

Health and Wellness

2014 College Senior Survey

In spring 2014, we asked graduating seniors at Case Western Reserve University (CWRU) to participate in the *College Senior Survey*. The survey was administered by the Higher Education Research Institute (HERI) in conjunction with the Office of Planning and Institutional Research. It is a follow-up to *The Freshman Survey* (TFS) which was administered to this cohort in fall of 2010. Of 983¹ potential participants, 33% (n=326)² submitted responses. Their results are compared to students from a comparison group of universities³. Additionally, 154 students completed both the TFS and CSS, allowing us to make comparisons over time⁴. This report provides information about students' experiences with health and wellness on campus.



The full distribution for items is available on the IR website at: <https://www.case.edu/ir/srvyresults/>. All significant differences also include a measure of effect size, Cohen's d. Effect size allows us to estimate the size of the differences between two means⁵. For ease of reference, bulleted items which demonstrate significant differences are italicized.

Risk-Behaviors

These items outline the frequency of certain behaviors that are known to have potentially adverse health consequences. While the majority of items did not indicate any meaningful differences, CWRU students were slightly more likely to report frequent consumption of beer than the comparison group.

- Smoked cigarettes: 1% vs. 3% frequently; ($M=1.15$, $SD=0.40$) vs. ($M=1.20$, $SD=0.47$); No meaningful difference
- *Drank beer: 26% vs. 24% frequently; ($M=2.06$, $SD=0.68$) vs. ($M=1.90$, $SD=0.75$); $d=0.21$, $p<.001$*
- Drank wine or liquor: 25% vs. 24% frequently; ($M=2.08$, $SD=0.64$) vs. ($M=2.00$, $SD=0.70$); No meaningful difference
- Five or more alcohol drinks in a row (10 or more times in the past two weeks): 1% vs. 1% frequently; ($M=1.85$, $SD=1.20$) vs. ($M=1.86$, $SD=1.24$); No meaningful difference

¹ Population n=983: Women=399 (41%), Men=584 (59%); Caucasian=515 (52%), Asian=189 (19%), Black=41 (4%), Hispanic=33 (3%), Other=29 (3%), Unknown=106 (11%), International=70 (7%)

² Sample n=326: Women=166 (51%), Men=160 (49%); Caucasian=184 (56%), Asian=53 (16%), Black=10 (3%), Hispanic=8 (3%), Other=11 (3%), Unknown=42 (13%); International=17 (5%)

³ Pepperdine University, Northeastern University, Fordham University, Texas Christian University and Biola University

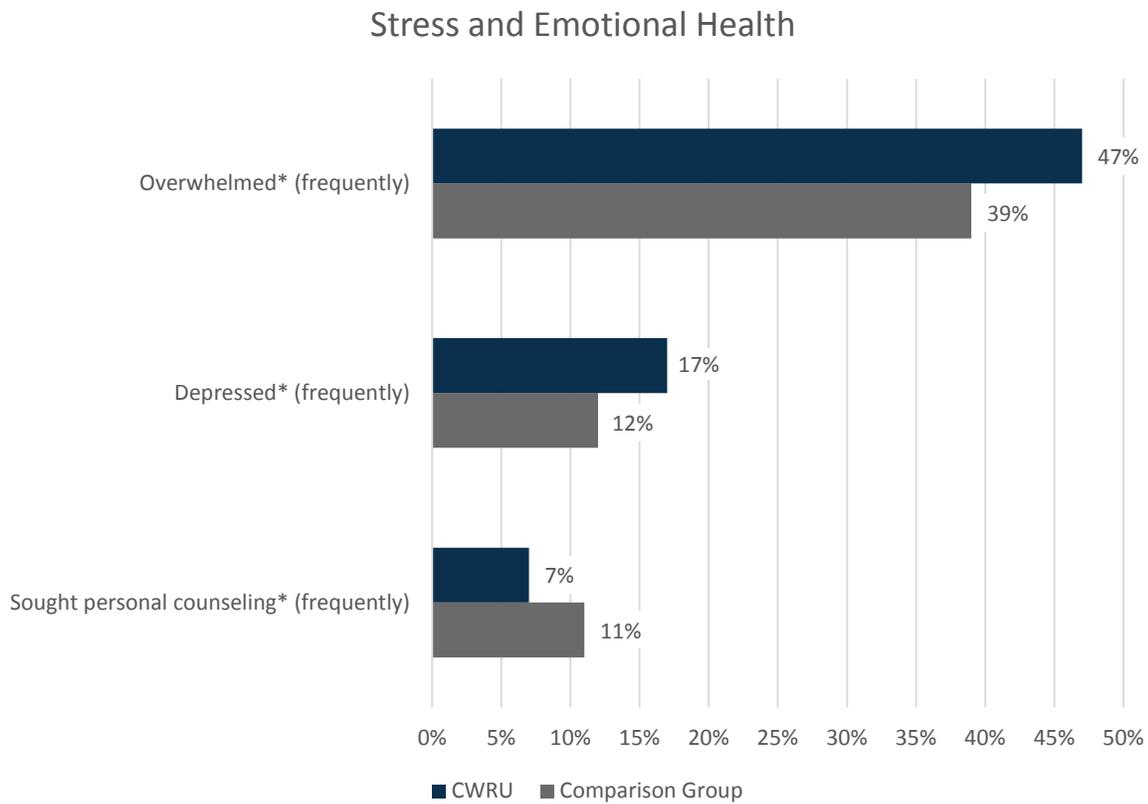
⁴ Longitudinal comparisons examine change in students who completed both TFS and CSS (includes data from 33 non-graduating seniors).

⁵ The effect size is the size of the difference between two means. Cohen's d values were interpreted according to the criteria used by the Indiana University Center for Postsecondary Research: small ~ .1, medium ~ .3, large ~ .5, very large ~ .7. These benchmark criteria were applied unilaterally to both constructs and individual items for simplicity.

Additionally, students were also asked how often they used stimulant medication without a prescription since entering college. Of those students that responded, 94% of CWRU students indicated “not at all” and 6% indicated “occasionally”.

Stress and Emotional Health

Students were asked about items pertaining to stress and emotional health. CWRU students were slightly more likely to report negative states, but were slightly less likely to seek counseling to manage them.



*Slight differences: overwhelmed ($d=0.16$), depressed ($d=0.13$), sought personal counseling ($d=-0.16$)

Services

The following items describe student satisfaction with health and wellness-related services. CWRU students tended to be slightly to moderately less satisfied with these services than the comparison group.

- *Student health services: 10% vs. 15% very satisfied; ($M=2.99, SD=1.19$) vs. ($M=3.38, SD=1.12$); $d=-0.35, p<.001$*
- *Student psychological services: 20% vs. 22% very satisfied; ($M=3.31, SD=1.20$) vs. ($M=3.57, SD=1.08$); $d=-0.24, p<.01$*

Self-Rated Health

In addition to negative states, students were also asked whether they rated themselves as being in the highest 10% relative to persons their age in terms of emotional and physical health. There were no meaningful differences between CWRU students and the comparison group.

- Emotional health: 18% vs. 17% self-rated as highest ten percent; ($M=3.49$, $SD=1.00$) vs. ($M=3.52$, $SD=0.96$); No meaningful difference
- Physical health: 17% vs. 16% self-rated as highest ten percent; ($M=3.57$, $SD=0.93$) vs. ($M=3.56$, $SD=0.87$); No meaningful difference

Work/Life Balance

Students were also asked about how they valued work/life balance. CWRU students reported slightly more time attending classes/labs and studying/doing homework than students at the comparison institutions.

- Exercising/sports (20+ hours/week): 4% vs. 3%; ($M=3.72$, $SD=1.56$) vs. ($M=3.82$, $SD=1.50$); No meaningful difference
- Partying (20+ hours/week): 1% vs. 1%; ($M=2.94$, $SD=1.48$) vs. ($M=2.87$, $SD=1.61$); No meaningful difference
- *Attending classes/labs (20+ hours/week): 8% vs. 6%; ($M=6.02$, $SD=1.15$) vs. ($M=5.87$, $SD=1.12$); $d=0.13$, $p<.05$*
- *Studying/doing homework (20+ hours/week): 20% vs. 12%; ($M=5.82$, $SD=1.52$) vs. ($M=5.47$, $SD=1.43$); $d=0.24$, $p<.001$*

Prepared by Johnny Sams jas32@cwru.edu 216.368.6119
<http://www.case.edu/ir/>