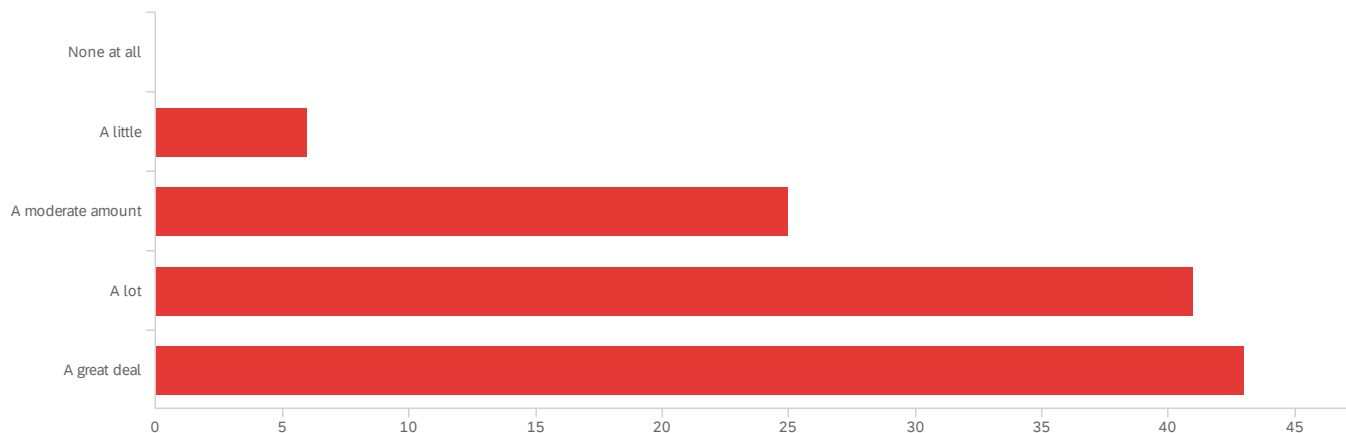


Default Report

Student Feedback: KAN Interactive

May 17, 2023 10:23 AM MDT

Q2 - Thinking back on this semester how much stress did you experience overall?

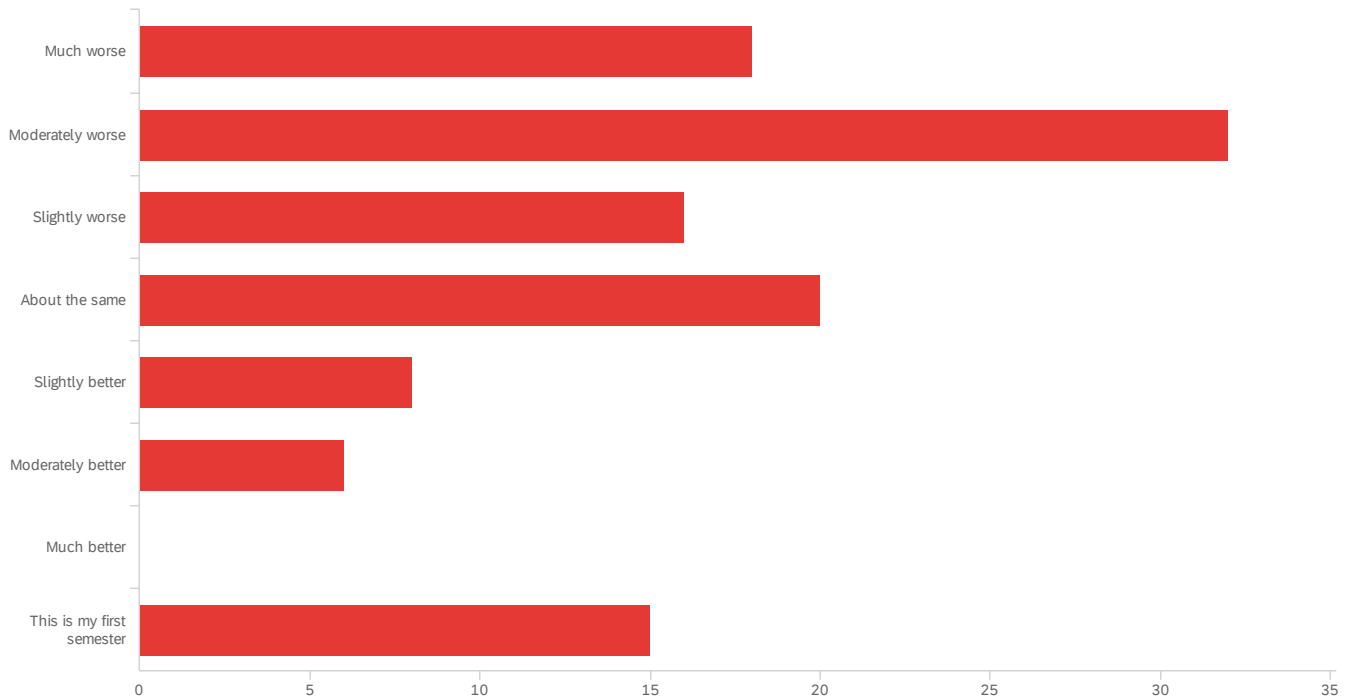


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Thinking back on this semester how much stress did you experience overall?	2.00	5.00	4.05	0.89	0.80	115

#	Field	Choice Count
1	None at all	0.00% 0
2	A little	5.22% 6
3	A moderate amount	21.74% 25
4	A lot	35.65% 41
5	A great deal	37.39% 43
		115

Showing rows 1 - 6 of 6

Q3 - Compared to other semesters the stress was?



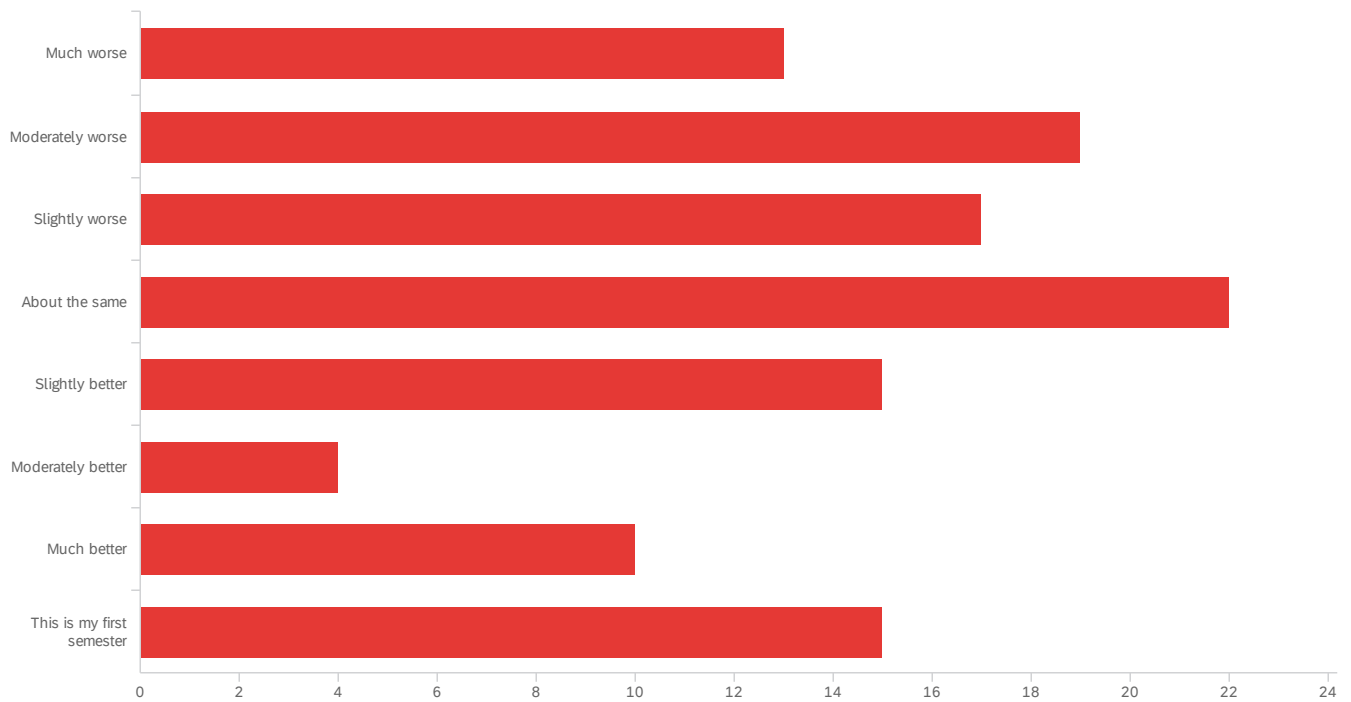
#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Compared to other semesters the stress was?	18.00	25.00	20.53	2.19	4.81	115

#	Field	Choice Count
18	Much worse	15.65% 18
19	Moderately worse	27.83% 32
20	Slightly worse	13.91% 16
21	About the same	17.39% 20
22	Slightly better	6.96% 8
23	Moderately better	5.22% 6
24	Much better	0.00% 0
25	This is my first semester	13.04% 15

115

Q4 - In addition to stress, I also felt symptoms of depression and/or anxiety this semester

Q5 - Compared to other semesters the depression/anxiety was



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Compared to other semesters the depression/anxiety was	6.00	13.00	9.17	2.22	4.94	115

#	Field	Choice Count
6	Much worse	11.30% 13
7	Moderately worse	16.52% 19
8	Slightly worse	14.78% 17
9	About the same	19.13% 22
10	Slightly better	13.04% 15
11	Moderately better	3.48% 4
12	Much better	8.70% 10
13	This is my first semester	13.04% 15

115

Q6 - What is your biggest stressor?

What is your biggest stressor?

Major life events

classes and working

School work

the amounts of school work and honestly not having time to take care of my own mental and physical health.

Time and money

public speaking

Work/sports

Classes

Time management

Assistantship

Alfred

Homework

People

managing basketball and school with covid around

Practices and classes

School

over scheduling

Chemistry

School

academics and athletics

school

Classes

What is your biggest stressor?

Pressure to perform in academics and sports

School

keeping grades up

Friends and the people around me

Writing Assignments (big papers)

Social situations

School

Relationships and school

Friend drama

School

having a lot of online classes

typography I

Managing studies with a part time job is difficult.

Grades, Life After School

Projects submission

Schoolwork

Job search

Taking 19 credits/father's declining health

Future assignments, deadlines, I stress about the future

School

Meeting deadlines after I procrastinate bigger, more intensive assignments

School

Prep for med school

Test taking

What is your biggest stressor?

School work

Putting too much on my plate but also when I have nothing to do.

Having a sick family member and school related stress

Living situation

New environment and in person classes

Schoolwork/taking care of myself

establishing resources of support

school

Stress due to lack of a social life

Same day submissions

Finances

School.

academics/career

Planning for the future

Classes

Deadlines

Balancing school and outside life/work

Work load

Coming back to in person

The fear of losing scholarships if I don't do well and the fear of performing poorly/not making progress in lessons.

The workload of some of my classes

School and grad applications

Private Lesson

Job market

What is your biggest stressor?

Commitment with other group members

Theory

Myself - music

Recording

Workload, performances

A full schedule

Finals

No time no time no time

My voice professor

Aural skills

Future career

Classes and a lack of time to practice

Pressure to succeed

Everything

David

internal concerns

failure, money

Composition

Work

School

overextending myself

Academics/homework

Homework

practicing

What is your biggest stressor?

Coursework

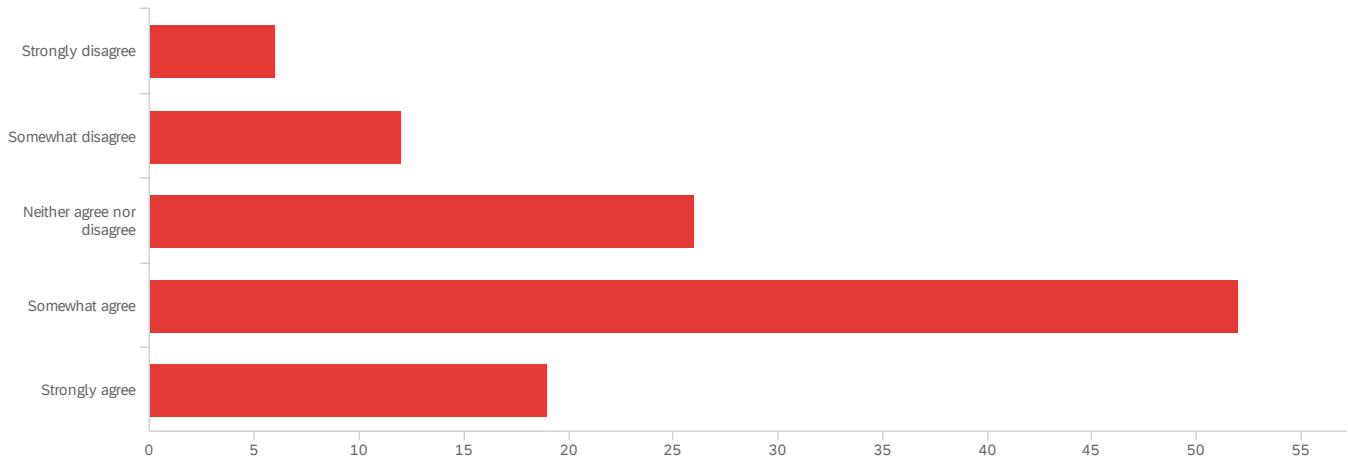
workload

Coordinating work and school

Graduate school applications in addition to normal school duties

Trying to catch up after sickness and injury

Q7 - If I had access to a digital tool with a built in "coach" that helped me find ways to deal with my stress, anxiety or depression I would use it

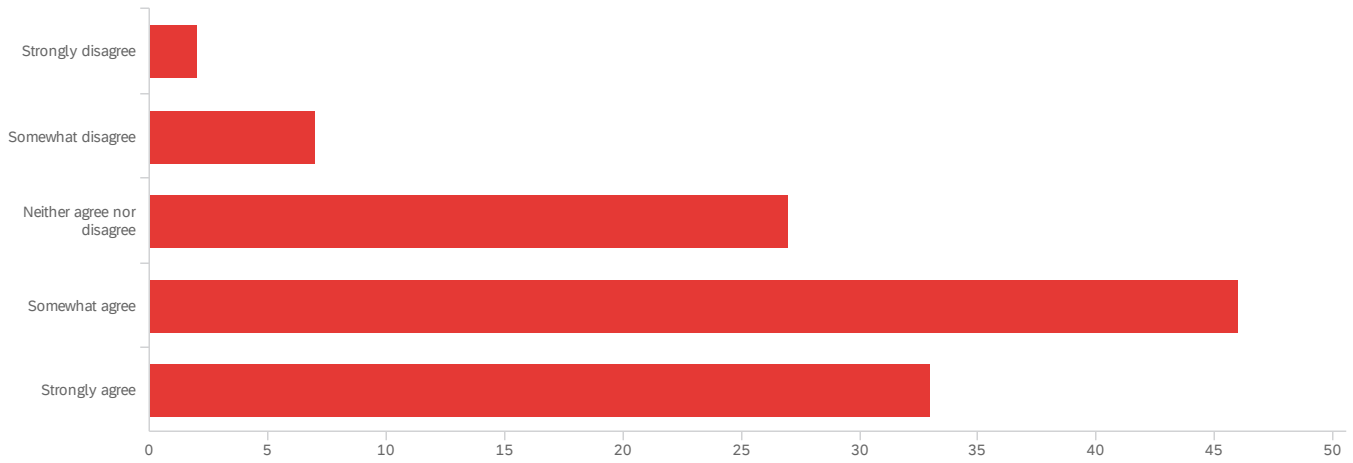


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	If I had access to a digital tool with a built in "coach" that helped me find ways to deal with my stress, anxiety or depression I would use it	1.00	5.00	3.57	1.05	1.10	115

#	Field	Choice Count
1	Strongly disagree	5.22% 6
2	Somewhat disagree	10.43% 12
3	Neither agree nor disagree	22.61% 26
4	Somewhat agree	45.22% 52
5	Strongly agree	16.52% 19
		115

Showing rows 1 - 6 of 6

Q8 - If my College/University provided me a digital tool to deal with my stress, I would feel cared about



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	If my College/University provided me a digital tool to deal with my stress, I would feel cared about	1.00	5.00	3.88	0.95	0.91	115

#	Field	Choice Count
1	Strongly disagree	1.74% 2
2	Somewhat disagree	6.09% 7
3	Neither agree nor disagree	23.48% 27
4	Somewhat agree	40.00% 46
5	Strongly agree	28.70% 33
		115

Showing rows 1 - 6 of 6

Q9 - If there was a digital tool to help me navigate the stressors of being a college student, I would want it to have.....

If there was a digital tool to help me navigate the stressors of being a co...

Resources to help other than what is found on campus (psychologists and therapists). Support for students in minorities. Opportunities for scholarships (or links to help apply to them).

Cool relaxing sounds of beach waves

ways and tips to deal with depression, anxiety, stress and who you could reach out/get in contact/resources to help me and others feel like we are trapped in this bubble of stress.

motivational quotes or phrases throughout the day.

Not sure

Daily journal logs Ideas other than meditation Daily mood scales

Practical advice and daily tips

an easy to navigate interface, something i could connect my google account to so i can continue to use it after I graduate, lots of colors. The modernization of apps and buildings is depressing, colors are fun

Breathing excersizes and quotes , ratings for the day of stress levels, and more helpful tips

Ability to trust it

Probably not, reducing the amount of work I have is the only thing that would help me

coping mechanisms, a way to be in contact with someone if I am struggling

Yup

Different resources to reach out to. Academic, advising, psychological

A way to show me that I won't derail my life plans just because I failed an exam. Like statistics about grades and getting jobs/into graduate schools

a music component

Some sense of community to where I can find other people who are also struggling with me

Grounding techniques, mindfulness, executive functioning tips

Something to give me incentive to use it. Sometimes wanting to feel better isn't enough.

A real person instead. A digital tool would be an initial thing to go to, but ultimately not enough to completely help. Human element is huge.

If there was a digital tool to help me navigate the stressors of being a co...

dark mode

dark mode

A smart audio feature like Siri or Alexa so I don't have to enter in details by filling out forms; instead I could just talk to the tool.

Meditation session/ follow along (a short one) Motivational quotes

Ways that would force me to take care of myself instead of just ignoring my body and working all the time.

On-demand access, convenient interface

A way to help plan out my semester/week.

anxiety reduction methods, time management skills

App on phone, reminders/notifications

Maybe time management tips or an easy way to maintain a schedule

Meditation videos Rewards for getting things done

An organizing feature to plan daily activities with a reminded function

Ways to depress stress and manage it.

Daily reminders. Tips to better myself and be less stressed as well as feel better overall

Balancing tools

For free and easy to access

Study tools, self care methods, advice for living on your own, preparation for college and grad school, mental health resources

meditational positive affirmations as notifications in the morning

The kind of information that everyone expects you to know but no one actually tells you.

journaling functions encouragement notes reminders like "take a break" and "drink some water"

I would like for it to have access to a professional that can guide me to where to begin solving the problem

Daily, maybe even hourly, check ins/ reminders specific to the classes, activities, or projects you have.

Schedule/planner/time management

Maybe a time management feature? An easy way to plan out tasks

If there was a digital tool to help me navigate the stressors of being a co...

Time management help and know when to take a break

Meditation practices, resources for mental illness, contacts at the school for people I could talk too, and affirmations.

Meditation and breathing

Meditations Interactive distractions

Access Resources

Sleep facilitator

More spaces to just relax

Recorded voice therapy thing... like the app headspace. Daily affirmations

Time management recourses, mental health help

Smooth interphase

I would want it to inform teacher on how we are doing.

Not sure

Cat pictures

Pictures of puppies

Ability for me to find a person to chat with

Therapist Access

Yes

S heduling and time management helpers

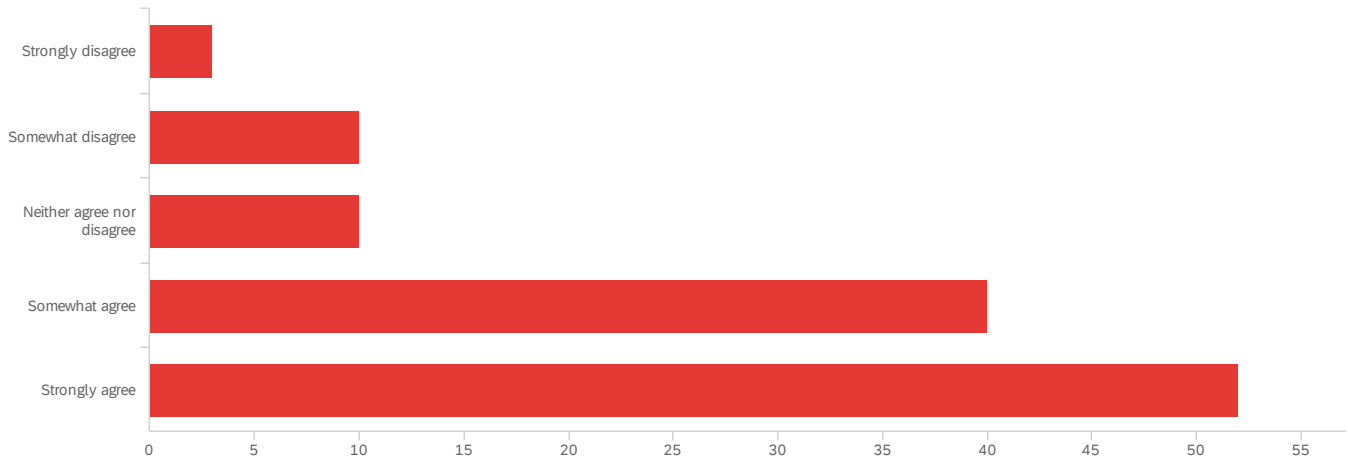
games

a way to discuss what I am stressed about, and how to cope with them.

Prior to attending college to know what to expect. You can't avoid the stressors, you can only be informed about them so you know roughly what to expect.

Sleep aid, meditation

Q13 - When dealing with stressors, I know I can count on my friends or family to support me

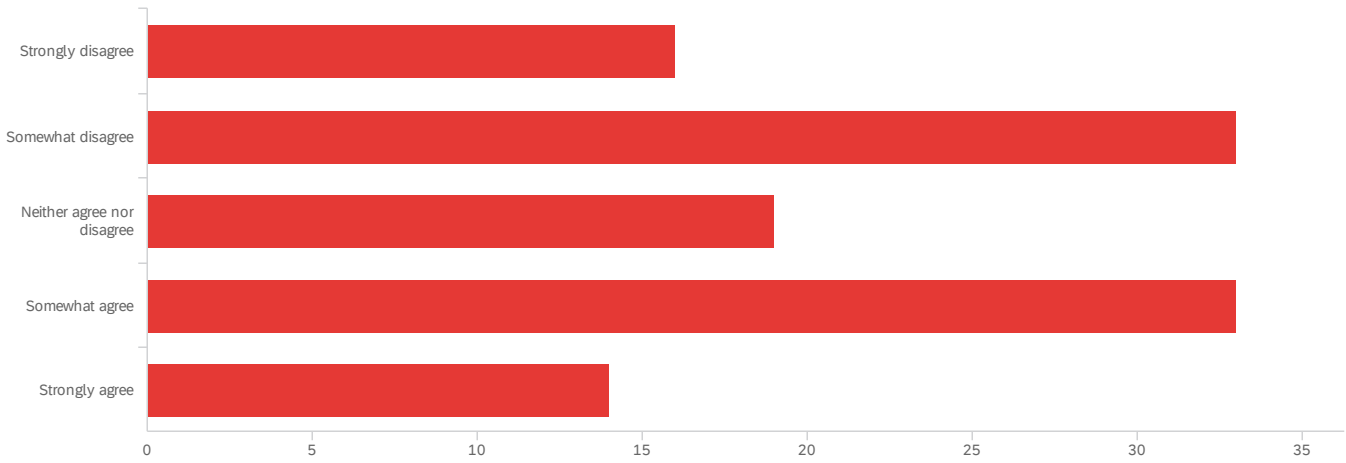


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	When dealing with stressors, I know I can count on my friends or family to support me	1.00	5.00	4.11	1.05	1.11	115

#	Field	Choice Count
1	Strongly disagree	2.61% 3
2	Somewhat disagree	8.70% 10
3	Neither agree nor disagree	8.70% 10
4	Somewhat agree	34.78% 40
5	Strongly agree	45.22% 52
		115

Showing rows 1 - 6 of 6

Q14 - When I can't go to my friends/family or when they aren't able to help, I am willing to contact on-campus counseling or student support services for help

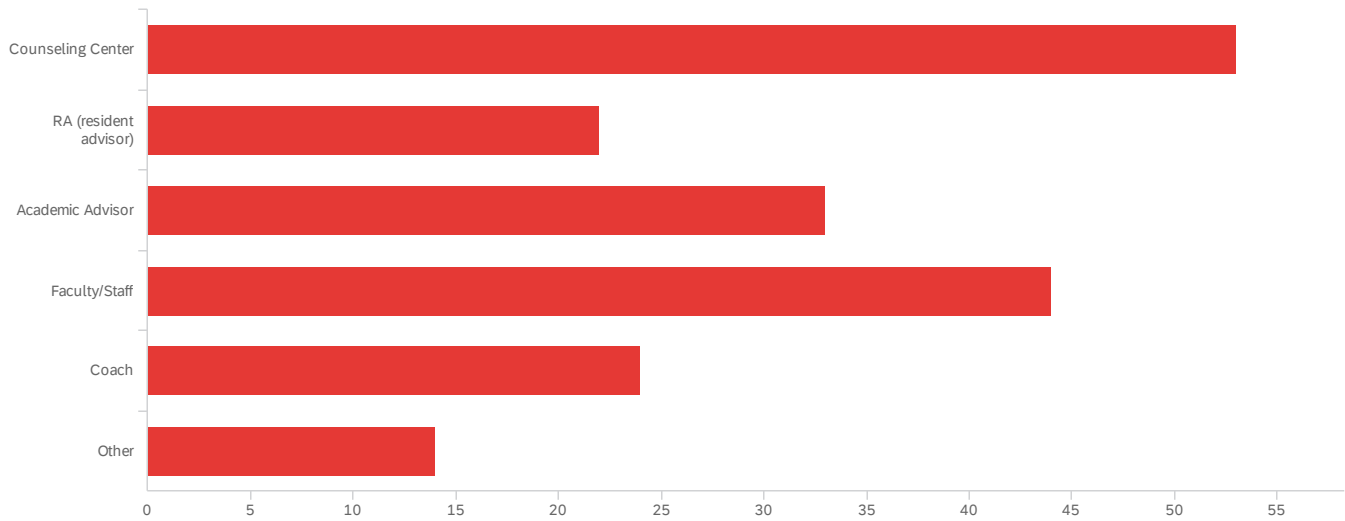


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	When I can't go to my friends/family or when they aren't able to help, I am willing to contact on-campus counseling or student support services for help	1.00	5.00	2.97	1.27	1.62	115

#	Field	Choice	Count
1	Strongly disagree	13.91%	16
2	Somewhat disagree	28.70%	33
3	Neither agree nor disagree	16.52%	19
4	Somewhat agree	28.70%	33
5	Strongly agree	12.17%	14
			115

Showing rows 1 - 6 of 6

Q15 - Who would you feel comfortable contacting? (please check all that apply)



#	Field	Choice Count
1	Counseling Center	27.89% 53
2	RA (resident advisor)	11.58% 22
3	Academic Advisor	17.37% 33
4	Faculty/Staff	23.16% 44
5	Coach	12.63% 24
6	Other	7.37% 14

190

Showing rows 1 - 7 of 7

Q15_6_TEXT - Other

Other

Family and friends

My family

None

Non Geneseo affiliated healthcare

Outside resource such as a therapist

My studio teacher

Other

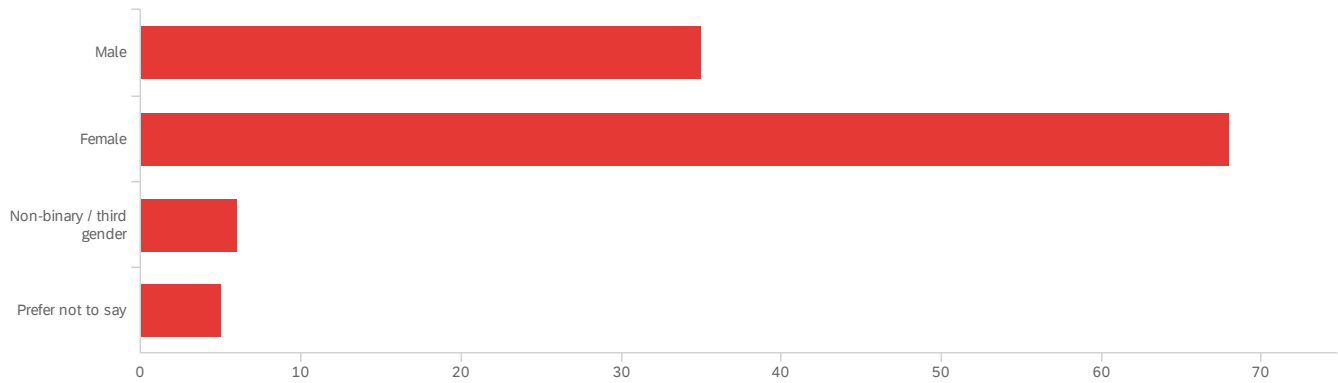
Friend

Girlfriend

none

Voice teacher

Q11 - Now we would like to know a little bit about you, what is your Gender Identity



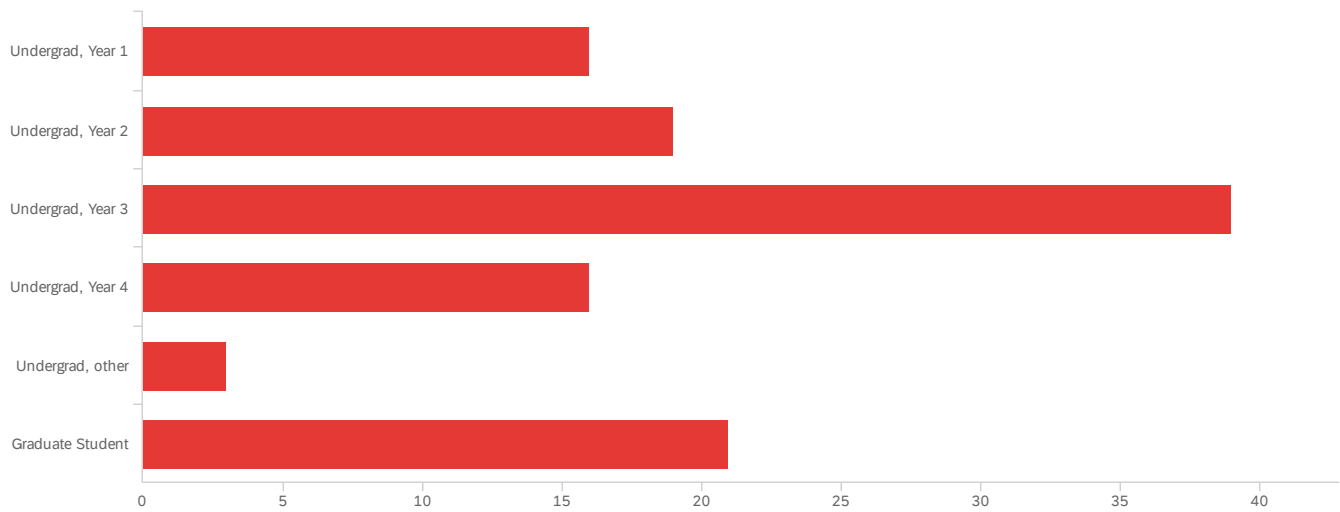
#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Now we would like to know a little bit about you, what is your Gender Identity	1.00	4.00	1.83	0.71	0.51	114

#	Field	Choice Count
1	Male	30.70% 35
2	Female	59.65% 68
3	Non-binary / third gender	5.26% 6
4	Prefer not to say	4.39% 5

114

Showing rows 1 - 5 of 5

Q12 - What year of study are you?



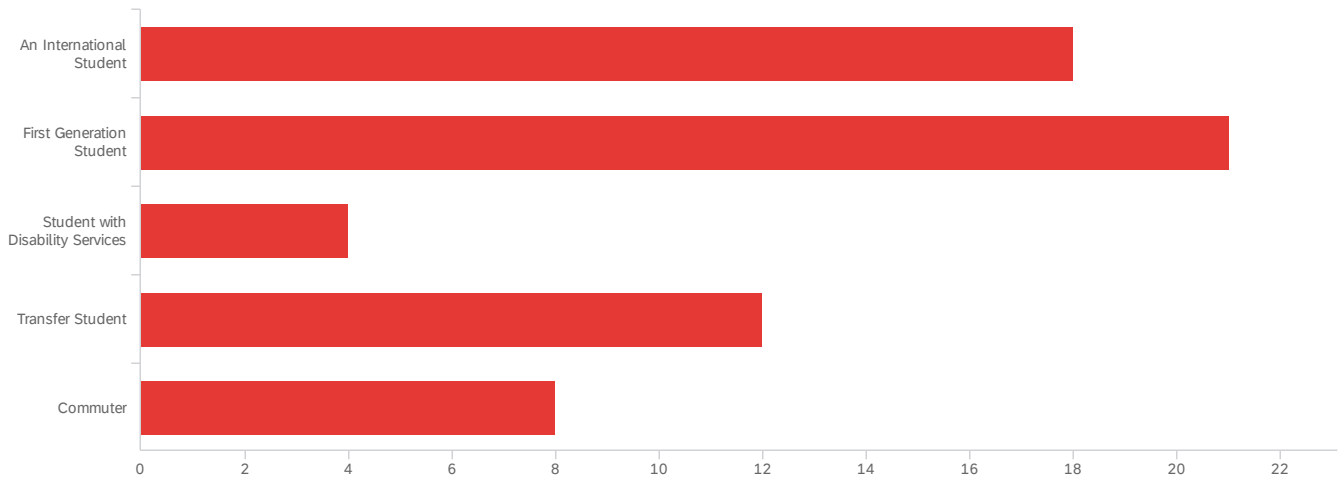
#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	What year of study are you?	1.00	9.00	6.25	1.66	2.76	115


#	Field	Choice Count
4	Undergrad, Year 1	14.04% 16
5	Undergrad, Year 2	16.67% 19
6	Undergrad, Year 3	34.21% 39
7	Undergrad, Year 4	14.04% 16
8	Undergrad, other	2.63% 3
9	Graduate Student	18.42% 21

114

Showing rows 1 - 7 of 7

Q16 - Are you (please check all that apply)




Data source misconfigured for this visualization.

#	Field	Choice Count
1	An International Student	28.57% 18
2	First Generation Student	33.33% 21
3	Student with Disability Services	6.35% 4
4	Transfer Student	19.05% 12
5	Commuter	12.70% 8
		63

Showing rows 1 - 6 of 6

End of Report

