

Counseling and Psychological Services

Administered Electronically to
All Students

Spring 2006

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%)

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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

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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
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

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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
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

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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

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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