

Work/Labor Supervisors: Health/Wellness Report

Berea College

Response Rate: 54% (144/265)

Administered in Spring 2013

Compiled by the Berea College Office of Institutional Research and Assessment

Default Question Block

The purpose of this survey is to obtain information and ideas from work/labor supervisors regarding student health and wellness. This is a project initiated by the Work Colleges Consortium Research Group.

The survey should take only a few minutes to complete and all survey responses are anonymous. The results will be used to help us understand what role labor supervisors could play in the overall health and wellness of the student populations we serve.

Thank you,

Work Colleges Consortium Research Group

Angela Courage, Assistant Director of Institutional Research
Ecclesia College

Fran Forman, Registrar and Director of Institutional Research
College of the Ozarks

Allyson Hettrick, Director of Institutional Research
Warren Wilson College

Sherry Long, Educational Division Head
Alice Lloyd College

Kristi Nelms, Director of Institutional Research
Blackburn College

Jennifer Payne, Dean of Work
Sterling College

Judith Weckman, Director of Institutional Research and Assessment
Berea College

Mark the College where you work.

- Alice Lloyd College
- Berea College
- Blackburn College
- College of the Ozarks
- Ecclesia College
- Sterling College
- Warren Wilson College

Length of time as a work/labor supervisor:

- less than one year
- one to three years
- over three years but less than five years
- over five years

On average, how many students do you supervise per year?

- one student
- 2-4 students
- 5-7
- 8-10
- more than 10

Please rate to what extent the following are a wellness challenge for any of the students you currently supervise (whether it interferes with their work or not). If you have student managers who are responsible for direct supervision of student teams, please ask their assistance in responding to this item.

	Consistently a wellness challenge	Occasionally a wellness challenge	Rarely a wellness challenge	Don't know
Sleeping (sleeping too little, not regularly, or too much)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nutrition (not eating healthy foods, not eating regularly, over or under eating, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Obesity or being significantly overweight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lack of regular physical activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Homesickness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Family issues/problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stress management	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social problems (not connecting in positive ways to peers)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Romantic relationship problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Illegal drug abuse	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Alcohol abuse	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tobacco addiction	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Emotional issues/problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spiritual issues/problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Absences due to illness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Too much involvement in school related activities (but not coursework)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
No involvement in school related activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Overextended work (on or off campus)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other, please describe. _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other, please describe. _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other, please describe. _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

From the list above, list in order the top three wellness challenges you observe in the students you supervise.

Top challenge

2nd highest challenge

3rd highest challenge

What role could work/labor supervisors play in enhancing the general health and wellness of the students they supervise? Please feel free to be creative. We are interested in your ideas.

What training, support, and/or resources do labor/work supervisors need to help students and obtain higher levels of health and wellness? Please be specific.

What training, support, and/or resources do YOU need to integrate higher levels of health and wellness for yourself into your job? Please be specific.

Thank you for your time and ideas.

From: Judith Weckman
Sent: Tuesday, March 26, 2013 9:10 AM
To: #Staff; #Faculty
Subject: Your Labor Students

Dear Labor Supervisor (if you are not a labor supervisor, please disregard this message),

As you may know, Berea College is one of only seven Work Colleges in the United States. Individuals from each of the colleges have formed a research group that has completed several joint projects studying alumni, current students, and work programs.

One of our current projects involves seeking feedback from labor supervisors regarding the wellness challenges faced by labor students. The following link goes to a very short survey. Your responses are completely anonymous.

http://qpanelsacademic.qualtrics.com/SE/?SID=SV_4Yq6FX8AZnfOynH

Thanks for your help. If you have any questions, please email me or call me at ext. 3791.

Judith

Judith Weckman, Director
Office of Institutional Research and Assessment
CPO 2177
Berea College
Berea, KY 40403

859-985-3791

From: Judith Weckman
Sent: Thursday, March 28, 2013 11:35 AM
To: #Staff; #Faculty
Subject: Your Labor Students Reminder

Dear Labor Supervisor (if you are not a labor supervisor, please disregard this message),

This is just a reminder (and the only one I will send) to complete the survey regarding the wellness challenges of labor students. Thank you to the 95 labor supervisors who have already responded!

As you may know, Berea College is one of only seven Work Colleges in the United States. Individuals from each of the colleges have formed a research group that has completed several joint projects studying alumni, current students, and work programs.

One of our current projects involves seeking feedback from labor supervisors regarding the wellness challenges faced by labor students. The following link goes to a very short survey. Your responses are completely anonymous.

http://qpanelsacademic.qualtrics.com/SE/?SID=SV_4Yq6FX8AZnfOynH

Thanks for your help. If you have any questions, please email me or call me at ext. 3791.

Judith

Judith Weckman, Director
Office of Institutional Research and Assessment
CPO 2177
Berea College
Berea, KY 40403

859-985-3791

Work/Labor Supervisors: Health/Wellness Report

BEREA COLLEGE

Response Rate: 54% (144/265)

Length of time as a work/labor supervisor

	N	(%)
Less than one year	17	11.8%
One to three years	36	25.0%
Over three years but less than five years	13	9.0%
Over five years	77	53.5%
Missing/no response	1	0.7%

On average, how many students do you supervise per year?

	N	(%)
One student	12	8.3%
2-4 students	54	37.5%
5-7	24	16.7%
8-10	15	10.4%
More than 10	39	27.1%
Missing/no response	0	0.0%

Work/Labor Supervisors: Health/Wellness Report

BEREA COLLEGE

Response Rate: 54% (144/265)

Please rate to what extent the following are a wellness challenge for any of the students you currently supervise (whether it interferes with their work or not). If you have student managers who are responsible for direct supervision of student teams, please ask their assistance in responding to this item.

	Consistently a wellness challenge (3)		Occasionally a wellness challenge (2)		Rarely a wellness challenge (1)		Don't know		Mean
	N	(%)	N	(%)	N	(%)	N	(%)	
Sleeping (sleeping too little, not regularly, or too much) (N = 144)	60	41.7%	70	48.6%	6	4.2%	8	5.6%	2.40
Nutrition (not eating healthy foods, not eating regularly, over or under eating, etc.) (N = 144)	39	27.1%	68	47.2%	20	13.9%	17	11.8%	2.15
Obesity or being significantly overweight (N = 143)	5	3.5%	58	40.6%	75	52.4%	5	3.5%	1.49
Lack of regular physical activity (N = 142)	14	9.9%	63	44.4%	43	30.3%	22	15.5%	1.76
Homesickness (N = 143)	3	2.1%	52	36.4%	66	46.2%	22	15.4%	1.48
Family issues/problems (N = 143)	34	23.8%	64	44.8%	23	16.1%	22	15.4%	2.09
Stress management (N = 143)	55	38.5%	70	49.0%	12	8.4%	6	4.2%	2.31
Social problems (not connecting in positive ways to peers) (N = 143)	5	3.5%	47	32.9%	74	51.7%	17	11.9%	1.45
Romantic relationship problems (N = 143)	6	4.2%	48	33.6%	56	39.2%	33	23.1%	1.55
Illegal drug abuse (N = 143)	1	0.7%	10	7.0%	70	49.0%	62	43.4%	1.15
Alcohol abuse (N = 143)	1	0.7%	14	9.8%	69	48.3%	59	41.3%	1.19
Tobacco addiction (N = 143)	3	2.1%	26	18.2%	66	46.2%	48	33.6%	1.34
Emotional issues/problems (N = 143)	11	7.7%	64	44.8%	49	34.3%	19	13.3%	1.69
Spiritual issues/problems (N = 143)	1	0.7%	30	21.0%	60	42.0%	52	36.4%	1.35
Absences due to illness (N = 143)	19	13.3%	59	41.3%	64	44.8%	1	0.7%	1.68
Too much involvement in school related activities (but not coursework) (N = 143)	12	8.4%	60	42.0%	57	39.9%	14	9.8%	1.65
No involvement in school related activities (N = 142)	2	1.4%	22	15.5%	93	65.5%	25	17.6%	1.22
Overextended work (on or off campus) (N = 139)	16	11.5%	42	30.2%	61	43.9%	20	14.4%	1.62
Other, please describe (N = 25)	15	60.0%	5	20.0%	2	8.0%	3	12.0%	2.59
Other, please describe (N = 10)	2	20.0%	4	40.0%	1	10.0%	3	30.0%	2.14
Other, please describe (N = 6)	2	33.3%	1	16.7%	0	0.0%	3	50.0%	2.67

Work/Labor Supervisors: Health/Wellness Report

BEREA COLLEGE

Response Rate: 54% (144/265)

From the list above, list in order the top three wellness challenges you observe in the students you supervise.

Top rated challenges are listed in each category.

Top Challenge

Sleeping (sleeping too little, not regularly, or too much) (21 of the 53 indicated "lack of sleep")	53	36.8%
Stress management	28	19.4%
Time management (NOT on original list)	8	5.6%
Nutrition (not eating healthy foods, not eating regularly, over or under eating, etc.)	8	5.6%
Emotional issues/problems	6	4.2%

2nd highest challenge

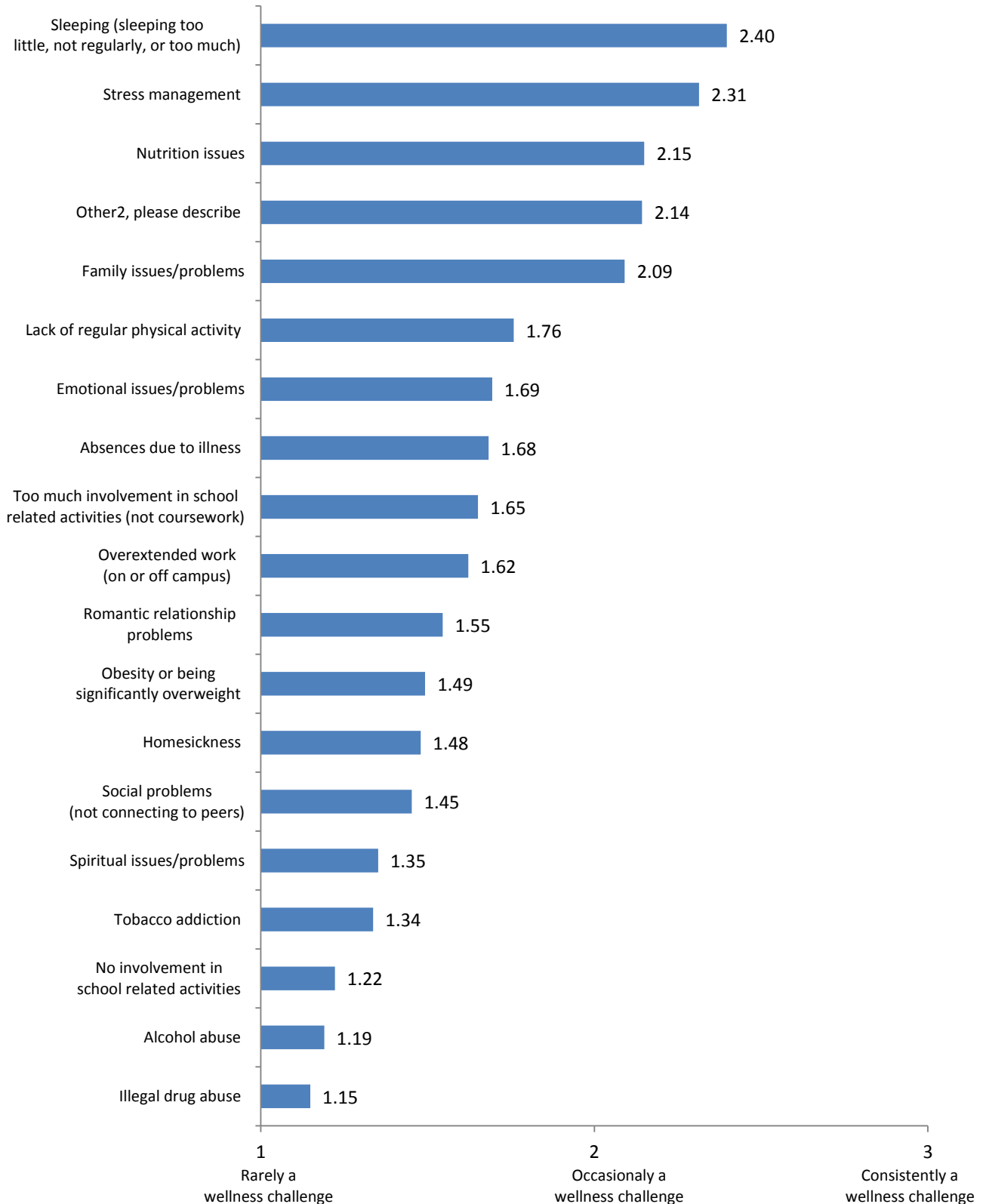
Stress management	29	20.1%
Sleeping (sleeping too little, not regularly, or too much) (10 of the 22 indicated "lack of sleep")	22	15.3%
Family issues/problems	16	11.1%
Nutrition (not eating healthy foods, not eating regularly, over or under eating, etc.)	14	9.7%
Overextended work (on or off campus)	9	6.3%

3rd highest challenge

Stress management	23	16.0%
Nutrition (not eating healthy foods, not eating regularly, over or under eating, etc.)	21	14.6%
Family issues/problems	19	13.2%
Sleeping (sleeping too little, not regularly, or too much) (2 of the 8 indicated "lack of sleep")	8	5.6%
Lack of regular physical activity	8	5.6%

BEREA COLLEGE

Please rate to what extent the following are a wellness challenge for any of the students you currently supervise (whether it interferes with their work or not).



Response Rate: 54% (144/265)

Compiled by the Berea College Office of Institutional Research and Assessment, June 2013