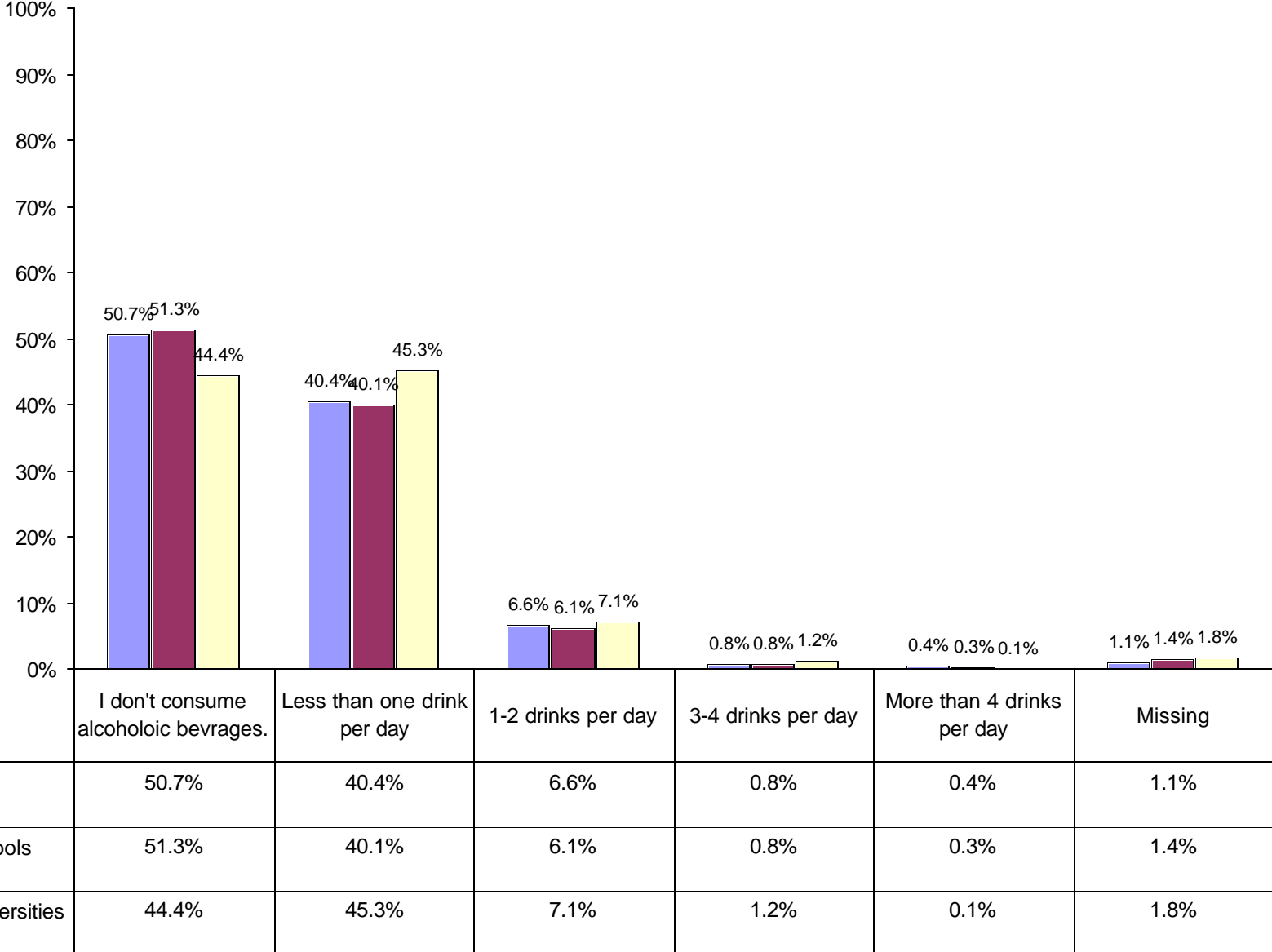
ACA Appalachian Region Alumni Survey (1974-76, 1984-86, 1994-96 Alumni)

How frequently do you smoke cigarettes?



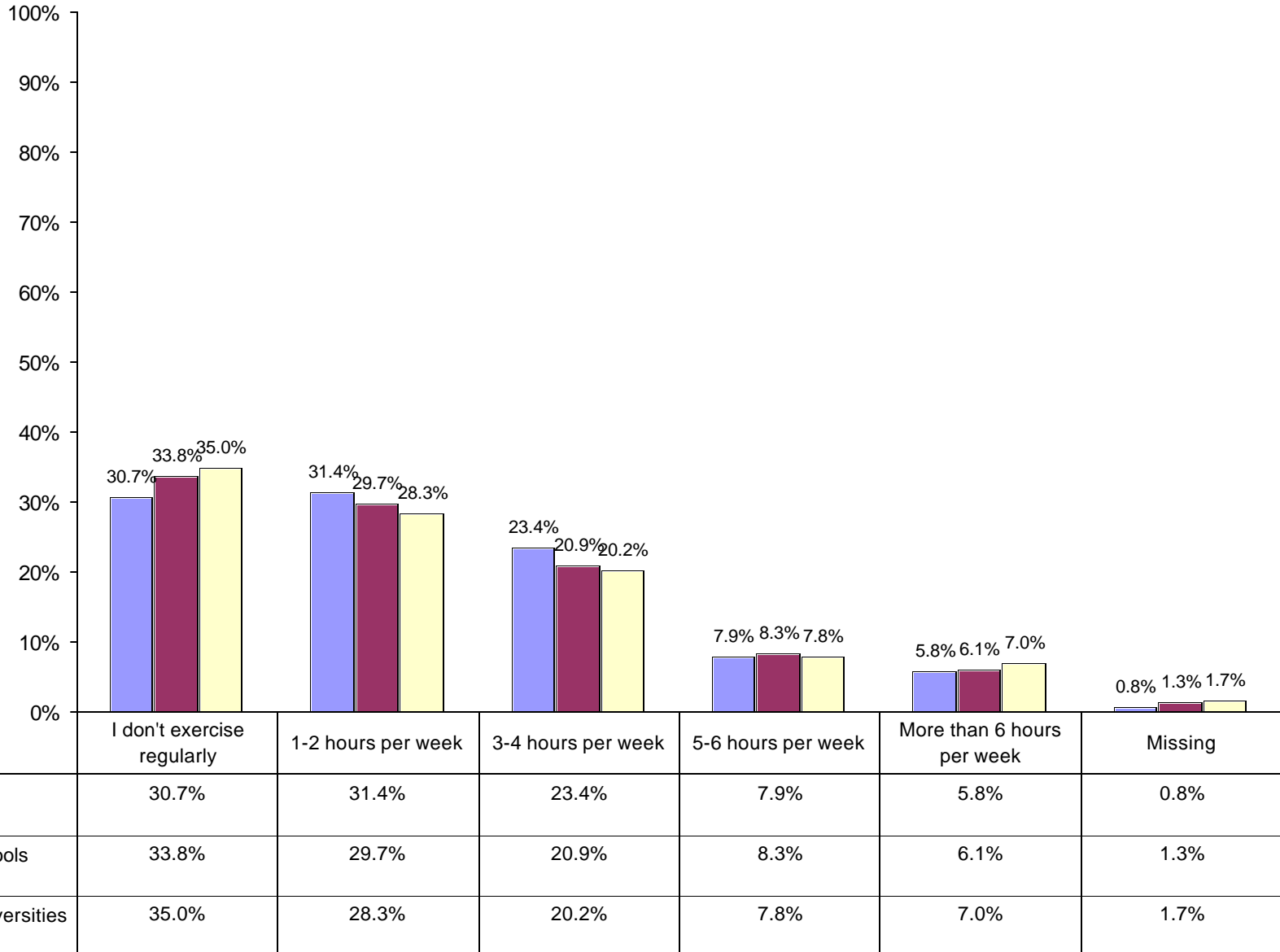
ACA Appalachian Region Alumni Survey (1974-76, 1984-86, 1994-96 Alumni)

How frequently do you consume alcoholic beverages (i.e. beer, wine, hard liquor)?

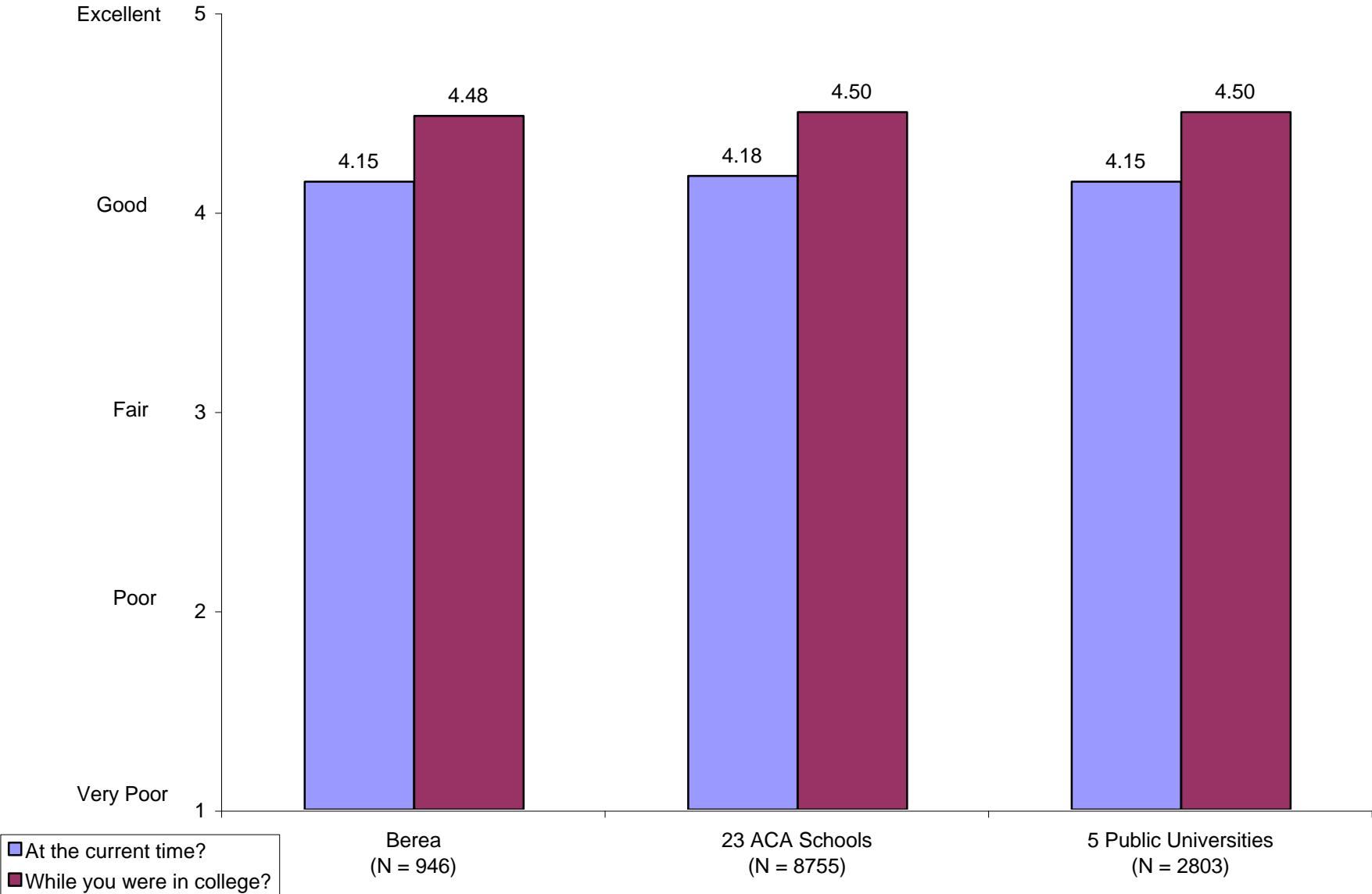


ACA Appalachian Region Alumni Survey (1974-76, 1984-86, 1994-96 Alumni)

How frequently do you engage in aerobic exercise (e.g. running, walking, hiking, swimming)?



Overall, how would you rate your health:



Importance to your current endeavors.

Contribution that your experiences at this college made to your growth.

Developing a healthy lifestyle.

