

2016

**Statistics** 

Report: Riona Hughes

Jan 2016

What the participants were given:

# Kickstart your college life, support your success, and map your journey.

Welcome to the Success Quiz, designed to help with your move to NUI Galway. Take a few minutes to complete the Quiz, get your College Lifestyle Scores and you will be able to enjoy an interactive analysis of how prepared you feel you are to enter college life. We want to help you get the most out of college, see where you are doing well and where you can make improvements. The quiz will rate your baseline scores and give you helpful links and tips to support services. All you have to do is follow our Four Steps for Success to be on your way to a stress free introduction to College Life.

**Step One:** Take the Success quiz, answer all the Questions honestly. Everything you write is confidential and your email address is not linked to your answers.

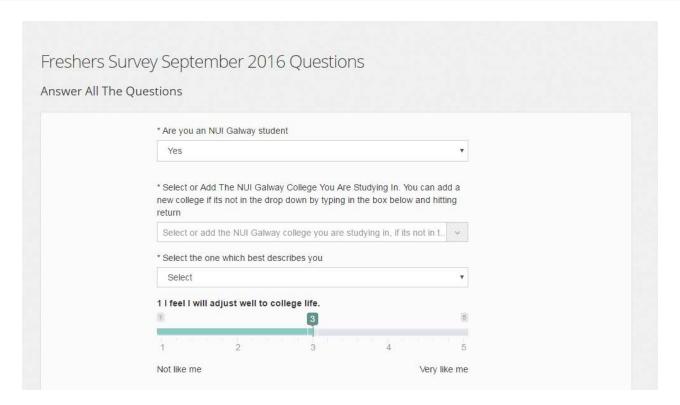
**Step Two:** Press Submit and in seconds you will receive your College Lifestyle Scores and information on the supports and services we have available for you.

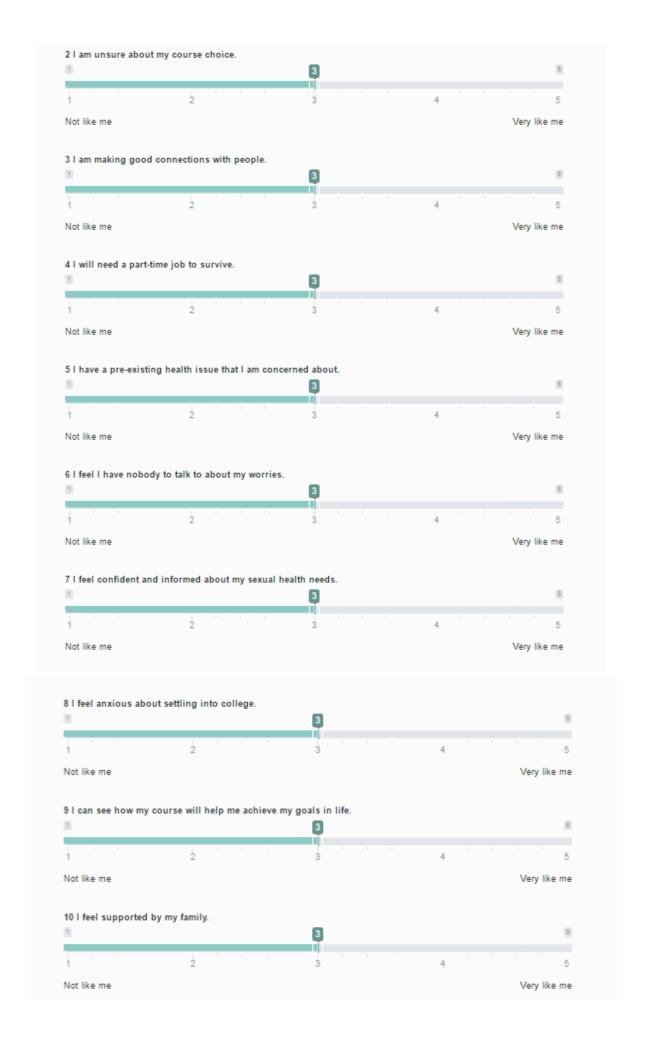
**Step Three:** Complete <u>ePUB</u> to reflect upon your drinking patterns, even if you are a non drinker you will get valuable insights on your aspirations and goals and how to support your friends.

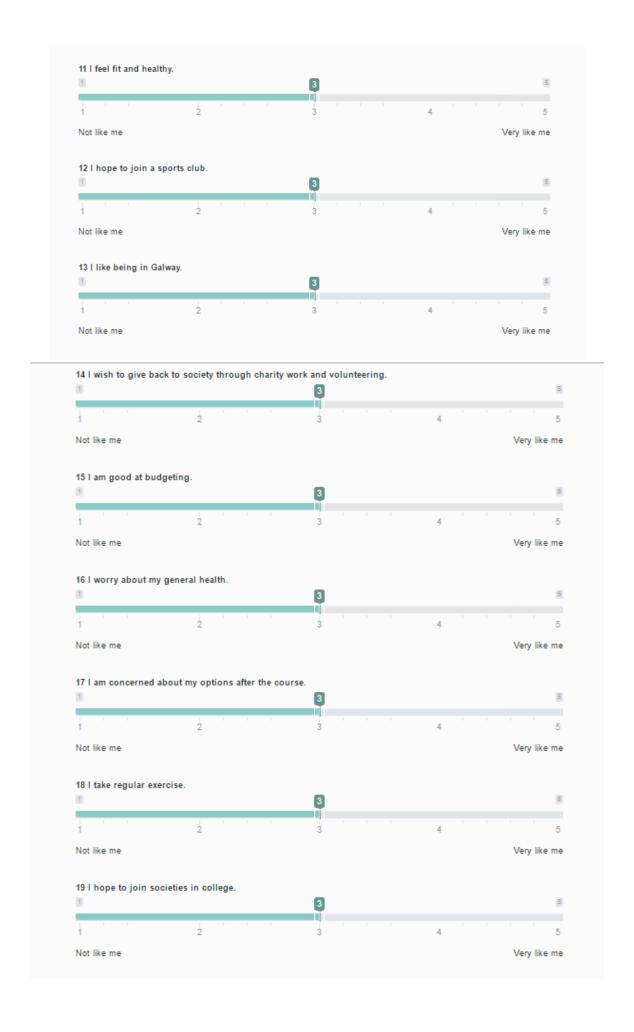
**Step Four:** Reflect on your results and complete the very short evaluation which will help us improve our services to suit your needs. Additionally when you provide your details you will be in with a chance to win one of ten fantastic prizes!

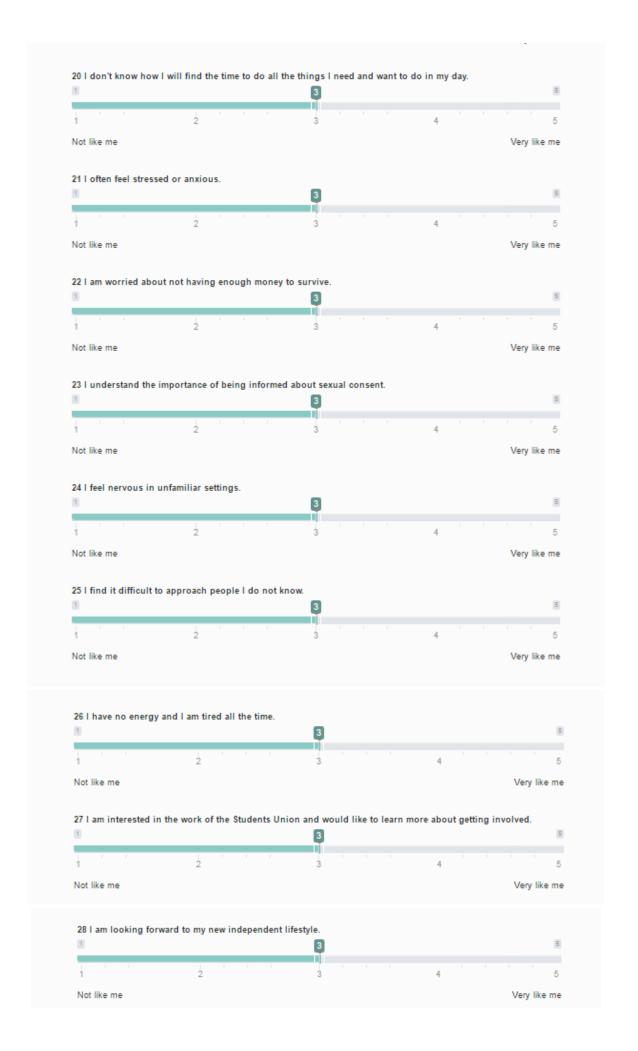
Taking a few minutes to complete this Quiz you will not only help yourself prepare for the next college year, it will help also us to improve our services and tailor them specifically for you. There will be follow up quizzes during the year to help keep you on track and help you to monitor your progress.

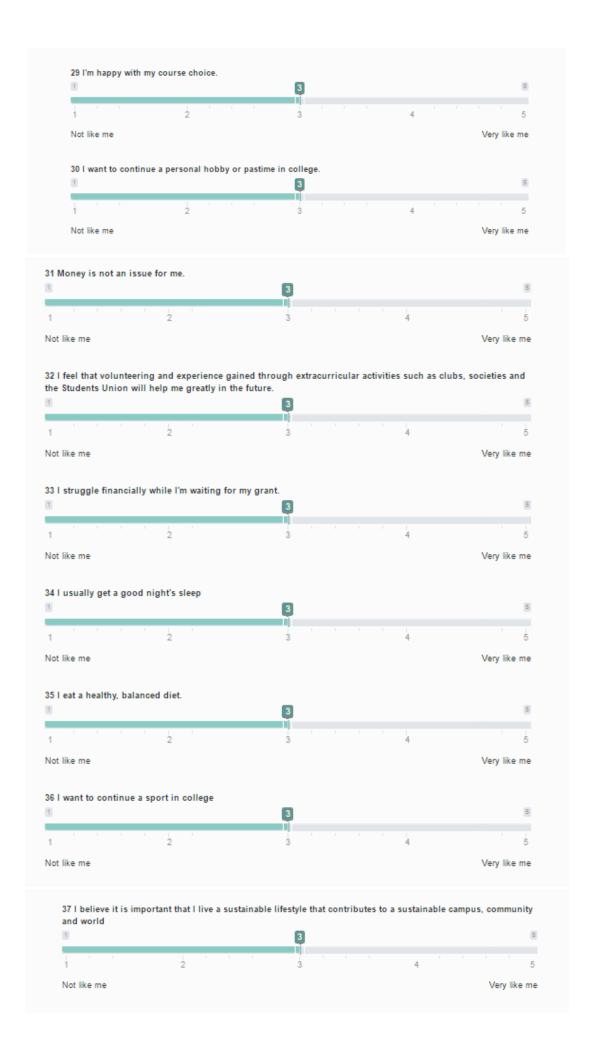
#### Lets get started!











# Sample Answers

Participants could score from 20% - 100% the first paragraph was adjusted to reflect the score and subsequent information was the same for each score.

### Finance Score 60%

#### Adjustment score: 60%

You seem to be settling well into third level. If you have any worries about college life, don't be afraid to ask for advice from one of your fellow students, especially if they have been in third-level for longer than yourself. For academic advice, you can approach lecturers about any help you may need. Check out NUI Galway's student advice and support services below. If you or a friend identifies as LGBT, check out some resource links below that offer great advice and support both for settling in and general college life. You can also ask for any guidance on general college life from NUI Galway's student information desk in Aras Ui Cathail. Remember, adjustment can take time, so taking small steps of improvement can create a massive difference.

#### To get involved:

- Join a society (Societies Day September 7th)
- Join a sports club (Clubs Day September 6th)
- Consider doing volunteering (Volunteer Fair Sept 13th)
- Get involved with The Student Union
- Collect phone numbers of 1st years in your mentoring group and call one. They are probably feeling the same
- Make an effort to talk to the person sitting beside you in class.

## **Supports and resources:**

- NUI Galway Societies
- NUI Galway Clubs
- ALIVE (Volunteering)
- NUI Galway Students Union
- NUI Galway Campus Life
- NUI Galway Chaplaincy
- Student Counselling
- Disability Service (If you have a disability you must register to avail of the services)
- Student Connect
- Accommodation & Welfare
- Health & Wellbeing
- HSE #littlethings
- Mentor Programme
- Participate Programme (online programme for social anxiety)
- Students Union LGBT page
- For NUI Galway's LGBT society check out:GIG (Gay In Galway) Soc Facebook
- Shout Out LGBT Youth
- For more information on Trans Resources: Teni.ie
- For quick information on LGBT Issues: LGBT Helpline

#### Other Useful links:

- Settling into College
- Managing Your Time
- Coping when feeling Overwhelmed
- Talking about Mental Health

#### To adjust well:

- Be patient research shows that most students don't settle in until second semester and even into second year
- Work on the parts of the adjustment you find challenging and seek support if necessary
- Think of previous times you had to adjust to new circumstances what worked or helped you

#### **Course Choice And Careers 60%**

#### Course Choice and Career score: 60%

At this point it seems like you feel confident that the course choice is right for you, but you might have a few questions so it can be a good idea to explore career options with your course - check out the Career Development Centre <u>website</u>.

Understanding your career options and having a good sense of your reason for choosing your course can help to keep you motivated and engaged.

To optimise your potential it is also good to start to develop your employability skills through both your course and extracurricular activity (Clubs, Societies volunteering).

#### It's worthwhile to:

- To get know your year academic advisor and to talk to them if you have any concerns
- Find out what graduates of your course have done in previous years
- Familiarise yourself with NUI Galway policies and procedures related to your course which can be found in your <u>first year handbook</u>.
- Look at occupational roles the course qualifies you for
- Ask a company or graduate if you could shadow them for a day or two
- Contact the Career Development Centre
- Contact the Discipline or College Office

#### Resources:

- NUI Galway Career Development Centre
- Grad Ireland
- Qualifax the national learners' database
- NUI Galway First Year Information
- ALIVE Certificate
- Societies Leadership Award
- Administrations And Services
- Fee's Office

## **Engagement Score 60%**

#### Engagement score: 60%

You seem to be engaging and learning all about that the college has to offer. Extracurricular activities and getting involved can really help you gain valuable experience and skills such as communication, time management and teamwork. These activities can make you more employable in the future and might even help you find a career path. They can help in making new friends and bring you to loads of fun activities, events and other amazing opportunities. If you ever feel the need of support there is a lot available so do look for help, for example the Student Counselling Service and the Chaplains. Adjusting is harder if you are shy about meeting new people or approaching lecturers , but The Participate online programme is proven to help.

Whatever your choices are be sure you are achieving a life balance and not overextending yourself.

#### To get involved:

- Join a Society (Societies Day September 7th)
- Join a Sports Club (Clubs Day September 6th)
- Consider doing volunteering (Volunteer Fair September 13th)
- Get involved with the Students' Union
- Get advice from vour Mentor
- Make a point of talking to people in your class, remember everyone is starting something new and you have the chance to make a new friend or brighten someone's day.

#### **Supports and resources:**

- NUI Galway Societies
- NUI Galway Clubs
- NUI Galway Students Union
- NUI Galway Campus Life
- NUI Galway Chaplaincy

- ALIVE
- NUI Galway Counselling Service
- Student Connect
- Participate Programme
- Student Calendar
- What's Happening Guide
- YourSpace (login to join clubs, societies and ALIVE Cert)

### Finance Score 60%

#### Finance score: 60%

Finance does not seem to be a major issue for you at present. Although it looks like you are managing to keep most things under control at the moment, taking care of money when in college tends to be quite a stressful task. Don't hesitate to look for guidance because developing the ability to manage your budget will allow you to focus on other aspects of life in college. Check out the tips below on how to live a sustainable lifestyle which is good for you, your finances and the planet

#### Consider:

- Write out a weekly budget detailing your income and expenditure
- List ways to save money
- Learn to cook for yourself
- Avail of student discounts
- Be aware of <u>financial assistance</u> to you (e.g. <u>NUI Galway Financial assistance</u> <u>Financial Aid Fund</u>, and student grants)
- Getting a part-time job

#### Resources:

- Learn how to manage your money
- Check out five steps to reduce the stress of administering your cash
- Draw up a personal budget
- See some tips for saving as a student
- Improve your CV to impress potential employers
- Follow The Financial Diet Youtube Channel and Blog for handy tips

#### If you have financial concerns contact:

- NUI Galway Student Financial Assistance
- NUI Galway Students' Union
- Chaplaincy
- Career Development Centre (for help with your CV and job hunt)

### Sustainable Living (Savings for you and saving the planet)

Saving Energy, recycling and upcycling by reusing items in a new way, shopping in second hand shops (lots in Galway), eating what you buy (not just leaving it in the fridge) are not just good for your saving money but also vital for the planet.

#### What is Sustainability?

Sustainability meets the needs of the current generation without compromising the ability of future generations to meet their own needs. This involves a balance between environment, society and economy and leads to an improved quality of life.

#### Find out More

Take the One Planet Living Challenge and see how important it is for our wellbeing now and for future generations to embrace sustainability! Check out <a href="https://www.nuigalway.ie/sustainability">www.nuigalway.ie/sustainability</a> to find out more about how you can help create a sustainable campus, community and world.

#### **Actions**

## Eat organic, locally-grown food

Saol Café in the ILAS building NUI Galway North Campus is the first community-based social enterprise café to exist on a higher education campus in Ireland. It serves locally sourced organic nutritious food.

Sult (College Bar) is committed to only using recyclable products, check out their new healthy Bia Box.

#### Switch off appliances when not in use

NUI Galway was awarded the ISO50001 standard in 2012, recognising efficient energy use. The campus is making great strides in reducing its overall energy use. Leaving your gadgets on standby will raise your electricity bill so switch them off and turn off lights when you leave a room.

#### Use a refillable water bottle

One plastic bottle will take more than 450 years to break down. There are dozens of drinking water fountains throughout the campus.

#### **Spend time in Nature**

Its free and so good for you. NUI Galway is the most biodiverse campus in Ireland There is a Green Campus Map that pinpoints green initiatives. The Organic Garden, Botany and CCAFS Societies have their own organic garden on Distillery Road.

### Walk or cycle to campus

74% students and 35% staff travel to campus using sustainable modes such as walking, cycling and public transport. Walking and Cycling are also a great free way to keep fit. If you have a bicycle the <u>BikeGang Society</u> in their An Mheitheal Rothair workshop on Earl's Island will help you keep it great shape. https://www.facebook.com/AnMheithealRothar/

#### **Reduce and Recycle waste**

45% of the total waste generated on campus is recycled each month. In your accommodation you will have 3 bins for recycling: Grey: general waste, Green: clean recyclables, Brown: Food, so no excuse not to recycle and there are bottle banks on campus near Aras ui Chathail.

#### **Buy Fairtrade and sustainable products**

Fairtrade is about better prices, decent working conditions and fair terms of trade for farmers and workers. Fairtrade coffee is available throughout the campus.

#### Health 60%

#### Health score: 60%

It seems like you are looking after your health at the moment. You are on the right track, so make sure to keep taking care of both your physical and mental health as they are essential to achieving a good life quality. That way you'll be able to prevent stress and disease, reduce anxiety and increase your energy levels while also improving your mood. If there is anything still worrying you, do seek support from either friends/family or a healthcare professional so that you can make sure everything's well and that your transition into college life goes smoothly.

#### Things you can do:

- Participate in regular recreational exercise
- Eat healthily, don't skip breakfast and if you don't already why not learn to cook.
- Plan study, leaving clear start and finish times
- Reduce outside hours working, if overstretched
- Discuss any health concerns with the Health Centre
- Address issues of stress/anxiety with the support of the Counselling Service
- Look to the <u>Health and Wellbeing Section of Student Services Site</u>
- Walking or cycling to college can provide regular exercise
- Little things can help:
  - Having coffee with a friend

- Keeping a gratitude journal
- Going for a walk

#### Resources:

- Join a club
- Join an active <u>society</u>
- Find out if you are getting enough sleep
- Download this Water Drink Reminder app
- Check a list of store cupboard essentials
- Improve your time management with the Pomodoro Technique
- Learn 9 simple ways to manage anxiety
- Get a sense of what Mindfulness is and how it can help you to concentrate and relax
- See what are the most common insecurities about sex.
- Find out about the <u>Smart Consent</u> initiative at NUI Galway (3)
- Bicycle Workshop (An Mheitheal Rothar & Bike Gang Society)

#### If you have any concerns do make sure to contact:

- NUI Galway Health Unit (1)
- NUI Galway Counselling Service (2)
- NUI Galway Chaplaincy
- NUI Galway Sport and Recreation
- NUI Galway Campus Life
- Participate Programme (online programme for social anxiety)
- (1) If you have concerns about your health, contact the **Student Health Unit** for guidance.

Out of Hours Service (Please note there is a charge for this) Monday-Thursday (After 6pm) contact emergency number: 087-2623997. If you have questions about contraceptives or sexually transmitted diseases there will be a new sexual health clinic in September for details see the website.

- (2) In order to get an appointment with the **Counselling Service** during term time you need to go to the drop in service which is open every weekday in term time from 2.00pm to 4.00pm Best to arrive early as they operate a first come first served system and it gets very busy during term times. In order to get an appointment outside term time please email <a href="mailto:counselling@nuigalway.ie">counselling@nuigalway.ie</a> or phone 091-492484.
- (3) The Smart Consent workshop is being provided during Orientation Week in all of the colleges on the main NUI Galway campus. This is a fun, interactive 1 hour session to find out how knowing more about sexual consent can enhance your experiences. You are not asked to give any personal information or share personal experiences. We also provide 2 hour workshops at various points during the year. For more information see our webpage or email <a href="mailto:smartconsent@nuigalway.ie">smartconsent@nuigalway.ie</a>.

# Success Quiz Results

The following changes were made to inputs from students relating to which college they identified as theirs. The numbers indicated in brackets refers to the amount of students that had input that answer:

- "Mathematics" (2) changed to "College of Science"
- "J.E. Cairnes School of Business & Economics" (13) changed to "College of Business, Public Policy, & Law"
- "commerce" (3) changed to "College of Business, Public Policy, & Law"

Number Of Respondents - 713

All respondents overall results

| Category   | Average Score |
|--|---------------|
| Adjustment   | 72.88%        |
| Course Choice and Careers Questions                              | 76.84%        |
| Engagement, (social and extracurricular activity) For NUI Galway | 71.31%        |
| Finance  | 63.64%        |
| Health   | 69.98%        |

All respondents overall results by college course

| College  | Category   | Average<br>Score |
|--|--|------------------|
| College of Arts, Social Sciences, & Celtic Studies | Adjustment   | 75.77%           |
| College of Arts, Social Sciences, & Celtic Studies | Course Choice and Careers Questions                              | 75.14%           |
| College of Arts, Social Sciences, & Celtic Studies | Engagement, (social and extracurricular activity)                | 67.93%           |
| College of Arts, Social Sciences, & Celtic Studies | Finance  | 52.79%           |
| College of Arts, Social Sciences, & Celtic Studies | Health   | 83.60%           |
| College of Business, Public Policy, & Law          | Adjustment   | 79.69%           |
| College of Business, Public Policy, & Law          | Course Choice and Careers Questions                              | 75.43%           |
| College of Business, Public Policy, & Law          | Engagement, (social and extracurricular activity) For NUI Galway | 72.28%           |
| College of Business, Public Policy, & Law          | Finance  | 53.70%           |
| College of Business, Public Policy, & Law          | Health   | 85.04%           |

<sup>&</sup>quot;department of eduaction" (1) changed to "College of Arts, Social Sciences, & Celtic Studies"

| College of Engineering & Informatics            | Adjustment  | 80.88% |
|---|---|--------|
| College of Engineering & Informatics            | Course Choice and Careers Questions               | 80.66% |
| College of Engineering & Informatics            | Engagement, (social and extracurricular activity) | 67.69% |
| College of Engineering & Informatics            | Finance   | 61.32% |
| College of Engineering & Informatics            | Health  | 89.23% |
| College of Medicine, Nursing, & Health Sciences | Adjustment  | 76.12% |
| College of Medicine, Nursing, & Health Sciences | Course Choice and Careers Questions               | 84.66% |
| College of Medicine, Nursing, & Health Sciences | Engagement, (social and extracurricular activity) | 70.87% |
| College of Medicine, Nursing, & Health Sciences | Finance   | 66.60% |
| College of Medicine, Nursing, & Health Sciences | Health  | 89.13% |
| College of Science                              | Adjustment  | 78.69% |
| College of Science                              | Course Choice and Careers Questions               | 78.56% |
| College of Science                              | Engagement, (social and extracurricular activity) | 66.93% |
| College of Science                              | Finance   | 63.53% |
| College of Science                              | Health  | 87.32% |
| Shannon College                                 | Adjustment  | 75.29% |
| Shannon College                                 | Course Choice and Careers Questions               | 71.76% |
| Shannon College                                 | Engagement, (social and extracurricular activity) | 76.47% |
| Shannon College                                 | Finance   | 52.94% |
| Shannon College                                 | Health  | 85.88% |

All respondents overall results by category

Shannon College

| All respondents overall results by cat             | egory   |                  |
|--|---|------------------|
| College  | Category  | Average<br>Score |
| College of Engineering & Informatics               | Adjustment  | 80.88%           |
| College of Business, Public Policy, & Law          | Adjustment  | 79.69%           |
| College of Science                                 | Adjustment  | 78.69%           |
| College of Medicine, Nursing, & Health Sciences    | Adjustment  | 76.12%           |
| College of Arts, Social Sciences, & Celtic Studies | Adjustment  | 75.77%           |
| Shannon College                                    | Adjustment  | 75.29%           |
| College of Medicine, Nursing, & Health Sciences    | Course Choice and Careers Questions               | 84.66%           |
| College of Engineering & Informatics               | Course Choice and Careers Questions               | 80.66%           |
| College of Science                                 | Course Choice and Careers Questions               | 78.56%           |
| College of Business, Public Policy, & Law          | Course Choice and Careers Questions               | 75.43%           |
| College of Arts, Social Sciences, & Celtic Studies | Course Choice and Careers Questions               | 75.14%           |
| Shannon College                                    | Course Choice and Careers Questions               | 71.76%           |
| Ohannan Oallana                                    | Engagement (social and                            | 70.470/          |
| Shannon College                                    | Engagement, (social and extracurricular activity) | 76.47%           |
| College of Business, Public Policy, & Law          | Engagement, (social and extracurricular activity) | 72.28%           |
| College of Medicine, Nursing, & Health Sciences    | Engagement, (social and extracurricular activity) | 70.87%           |
| College of Arts, Social Sciences, & Celtic Studies | Engagement, (social and extracurricular activity) | 67.93%           |
| College of Engineering & Informatics               | Engagement, (social and extracurricular activity) | 67.69%           |
| College of Science                                 | Engagement, (social and extracurricular activity) | 66.93%           |
| College of Medicine, Nursing, & Health Sciences    | Finance   | 66.60%           |
| College of Science                                 | Finance   | 63.53%           |
| College of Engineering & Informatics               | Finance   | 61.32%           |
| College of Business, Public Policy, & Law          | Finance   | 53.70%           |

Finance

52.94%

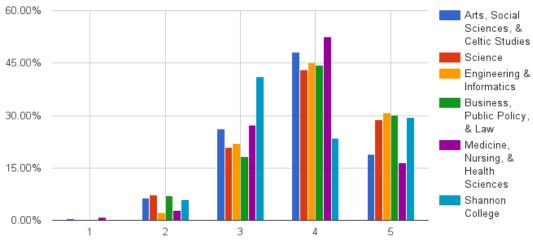
| College of Arts, Social Sciences, & Celtic Studies | Finance | 52.79% |
|--|---------|--------|
|  |         |        |
| College of Engineering & Informatics               | Health  | 89.23% |
| College of Medicine, Nursing, & Health Sciences    | Health  | 89.13% |
| College of Science                                 | Health  | 87.32% |
| Shannon College                                    | Health  | 85.88% |
| College of Business, Public Policy, & Law          | Health  | 85.04% |
| College of Arts, Social Sciences, & Celtic Studies | Health  | 83.60% |

# Individual questions

1= not like me

5= very like me

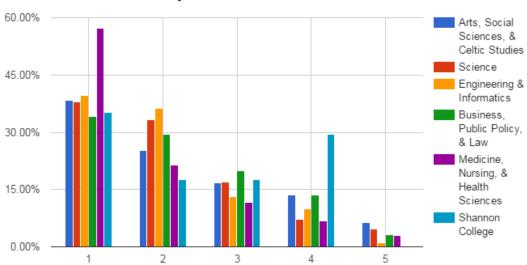




I feel I will adjust well to college life.

| I feel I will adjust well to            | 1           |       |        |        | 5       |       |
|---|-------------|-------|--------|--------|---------|-------|
| college life.                           | Not Like Me | 2     | 3      | 4      | Like Me | Total |
| Arts, Social Sciences, & Celtic Studies | 0.45%       | 6.31% | 26.13% | 48.20% | 18.92%  | 222   |
| Science                                 | 0.00%       | 7.19% | 20.92% | 43.14% | 28.76%  | 153   |
| Engineering & Informatics               | 0.00%       | 2.20% | 21.98% | 45.05% | 30.77%  | 91    |
| Business, Public Policy, & Law          | 0.00%       | 7.14% | 18.25% | 44.44% | 30.16%  | 126   |
| Medicine, Nursing, &<br>Health Sciences | 0.97%       | 2.91% | 27.18% | 52.43% | 16.50%  | 103   |

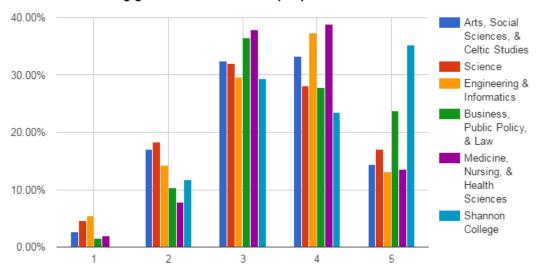
## I am unsure about my course choice.



I am unsure about my course choice.

| I am unsure about my course choice.     | 1<br>Not Like Me | 2      | 3      | 4      | 5<br>Like Me | Total |
|---|------------------|--------|--------|--------|--------------|-------|
| Arts, Social Sciences, & Celtic Studies | 38.29%           | 25.23% | 16.67% | 13.51% | 6.31%        | 222   |
| Science                                 | 37.91%           | 33.33% | 16.99% | 7.19%  | 4.58%        | 153   |
| Engineering & Informatics               | 39.56%           | 36.26% | 13.19% | 9.89%  | 1.10%        | 91    |
| Business, Public Policy, &<br>Law       | 34.13%           | 29.37% | 19.84% | 13.49% | 3.17%        | 126   |
| Medicine, Nursing, &<br>Health Sciences | 57.28%           | 21.36% | 11.65% | 6.80%  | 2.91%        | 103   |
| Shannon College                         | 35.29%           | 17.65% | 17.65% | 29.41% | 0.00%        | 17    |

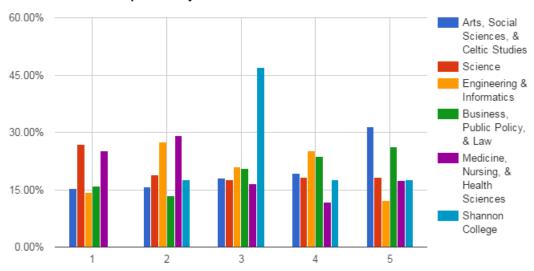
## I am making good connections with people.



I am making good connections with people.

| I am making good connections with people.  | 1<br>Not Like Me | 2      | 3      | 4      | 5<br>Like Me | Total |
|--|------------------|--------|--------|--------|--------------|-------|
| Arts, Social Sciences, &<br>Celtic Studies | 2.70%            | 17.12% | 32.43% | 33.33% | 14.41%       | 222   |
| Science                                    | 4.58%            | 18.30% | 32.03% | 28.10% | 16.99%       | 153   |
| Engineering & Informatics                  | 5.49%            | 14.29% | 29.67% | 37.36% | 13.19%       | 91    |
| Business, Public Policy, & Law             | 1.59%            | 10.32% | 36.51% | 27.78% | 23.81%       | 126   |
| Medicine, Nursing, &<br>Health Sciences    | 1.94%            | 7.77%  | 37.86% | 38.83% | 13.59%       | 103   |
| Shannon College                            | 0.00%            | 11.76% | 29.41% | 23.53% | 35.29%       | 17    |

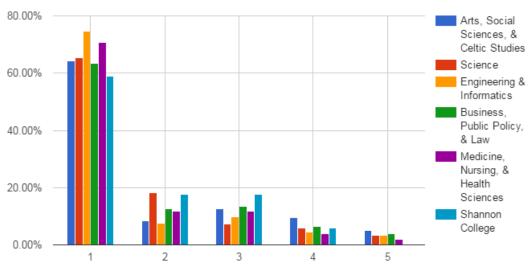
### I will need a part-time job to survive.



I will need a part-time job to survive.

| I will need a part-time job             | 1           |        |        |        | 5       |       |
|---|-------------|--------|--------|--------|---------|-------|
| to survive.                             | Not Like Me | 2      | 3      | 4      | Like Me | Total |
| Arts, Social Sciences, & Celtic Studies | 15.32%      | 15.77% | 18.02% | 19.37% | 31.53%  | 222   |
| Science                                 | 26.80%      | 18.95% | 17.65% | 18.30% | 18.30%  | 153   |
| Engineering & Informatics               | 14.29%      | 27.47% | 20.88% | 25.27% | 12.09%  | 91    |
| Business, Public Policy, & Law          | 15.87%      | 13.49% | 20.63% | 23.81% | 26.19%  | 126   |
| Medicine, Nursing, &<br>Health Sciences | 25.24%      | 29.13% | 16.50% | 11.65% | 17.48%  | 103   |
| Shannon College                         | 0.00%       | 17.65% | 47.06% | 17.65% | 17.65%  | 17    |

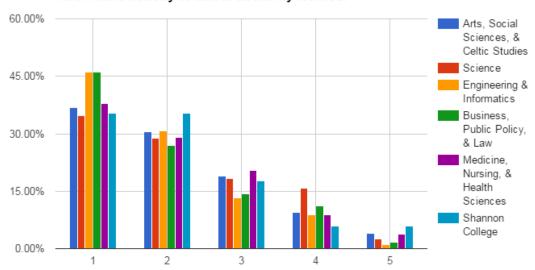




I have a pre-existing health issue that I am concerned about.

| I have a pre-existing health issue that I am concerned about. | 1<br>Not Like Me | 2      | 3      | 4     | 5<br>Like Me | Total |
|---|------------------|--------|--------|-------|--------------|-------|
| Arts, Social Sciences, & Celtic Studies                       | 64.41%           | 8.56%  | 12.61% | 9.46% | 4.95%        | 222   |
| Science   | 65.36%           | 18.30% | 7.19%  | 5.88% | 3.27%        | 153   |
| Engineering & Informatics                                     | 74.73%           | 7.69%  | 9.89%  | 4.40% | 3.30%        | 91    |
| Business, Public Policy, &<br>Law                             | 63.49%           | 12.70% | 13.49% | 6.35% | 3.97%        | 126   |
| Medicine, Nursing, &<br>Health Sciences                       | 70.87%           | 11.65% | 11.65% | 3.88% | 1.94%        | 103   |
| Shannon College   | 58.82%           | 17.65% | 17.65% | 5.88% | 0.00%        | 17    |

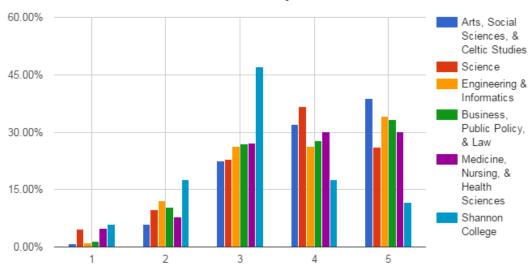




I feel I have nobody to talk to about my worries.

| I feel I have nobody to talk to about my worries. | 1<br>Not Like Me | 2      | 3      | 4      | 5<br>Like Me | Total |
|---|------------------|--------|--------|--------|--------------|-------|
| Arts, Social Sciences, &<br>Celtic Studies        | 36.94%           | 30.63% | 18.92% | 9.46%  | 4.05%        | 222   |
| Science   | 34.64%           | 28.76% | 18.30% | 15.69% | 2.61%        | 153   |
| Engineering & Informatics                         | 46.15%           | 30.77% | 13.19% | 8.79%  | 1.10%        | 91    |
| Business, Public Policy, & Law                    | 46.03%           | 26.98% | 14.29% | 11.11% | 1.59%        | 126   |
| Medicine, Nursing, &<br>Health Sciences           | 37.86%           | 29.13% | 20.39% | 8.74%  | 3.88%        | 103   |
| Shannon College                                   | 35.29%           | 35.29% | 17.65% | 5.88%  | 5.88%        | 17    |

## I feel confident and informed about my sexual health needs.



I feel confident and informed about my sexual health needs.

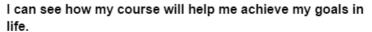
| I feel confident and informed about my sexual health needs. | 1<br>Not Like Me | 2      | 3      | 4      | 5<br>Like Me | Total |
|---|------------------|--------|--------|--------|--------------|-------|
| Arts, Social Sciences, & Celtic Studies                     | 0.90%            | 5.86%  | 22.52% | 31.98% | 38.74%       | 222   |
| Science   | 4.58%            | 9.80%  | 22.88% | 36.60% | 26.14%       | 153   |
| Engineering & Informatics                                   | 1.10%            | 12.09% | 26.37% | 26.37% | 34.07%       | 91    |
| Business, Public Policy, & Law                              | 1.59%            | 10.32% | 26.98% | 27.78% | 33.33%       | 126   |
| Medicine, Nursing, &<br>Health Sciences                     | 4.85%            | 7.77%  | 27.18% | 30.10% | 30.10%       | 103   |
| Shannon College   | 5.88%            | 17.65% | 47.06% | 17.65% | 11.76%       | 17    |

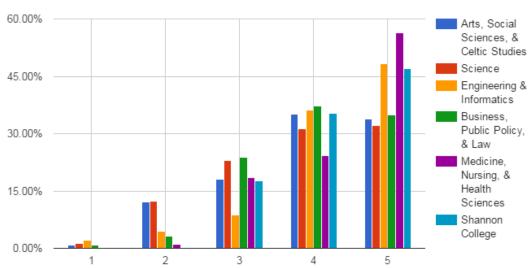
## I feel anxious about settling into college.



I feel anxious about settling into college.

| I feel anxious about settling into college. | 1<br>Not Like Me | 2      | 3      | 4      | 5<br>Like Me | Total |
|---|------------------|--------|--------|--------|--------------|-------|
| Arts, Social Sciences, & Celtic Studies     | 18.47%           | 19.82% | 24.77% | 22.07% | 14.86%       | 222   |
| Science                                     | 18.95%           | 27.45% | 26.14% | 19.61% | 7.84%        | 153   |
| Engineering & Informatics                   | 19.78%           | 21.98% | 26.37% | 24.18% | 7.69%        | 91    |
| Business, Public Policy, & Law              | 19.84%           | 26.19% | 24.60% | 19.84% | 9.52%        | 126   |
| Medicine, Nursing, &<br>Health Sciences     | 9.71%            | 30.10% | 30.10% | 20.39% | 9.71%        | 103   |
| Shannon College                             | 0.00%            | 23.53% | 29.41% | 23.53% | 23.53%       | 17    |

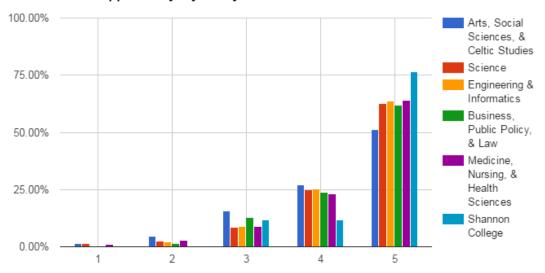




I can see how my course will help me achieve my goals in life.

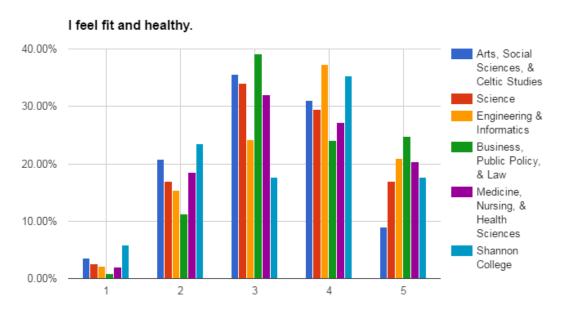
| I can see how my course<br>will help me achieve my<br>goals in life. | 1<br>Not Like Me | 2      | 3      | 4      | 5<br>Like Me | Total |
|--|------------------|--------|--------|--------|--------------|-------|
| Arts, Social Sciences, & Celtic Studies                              | 0.90%            | 12.16% | 18.02% | 35.14% | 33.78%       | 222   |
| Science  | 1.31%            | 12.42% | 22.88% | 31.37% | 32.03%       | 153   |
| Engineering & Informatics  | 2.20%            | 4.40%  | 8.79%  | 36.26% | 48.35%       | 91    |
| Business, Public Policy, & Law                                       | 0.79%            | 3.17%  | 23.81% | 37.30% | 34.92%       | 126   |
| Medicine, Nursing, &<br>Health Sciences                              | 0.00%            | 0.97%  | 18.45% | 24.27% | 56.31%       | 103   |
| Shannon College  | 0.00%            | 0.00%  | 17.65% | 35.29% | 47.06%       | 17    |

## I feel supported by my family.



I feel supported by my family.

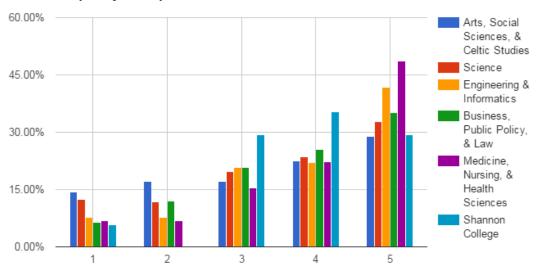
| I feel supported by my family.          | 1<br>Not Like Me | 2     | 3      | 4      | 5<br>Like Me | Total |
|---|------------------|-------|--------|--------|--------------|-------|
| Arts, Social Sciences, & Celtic Studies | 1.35%            | 4.50% | 15.77% | 27.03% | 51.35%       | 222   |
| Science                                 | 1.31%            | 2.61% | 8.50%  | 24.84% | 62.75%       | 153   |
| Engineering & Informatics               | 0.00%            | 2.20% | 8.79%  | 25.27% | 63.74%       | 91    |
| Business, Public Policy, & Law          | 0.00%            | 1.59% | 12.70% | 23.81% | 61.90%       | 126   |
| Medicine, Nursing, &<br>Health Sciences | 0.97%            | 2.91% | 8.74%  | 23.30% | 64.08%       | 103   |
| Shannon College                         | 0.00%            | 0.00% | 11.76% | 11.76% | 76.47%       | 17    |



I feel fit and healthy.

|   | 1           |        |        |        | 5       |       |
|---|-------------|--------|--------|--------|---------|-------|
| I feel fit and healthy.                 | Not Like Me | 2      | 3      | 4      | Like Me | Total |
| Arts, Social Sciences, & Celtic Studies | 3.60%       | 20.72% | 35.59% | 31.08% | 9.01%   | 222   |
| Science                                 | 2.61%       | 16.99% | 33.99% | 29.41% | 16.99%  | 153   |
| Engineering & Informatics               | 2.20%       | 15.38% | 24.18% | 37.36% | 20.88%  | 91    |
| Business, Public Policy, & Law          | 0.80%       | 11.20% | 39.20% | 24.00% | 24.80%  | 125   |
| Medicine, Nursing, &<br>Health Sciences | 1.94%       | 18.45% | 32.04% | 27.18% | 20.39%  | 103   |
| Shannon College                         | 5.88%       | 23.53% | 17.65% | 35.29% | 17.65%  | 17    |

## I hope to join a sports club.



I hope to join a sports club.

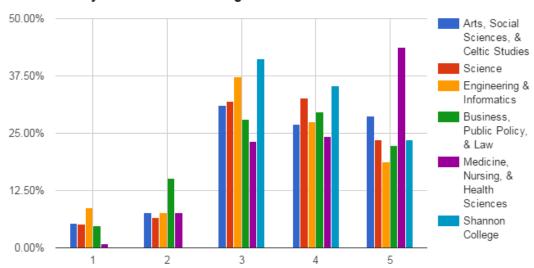
| I hope to join a sports club.              | 1<br>Not Like Me | 2      | 3      | 4      | 5<br>Like Me | Total |
|--|------------------|--------|--------|--------|--------------|-------|
| Arts, Social Sciences, &<br>Celtic Studies | 14.41%           | 17.12% | 17.12% | 22.52% | 28.83%       | 222   |
| Science                                    | 12.42%           | 11.76% | 19.61% | 23.53% | 32.68%       | 153   |
| Engineering & Informatics                  | 7.69%            | 7.69%  | 20.88% | 21.98% | 41.76%       | 91    |
| Business, Public Policy, & Law             | 6.40%            | 12.00% | 20.80% | 25.60% | 35.20%       | 125   |
| Medicine, Nursing, &<br>Health Sciences    | 6.80%            | 6.80%  | 15.53% | 22.33% | 48.54%       | 103   |
| Shannon College                            | 5.88%            | 0.00%  | 29.41% | 35.29% | 29.41%       | 17    |

#### I like being in Galway. 80.00% Arts, Social Sciences, & Celtic Studies Science 60.00% Engineering & Informatics Business, Public Policy, 40.00% & Law Medicine, Nursing, & Health 20.00% Sciences Shannon College 0.00%

I like being in Galway.

|   | 1           |        |        |        | 5       |       |
|---|-------------|--------|--------|--------|---------|-------|
| l like being in Galway.                 | Not Like Me | 2      | 3      | 4      | Like Me | Total |
| Arts, Social Sciences, & Celtic Studies | 1.80%       | 3.15%  | 10.81% | 28.38% | 55.86%  | 222   |
| Science                                 | 0.65%       | 1.96%  | 13.73% | 29.41% | 54.25%  | 153   |
| Engineering & Informatics               | 0.00%       | 0.00%  | 5.49%  | 28.57% | 65.93%  | 91    |
| Business, Public Policy, & Law          | 0.00%       | 1.60%  | 12.80% | 33.60% | 52.00%  | 125   |
| Medicine, Nursing, & Health Sciences    | 1.94%       | 5.83%  | 15.53% | 32.04% | 44.66%  | 103   |
| Shannon College                         | 5.88%       | 11.76% | 23.53% | 11.76% | 47.06%  | 17    |

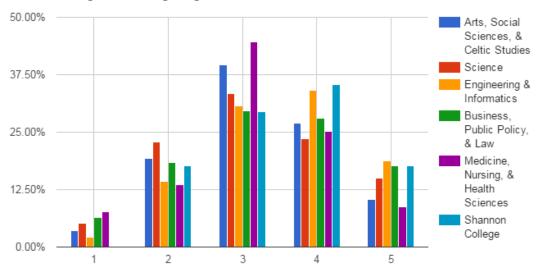
# I wish to give back to society through charity work and volunteering.



I wish to give back to society through charity work and volunteering.

| I wish to give back to society through charity work and volunteering. | 1<br>Not Like Me | 2      | 3      | 4      | 5<br>Like Me | Total |
|---|------------------|--------|--------|--------|--------------|-------|
| Arts, Social Sciences, & Celtic Studies                               | 5.41%            | 7.66%  | 31.08% | 27.03% | 28.83%       | 222   |
| Science   | 5.23%            | 6.54%  | 32.03% | 32.68% | 23.53%       | 153   |
| Engineering & Informatics   | 8.79%            | 7.69%  | 37.36% | 27.47% | 18.68%       | 91    |
| Business, Public Policy, &<br>Law                                     | 4.80%            | 15.20% | 28.00% | 29.60% | 22.40%       | 125   |
| Medicine, Nursing, & Health<br>Sciences                               | 0.97%            | 7.77%  | 23.30% | 24.27% | 43.69%       | 103   |
| Shannon College   | 0.00%            | 0.00%  | 41.18% | 35.29% | 23.53%       | 17    |

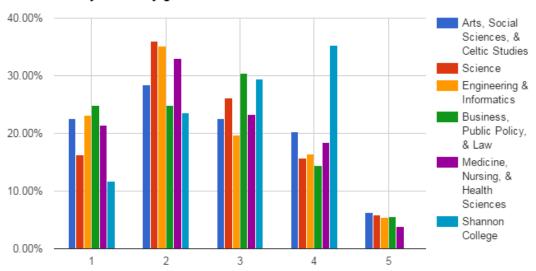
## I am good at budgeting.



I am good at budgeting.

| I am good at budgeting.                 | 1<br>Not Like Me | 2      | 3      | 4      | 5<br>Like Me | Total |
|---|------------------|--------|--------|--------|--------------|-------|
| Arts, Social Sciences, & Celtic Studies | 3.60%            | 19.37% | 39.64% | 27.03% | 10.36%       | 222   |
| Science                                 | 5.23%            | 22.88% | 33.33% | 23.53% | 15.03%       | 153   |
| Engineering & Informatics               | 2.20%            | 14.29% | 30.77% | 34.07% | 18.68%       | 91    |
| Business, Public Policy, & Law          | 6.40%            | 18.40% | 29.60% | 28.00% | 17.60%       | 125   |
| Medicine, Nursing, &<br>Health Sciences | 7.77%            | 13.59% | 44.66% | 25.24% | 8.74%        | 103   |
| Shannon College                         | 0.00%            | 17.65% | 29.41% | 35.29% | 17.65%       | 17    |

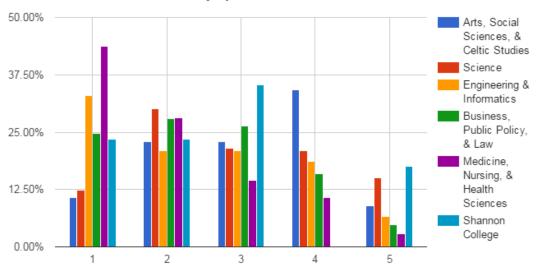
## I worry about my general health.



I worry about my general health.

| I worry about my general                | 1           |        |        |        | 5       |       |
|---|-------------|--------|--------|--------|---------|-------|
| health.                                 | Not Like Me | 2      | 3      | 4      | Like Me | Total |
| Arts, Social Sciences, & Celtic Studies | 22.52%      | 28.38% | 22.52% | 20.27% | 6.31%   | 222   |
| Science                                 | 16.34%      | 35.95% | 26.14% | 15.69% | 5.88%   | 153   |
| Engineering & Informatics               | 23.08%      | 35.16% | 19.78% | 16.48% | 5.49%   | 91    |
| Business, Public Policy, & Law          | 24.80%      | 24.80% | 30.40% | 14.40% | 5.60%   | 125   |
| Medicine, Nursing, &<br>Health Sciences | 21.36%      | 33.01% | 23.30% | 18.45% | 3.88%   | 103   |
| Shannon College                         | 11.76%      | 23.53% | 29.41% | 35.29% | 0.00%   | 17    |

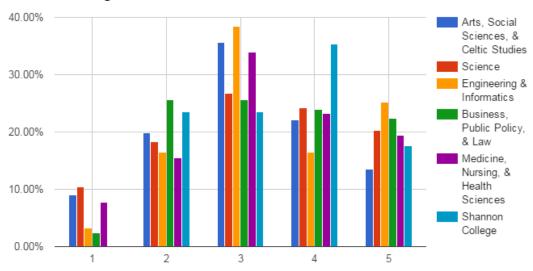
## I am concerned about my options after the course.



I am concerned about my options after the course.

| I am concerned about my options after the course. | 1<br>Not Like Me | 2      | 3       | 4       | 5<br>Like Me | Total |
|---|------------------|--------|---------|---------|--------------|-------|
| Arts, Social Sciences, &                          | 10.010/          | 22.97% | 22.070/ | 24.020/ | 0.049/       | 222   |
| Celtic Studies                                    | 10.81%           | 22.97% | 22.97%  | 34.23%  | 9.01%        | 222   |
| Science   | 12.42%           | 30.07% | 21.57%  | 20.92%  | 15.03%       | 153   |
| Engineering & Informatics                         | 32.97%           | 20.88% | 20.88%  | 18.68%  | 6.59%        | 91    |
| Business, Public Policy, & Law                    | 24.80%           | 28.00% | 26.40%  | 16.00%  | 4.80%        | 125   |
| Medicine, Nursing, &<br>Health Sciences           | 43.69%           | 28.16% | 14.56%  | 10.68%  | 2.91%        | 103   |
| Shannon College                                   | 23.53%           | 23.53% | 35.29%  | 0.00%   | 17.65%       | 17    |

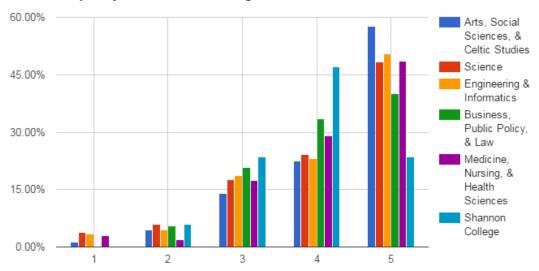
## I take regular exercise.



I take regular exercise.

| I take regular exercise.                   | 1<br>Not Like Me | 2      | 3      | 4      | 5<br>Like Me | Total |
|--|------------------|--------|--------|--------|--------------|-------|
| Arts, Social Sciences, &<br>Celtic Studies | 9.01%            | 19.82% | 35.59% | 22.07% | 13.51%       | 222   |
| Science                                    | 10.46%           | 18.30% | 26.80% | 24.18% | 20.26%       | 153   |
| Engineering & Informatics                  | 3.30%            | 16.48% | 38.46% | 16.48% | 25.27%       | 91    |
| Business, Public Policy, & Law             | 2.40%            | 25.60% | 25.60% | 24.00% | 22.40%       | 125   |
| Medicine, Nursing, &<br>Health Sciences    | 7.77%            | 15.53% | 33.98% | 23.30% | 19.42%       | 103   |
| Shannon College                            | 0.00%            | 23.53% | 23.53% | 35.29% | 17.65%       | 17    |

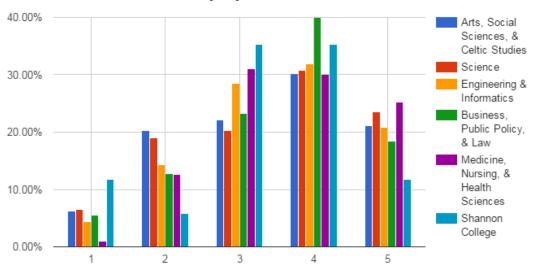
## I hope to join societies in college.



I hope to join societies in college.

| I hope to join societies in             | 1           |       |        |        | 5       |       |
|---|-------------|-------|--------|--------|---------|-------|
| college.                                | Not Like Me | 2     | 3      | 4      | Like Me | Total |
| Arts, Social Sciences, & Celtic Studies | 1.35%       | 4.50% | 13.96% | 22.52% | 57.66%  | 222   |
| Science                                 | 3.92%       | 5.88% | 17.65% | 24.18% | 48.37%  | 153   |
| Engineering & Informatics               | 3.30%       | 4.40% | 18.68% | 23.08% | 50.55%  | 91    |
| Business, Public Policy, & Law          | 0.00%       | 5.60% | 20.80% | 33.60% | 40.00%  | 125   |
| Medicine, Nursing, &<br>Health Sciences | 2.91%       | 1.94% | 17.48% | 29.13% | 48.54%  | 103   |
| Shannon College                         | 0.00%       | 5.88% | 23.53% | 47.06% | 23.53%  | 17    |

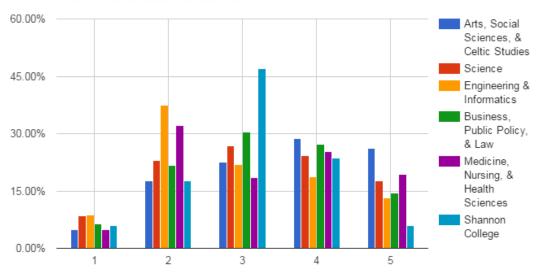
# I don't know how I will find the time to do all the things I need and want to do in my day.



I don't know how I will find the time to do all the things I need and want to do in my day.

| I don't know how I will<br>find the time to do all the<br>things I need and want to<br>do in my day. | 1<br>Not Like Me | 2      | 3      | 4      | 5<br>Like Me | Total |
|--|------------------|--------|--------|--------|--------------|-------|
| Arts, Social Sciences, & Celtic Studies  | 6.31%            | 20.27% | 22.07% | 30.18% | 21.17%       | 222   |
| Science  | 6.54%            | 18.95% | 20.26% | 30.72% | 23.53%       | 153   |
| Engineering & Informatics  | 4.40%            | 14.29% | 28.57% | 31.87% | 20.88%       | 91    |
| Business, Public Policy, & Law   | 5.60%            | 12.80% | 23.20% | 40.00% | 18.40%       | 125   |
| Medicine, Nursing, &<br>Health Sciences  | 0.97%            | 12.62% | 31.07% | 30.10% | 25.24%       | 103   |
| Shannon College  | 11.76%           | 5.88%  | 35.29% | 35.29% | 11.76%       | 17    |

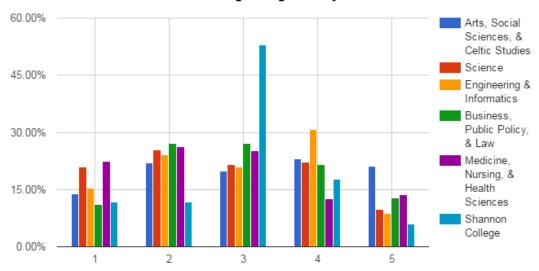
#### I often feel stressed or anxious.



I often feel stressed or anxious.

| I often feel stressed or anxious.       | 1     | 2      | 3      | 4      | 5      | Total |
|---|-------|--------|--------|--------|--------|-------|
| Arts, Social Sciences, & Celtic Studies | 4.95% | 17.57% | 22.52% | 28.83% | 26.13% | 222   |
| Science                                 | 8.50% | 22.88% | 26.80% | 24.18% | 17.65% | 153   |
| Engineering & Informatics               | 8.79% | 37.36% | 21.98% | 18.68% | 13.19% | 91    |
| Business, Public Policy, & Law          | 6.40% | 21.60% | 30.40% | 27.20% | 14.40% | 125   |
| Medicine, Nursing, &<br>Health Sciences | 4.85% | 32.04% | 18.45% | 25.24% | 19.42% | 103   |
| Shannon College                         | 5.88% | 17.65% | 47.06% | 23.53% | 5.88%  | 17    |

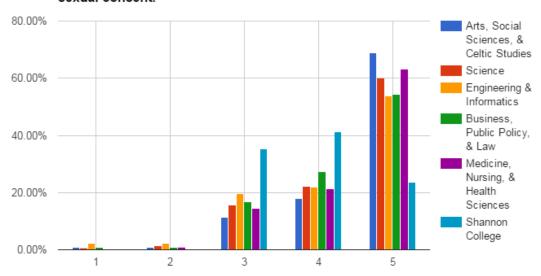
### I am worried about not having enough money to survive.



I am worried about not having enough money to survive.

| I am worried about not having enough money to survive. | 1<br>Not Like Me | 2      | 3      | 4      | 5<br>Like Me | Total |
|--|------------------|--------|--------|--------|--------------|-------|
| Arts, Social Sciences, & Celtic Studies                | 13.96%           | 22.07% | 19.82% | 22.97% | 21.17%       | 222   |
| Science  | 20.92%           | 25.49% | 21.57% | 22.22% | 9.80%        | 153   |
| Engineering & Informatics                              | 15.38%           | 24.18% | 20.88% | 30.77% | 8.79%        | 91    |
| Business, Public Policy, & Law                         | 11.20%           | 27.20% | 27.20% | 21.60% | 12.80%       | 125   |
| Medicine, Nursing, &<br>Health Sciences                | 22.33%           | 26.21% | 25.24% | 12.62% | 13.59%       | 103   |
| Shannon College  | 11.76%           | 11.76% | 52.94% | 17.65% | 5.88%        | 17    |

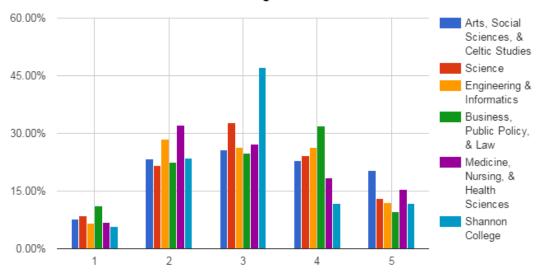
## I understand the importance of being informed about sexual consent.



I understand the importance of being informed about sexual consent.

| I understand the importance of being informed about sexual consent. | 1<br>Not Like Me | 2     | 3      | 4      | 5<br>Like Me | Total |
|---|------------------|-------|--------|--------|--------------|-------|
| Arts, Social Sciences, & Celtic Studies                             | 0.90%            | 0.90% | 11.26% | 18.02% | 68.92%       | 222   |
| Science   | 0.65%            | 1.31% | 15.69% | 22.22% | 60.13%       | 153   |
| Engineering & Informatics   | 2.20%            | 2.20% | 19.78% | 21.98% | 53.85%       | 91    |
| Business, Public Policy, & Law                                      | 0.80%            | 0.80% | 16.80% | 27.20% | 54.40%       | 125   |
| Medicine, Nursing, &<br>Health Sciences                             | 0.00%            | 0.97% | 14.56% | 21.36% | 63.11%       | 103   |
| Shannon College   | 0.00%            | 0.00% | 35.29% | 41.18% | 23.53%       | 17    |

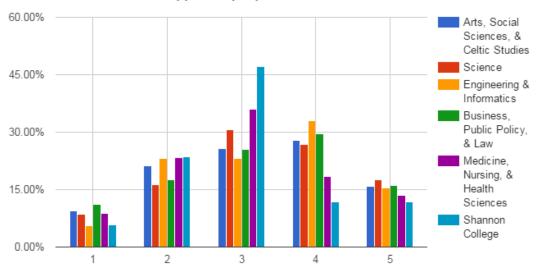
## I feel nervous in unfamiliar settings.



I feel nervous in unfamiliar settings.

| I feel nervous in unfamiliar settings.  | 1<br>Not Like Me | 2      | 3      | 4      | 5<br>Like Me | Total |
|---|------------------|--------|--------|--------|--------------|-------|
| Arts, Social Sciences, & Celtic Studies | 7.66%            | 23.42% | 25.68% | 22.97% | 20.27%       | 222   |
| Science                                 | 8.50%            | 21.57% | 32.68% | 24.18% | 13.07%       | 153   |
| Engineering & Informatics               | 6.59%            | 28.57% | 26.37% | 26.37% | 12.09%       | 91    |
| Business, Public Policy, & Law          | 11.20%           | 22.40% | 24.80% | 32.00% | 9.60%        | 125   |
| Medicine, Nursing, &<br>Health Sciences | 6.80%            | 32.04% | 27.18% | 18.45% | 15.53%       | 103   |
| Shannon College                         | 5.88%            | 23.53% | 47.06% | 11.76% | 11.76%       | 17    |

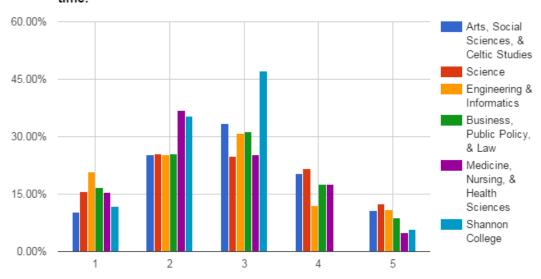
## I find it difficult to approach people I do not know.



I find it difficult to approach people I do not know.

| I find it difficult to approach people I do not know. | 1<br>Not Like Me | 2      | 3      | 4      | 5<br>Like Me | Total |
|---|------------------|--------|--------|--------|--------------|-------|
| Arts, Social Sciences, & Celtic Studies               | 9.46%            | 21.17% | 25.68% | 27.93% | 15.77%       | 222   |
| Science   | 8.50%            | 16.34% | 30.72% | 26.80% | 17.65%       | 153   |
| Engineering & Informatics                             | 5.49%            | 23.08% | 23.08% | 32.97% | 15.38%       | 91    |
| Business, Public Policy, &<br>Law                     | 11.20%           | 17.60% | 25.60% | 29.60% | 16.00%       | 125   |
| Medicine, Nursing, &<br>Health Sciences               | 8.74%            | 23.30% | 35.92% | 18.45% | 13.59%       | 103   |
| Shannon College                                       | 5.88%            | 23.53% | 47.06% | 11.76% | 11.76%       | 17    |

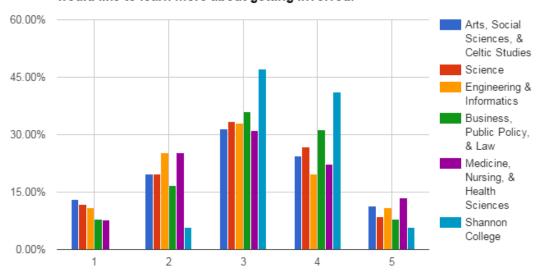
## I have no energy and I am tired all the time.



I have no energy and I am tired all the time.

| I have no energy and I am tired all the time. | 1<br>Not Like Me | 2      | 3      | 4      | 5<br>Like Me | Total |
|---|------------------|--------|--------|--------|--------------|-------|
| Arts, Social Sciences, &<br>Celtic Studies    | 10.36%           | 25.23% | 33.33% | 20.27% | 10.81%       | 222   |
| Science                                       | 15.69%           | 25.49% | 24.84% | 21.57% | 12.42%       | 153   |
| Engineering & Informatics                     | 20.88%           | 25.27% | 30.77% | 12.09% | 10.99%       | 91    |
| Business, Public Policy, & Law                | 16.80%           | 25.60% | 31.20% | 17.60% | 8.80%        | 125   |
| Medicine, Nursing, &<br>Health Sciences       | 15.53%           | 36.89% | 25.24% | 17.48% | 4.85%        | 103   |
| Shannon College                               | 11.76%           | 35.29% | 47.06% | 0.00%  | 5.88%        | 17    |

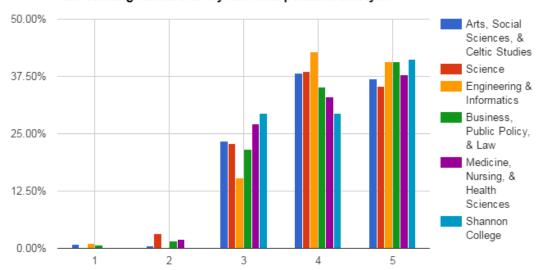
## I am interested in the work of the Students Union and would like to learn more about getting involved.



I am interested in the work of the Students Union and would like to learn more about getting involved.

| I am interested in the<br>work of the Students<br>Union and would like to<br>learn more about getting<br>involved. | 1<br>Not Like Me | 2      | 3      | 4      | 5<br>Like Me | Total |
|--|------------------|--------|--------|--------|--------------|-------|
| Arts, Social Sciences, & Celtic Studies  | 13.06%           | 19.82% | 31.53% | 24.32% | 11.26%       | 222   |
| Science  | 11.76%           | 19.61% | 33.33% | 26.80% | 8.50%        | 153   |
| Engineering & Informatics  | 10.99%           | 25.27% | 32.97% | 19.78% | 10.99%       | 91    |
| Business, Public Policy, & Law   | 8.00%            | 16.80% | 36.00% | 31.20% | 8.00%        | 125   |
| Medicine, Nursing, &<br>Health Sciences  | 7.77%            | 25.24% | 31.07% | 22.33% | 13.59%       | 103   |
| Shannon College  | 0.00%            | 5.88%  | 47.06% | 41.18% | 5.88%        | 17    |

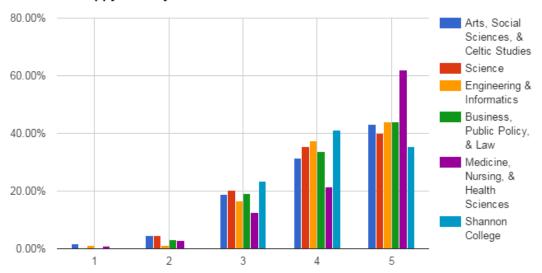
## I am looking forward to my new independent lifestyle.



I am looking forward to my new independent lifestyle.

| I am looking forward to<br>my new independent<br>lifestyle. | 1<br>Not Like Me | 2     | 3      | 4      | 5<br>Like Me | Total |
|---|------------------|-------|--------|--------|--------------|-------|
| Arts, Social Sciences, & Celtic Studies                     | 0.90%            | 0.45% | 23.42% | 38.29% | 36.94%       | 222   |
| Science   | 0.00%            | 3.27% | 22.88% | 38.56% | 35.29%       | 153   |
| Engineering & Informatics                                   | 1.10%            | 0.00% | 15.38% | 42.86% | 40.66%       | 91    |
| Business, Public Policy, & Law                              | 0.80%            | 1.60% | 21.60% | 35.20% | 40.80%       | 125   |
| Medicine, Nursing, & Health<br>Sciences                     | 0.00%            | 1.94% | 27.18% | 33.01% | 37.86%       | 103   |
| Shannon College   | 0.00%            | 0.00% | 29.41% | 29.41% | 41.18%       | 17    |

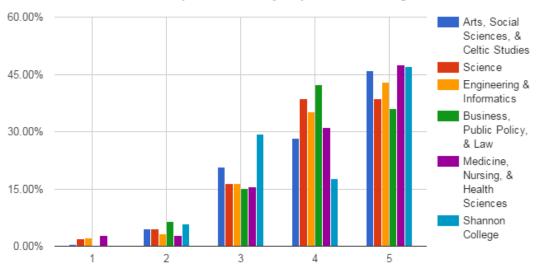
## I'm happy with my course choice.



I'm happy with my course choice.

| I'm happy with my course   | 1           |       |        |        | 5       |       |
|----------------------------|-------------|-------|--------|--------|---------|-------|
| choice.                    | Not Like Me | 2     | 3      | 4      | Like Me | Total |
| Arts, Social Sciences, &   |             |       |        |        |         |       |
| Celtic Studies             | 1.80%       | 4.50% | 18.92% | 31.53% | 43.24%  | 222   |
| Science                    | 0.00%       | 4.58% | 20.26% | 35.29% | 39.87%  | 153   |
| Engineering & Informatics  | 1.10%       | 1.10% | 16.48% | 37.36% | 43.96%  | 91    |
| Business, Public Policy, & |             |       |        |        |         |       |
| Law                        | 0.00%       | 3.20% | 19.20% | 33.60% | 44.00%  | 125   |
| Medicine, Nursing, &       |             |       |        |        |         |       |
| Health Sciences            | 0.97%       | 2.91% | 12.62% | 21.36% | 62.14%  | 103   |
| Shannon College            | 0.00%       | 0.00% | 23.53% | 41.18% | 35.29%  | 17    |

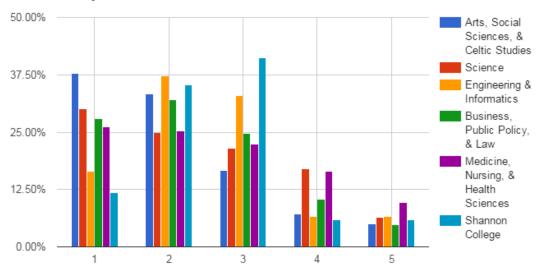




I want to continue a personal hobby or pastime in college.

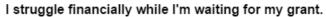
| I want to continue a personal hobby or pastime in college. | 1<br>Not Like Me | 2     | 3      | 4      | 5<br>Like Me | Total |
|--|------------------|-------|--------|--------|--------------|-------|
| Arts, Social Sciences, &                                   |                  |       |        |        |              |       |
| Celtic Studies   | 0.45%            | 4.50% | 20.72% | 28.38% | 45.95%       | 222   |
| Science  | 1.96%            | 4.58% | 16.34% | 38.56% | 38.56%       | 153   |
| Engineering & Informatics                                  | 2.20%            | 3.30% | 16.48% | 35.16% | 42.86%       | 91    |
| Business, Public Policy, &<br>Law                          | 0.00%            | 6.40% | 15.20% | 42.40% | 36.00%       | 125   |
| Medicine, Nursing, &<br>Health Sciences                    | 2.91%            | 2.91% | 15.53% | 31.07% | 47.57%       | 103   |
| Shannon College  | 0.00%            | 5.88% | 29.41% | 17.65% | 47.06%       | 17    |

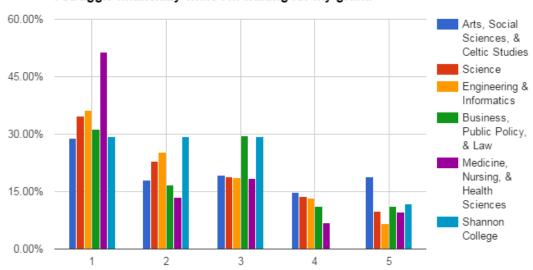
## Money is not an issue for me.



Money is not an issue for me.

| Money is not an issue for me.           | 1<br>Not Like Me | 2      | 3      | 4      | 5<br>Like Me | Total |
|---|------------------|--------|--------|--------|--------------|-------|
| Arts, Social Sciences, & Celtic Studies | 37.84%           | 33.33% | 16.67% | 7.21%  | 4.95%        | 222   |
| Science                                 | 30.07%           | 24.84% | 21.57% | 16.99% | 6.54%        | 153   |
| Engineering & Informatics               | 16.48%           | 37.36% | 32.97% | 6.59%  | 6.59%        | 91    |
| Business, Public Policy, & Law          | 28.00%           | 32.00% | 24.80% | 10.40% | 4.80%        | 125   |
| Medicine, Nursing, &<br>Health Sciences | 26.21%           | 25.24% | 22.33% | 16.50% | 9.71%        | 103   |
| Shannon College                         | 11.76%           | 35.29% | 41.18% | 5.88%  | 5.88%        | 17    |





I struggle financially while I'm waiting for my grant.

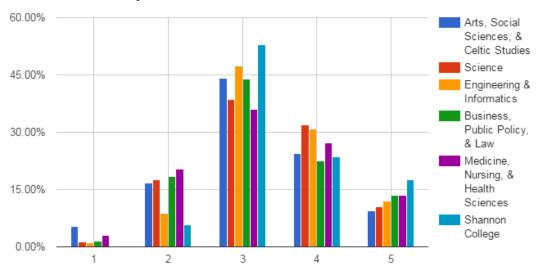
| I struggle financially while I'm waiting for my grant. | 1<br>Not Like Me | 2      | 3      | 4      | 5<br>Like Me | Total |
|--|------------------|--------|--------|--------|--------------|-------|
| Arts, Social Sciences, & Celtic Studies                | 28.83%           | 18.02% | 19.37% | 14.86% | 18.92%       | 222   |
| Science  | 34.64%           | 22.88% | 18.95% | 13.73% | 9.80%        | 153   |
| Engineering & Informatics                              | 36.26%           | 25.27% | 18.68% | 13.19% | 6.59%        | 91    |
| Business, Public Policy, & Law                         | 31.20%           | 16.80% | 29.60% | 11.20% | 11.20%       | 125   |
| Medicine, Nursing, &<br>Health Sciences                | 51.46%           | 13.59% | 18.45% | 6.80%  | 9.71%        | 103   |
| Shannon College  | 29.41%           | 29.41% | 29.41% | 0.00%  | 11.76%       | 17    |

#### I usually get a good night's sleep 60.00% Arts, Social Sciences, & Celtic Studies Science 45.00% Engineering & Informatics Business, Public Policy, 30.00% & Law Medicine, Nursing, & Health 15.00% Sciences Shannon College 0.00%

I usually get a good night's sleep

| l usually get a good<br>night's sleep   | 1<br>Not Like Me | 2      | 3      | 4      | 5<br>Like Me | Total |
|---|------------------|--------|--------|--------|--------------|-------|
| Arts, Social Sciences, & Celtic Studies | 7.66%            | 26.13% | 29.73% | 24.77% | 11.71%       | 222   |
| Science                                 | 7.84%            | 22.88% | 27.45% | 28.10% | 13.73%       | 153   |
| Engineering & Informatics               | 9.89%            | 13.19% | 27.47% | 35.16% | 14.29%       | 91    |
| Business, Public Policy, & Law          | 6.40%            | 21.60% | 32.00% | 30.40% | 9.60%        | 125   |
| Medicine, Nursing, &<br>Health Sciences | 5.83%            | 17.48% | 37.86% | 24.27% | 14.56%       | 103   |
| Shannon College                         | 5.88%            | 5.88%  | 35.29% | 47.06% | 5.88%        | 17    |

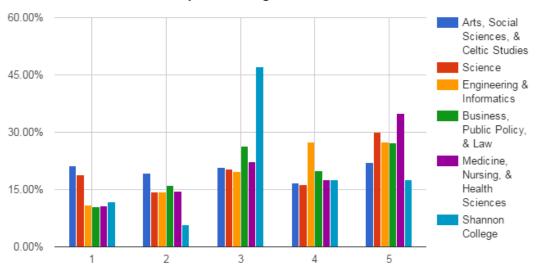
## I eat a healthy balanced diet.



I eat a healthy balanced diet.

| I eat a healthy balanced diet.          | 1<br>Not Like<br>Me | 2      | 3      | 4      | 5<br>Like Me | Total |
|---|---------------------|--------|--------|--------|--------------|-------|
| Arts, Social Sciences, & Celtic Studies | 5.41%               | 16.67% | 44.14% | 24.32% | 9.46%        | 222   |
| Science                                 | 1.31%               | 17.65% | 38.56% | 32.03% | 10.46%       | 153   |
| Engineering & Informatics               | 1.10%               | 8.79%  | 47.25% | 30.77% | 12.09%       | 91    |
| Business, Public Policy, &<br>Law       | 1.60%               | 18.40% | 44.00% | 22.40% | 13.60%       | 125   |
| Medicine, Nursing, &<br>Health Sciences | 2.91%               | 20.39% | 35.92% | 27.18% | 13.59%       | 103   |
| Shannon College                         | 0.00%               | 5.88%  | 52.94% | 23.53% | 17.65%       | 17    |

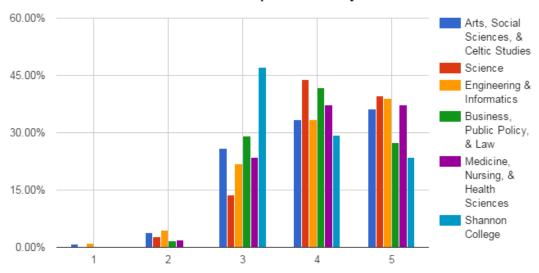
## I want to continue a sport in college



I want to continue a sport in college

| I want to continue a sport in college   | 1<br>Not Like Me | 2      | 3      | 4      | 5<br>Like Me | Total |
|---|------------------|--------|--------|--------|--------------|-------|
| Arts, Social Sciences, & Celtic Studies | 21.17%           | 19.37% | 20.72% | 16.67% | 22.07%       | 222   |
| Science                                 | 18.95%           | 14.38% | 20.26% | 16.34% | 30.07%       | 153   |
| Engineering & Informatics               | 10.99%           | 14.29% | 19.78% | 27.47% | 27.47%       | 91    |
| Business, Public Policy, & Law          | 10.40%           | 16.00% | 26.40% | 20.00% | 27.20%       | 125   |
| Medicine, Nursing, &<br>Health Sciences | 10.68%           | 14.56% | 22.33% | 17.48% | 34.95%       | 103   |
| Shannon College                         | 11.76%           | 5.88%  | 47.06% | 17.65% | 17.65%       | 17    |

## I believe it is important that I live a sustainable lifestyle that contributes to a sustainable campus community and world



I believe it is important that I live a sustainable lifestyle that contributes to a sustainable campus community and world

| I believe it is important<br>that I live a sustainable<br>lifestyle that contributes<br>to a sustainable campus<br>community and world | 1<br>Not Like Me | 2     | 3      | 4      | 5<br>Like Me | Total |
|--|------------------|-------|--------|--------|--------------|-------|
| Arts, Social Sciences, & Celtic Studies  | 0.94%            | 3.76% | 25.82% | 33.33% | 36.15%       | 213   |
| Science  | 0.00%            | 2.88% | 13.67% | 43.88% | 39.57%       | 139   |
| Engineering & Informatics  | 1.15%            | 4.60% | 21.84% | 33.33% | 39.08%       | 87    |
| Business, Public Policy, & Law   | 0.00%            | 1.71% | 29.06% | 41.88% | 27.35%       | 117   |
| Medicine, Nursing, & Health<br>Sciences  | 0.00%            | 1.96% | 23.53% | 37.25% | 37.25%       | 102   |
| Shannon College  | 0.00%            | 0.00% | 47.06% | 29.41% | 23.53%       | 17    |

## E Pub Sept 2016 – January 2017 Results

Between 01 September 2016 and 09 February 2017, **298 people** (who met the criteria you specified) have completed the ePUB. Together, they have generated **298 entries**.

#### Sex:

Female = 185 (62.0%)

Male = 113 (37.0%)



#### **Student Affiliation:**

National University of Ireland, Galway = 285 (95.0%)

Non-Student = 2 (0.0%)

Other College Student = 11 (3.0%)



#### Year Level:

1st Year = 165 (55.0%)

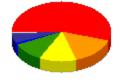
2nd Year = 46 (15.0%)

3rd Year = 37 (12.0%)

4th Year = 30 (10.0%)

Not Applicable = 4 (1.0%)

Post graduate = 16 (5.0%)



#### Faculty:

Arts = 92 (30.0%)

Commerce = 18 (6.0%)

Engineering = 39 (13.0%)

Law = 7(2.0%)

Medicine = 42 (14.0%)

NA = 2 (0.0%)

Other = 14 (4.0%)

Science = 84 (28.0%)



#### Are you a student athlete?:

No = 242 (81.0%)

Yes = 56 (18.0%)



## Are you currently taking prescription medications?:

No = 204 (68.0%)

Yes = 94 (31.0%)



#### Do you currently live away from home?:

No = 87 (29.0%)

Yes = 211 (70.0%)



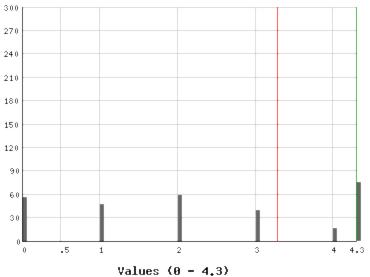
## Number of weeks in a typical month the participant reported drinking

N: 298 Min: 0.00 Max: 4.30

Range: 4.30 Mode: 4.30 Median: 4.30

Mean (Average): 0.00

Standard Deviation: 1.36



## Highest calculated BAC reported during the "typical drinking week"

N: 298

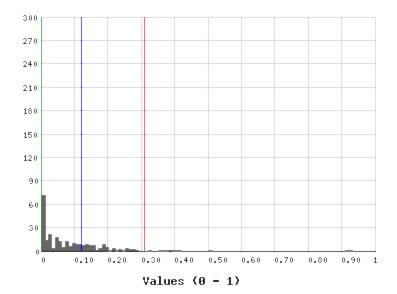
Min: 0.00 Max: 303.46

Range: 303.46

Mode: 0.00 Median: 0.12

Mean (Average): 0.00

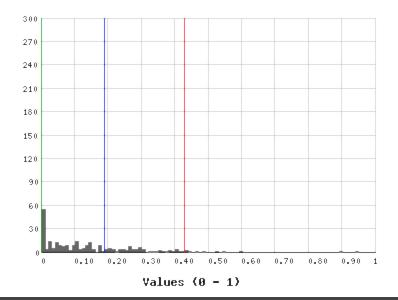
Standard Deviation: 4.67



## Highest calculated BAC including during the "typical drinking week" and the "heaviest drinking episode"

N: 298 Min: 0.00 Max: 303.46 Range: 303.46 Mode: 0.00 Median: 0.19

Mean (Average): 0.00 Standard Deviation: 4.79



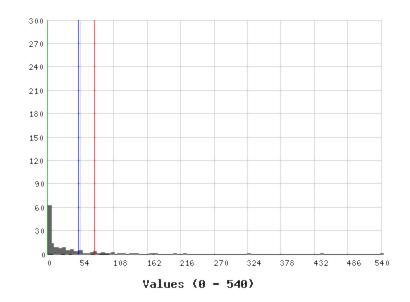
## Drinks imbibed in a typical month

N: 298 Min: 0.00

Max: 8,939.70 Range: 8,939.70 **Mode: 0.00** 

Median: 51.60

Mean (Average): 0.00 Standard Deviation: 167.76



## Amount of money spent on alcoholic beverages in one week

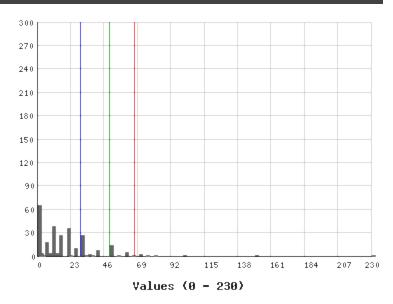
N: 298 Min: 0.00

Max: 99,999.00 Range: 99,999.00 **Mode: 50.00** 

Median: 30.00

Mean (Average): 0.00

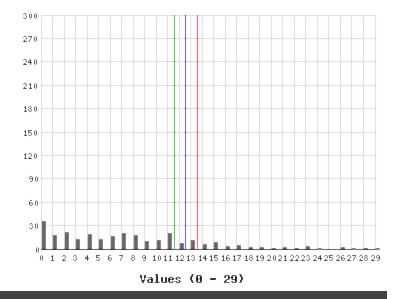
Standard Deviation: 1,522.80



## Negative Consequences Score (AUDIT Score)

N: 298 Min: 0.00 Max: 40.00 Range: 40.00 Mode: 11.00 Median: 12.00

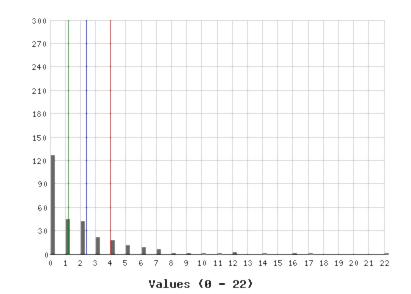
Mean (Average): 0.00 Standard Deviation: 7.59



## Family Risk Scale Score

N: 298 Min: 0.00 Max: 116.00 Range: 116.00 Mode: 0.00 Median: 1.00

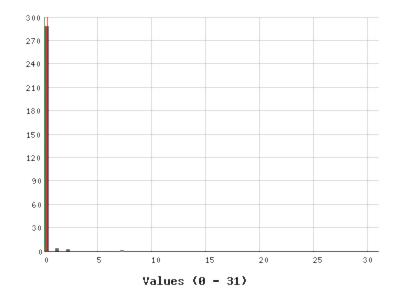
Mean (Average): 0.00 Standard Deviation: 4.67



## Number of times user reported driving after drinking

N: 298 Min: 0.00 Max: 53.00 Range: 53.00 Mode: 0.00 Median: 0.00

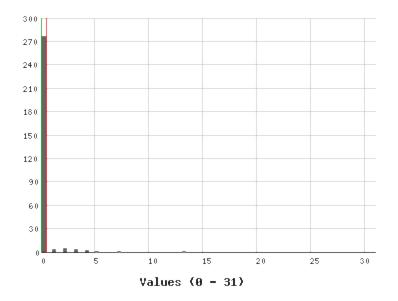
Mean (Average): 0.00 Standard Deviation: 2.11



## Number of times user reported driving with a friend after the friend had been drinking

N: 298 Min: 0.00 Max: 46.00 Range: 46.00 Mode: 0.00 Median: 0.00

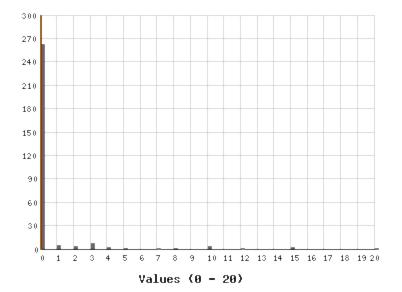
Mean (Average): 0.00 Standard Deviation: 2.15



## Cigarettes smoked per day

N: 298 Min: 0.00 Max: 20.00 Range: 20.00 Mode: 0.00 Median: 0.00

Mean (Average): 0.00 Standard Deviation: 0.93



## Success Quiz Survey

#### **RESPONSES**

174

## 174 responses

#### SUMMARY

INDIVIDUAL

Accepting responses

Where are you a student? (174 responses)

NUI Galway 59NUIG 114France 1

## Tick the option that best reflects you(174 responses)

Female 107
Male 67
Other 0
Prefer not to say 0

## Are you a First Year NUI Galway Student (65 responses)

Yes but I only want to complete this questionnaire (I will not be in the draw for the prizes) skip to next section

No but I have filled in the Success Quiz and E-pub and want to be in the draw for great prizes

No (skip to next section)

No

4

## The Success Quiz

Have you completed the Success Quiz? (150 responses) Yes100%

Yes 150

## Please enter the scores you received from the Success Quiz.

| Value | Cour |
|-------|------|
| 60    | 32   |
| 80    | 48   |
| 100   | 21   |
| 100%  | 9    |
| 100%  | 1    |
| 60%   | 19   |
| 80%   | 19   |
| 0     | 1    |

## Engagement(150 responses)

#### **Value Count** 60% 8 0 1 40 1 60 28 80 33 100 39 100% 1 80% 19 100% 18 40% 1 20% 1

## Finance(150 responses)

|       | .00,.00 |
|-------|---------|
| Value | Count   |
| 60    | 38      |
| 80    | 32      |
| 80%   | 29      |
| 100   | 27      |
| 100%  | 7       |
| 60%   | 10      |
| 40    | 5       |
| 605   | 1       |
| 40%   | 1       |
|       |         |

## Health(150 responses)

| Value | Count |
|-------|-------|
| 80    | 59    |
| 80%   | 32    |
| 60    | 23    |
| 100   | 19    |
| 100%  | 4     |

#### **Value Count**

60% 11 40 1 40% 1

## Careers(150 responses)

#### **Value Count** 80 38 100 47 100% 19 80% 25 60 15 60% 3 20 1 80 1 90% 1

## ePub

Have you completed the ePub survey?(150 responses) Yes100%

Yes 150

## Student Status

Tick the Option that best applies to you?(173 responses)

Full-Time 1st Year StudentFull-Time 3rd Year StudentFull-Time 2nd Year StudentFull-Time 4th Year StudentFull-Time 4thYear+ StudentFull-time Diploma StudentPart-Time Diploma StudentPost-Graduate Diploma Student1/213.3%13.3%52%

| Full-Time 1st Year Student       | 90 |
|----------------------------------|----|
| Full-Time 3rd Year Student       | 14 |
| Full-Time 2nd Year Student       | 23 |
| Full-Time 4th Year Student       | 23 |
| Full-Time 4thYear+ Student       | 2  |
| Full-time Diploma Student        | 0  |
| Part-Time Diploma Student        | 0  |
| Post-Graduate Diploma Student    | 1  |
| Taught Masters Student           | 9  |
| Research Master Student          | 0  |
| PhD Student                      | 2  |
| Access Student                   | 1  |
| Part-Time Student                | 0  |
| Visiting Student (Erasmus or US) | 8  |
| Other                            | 0  |

## Which NUI Galway Campus?

What Campus are you on?(174 responses)

Carraroe 1 NUI Galway 171 Shannon 0 Other 2

## Which School

What School are you apart of?(171 responses)

Arts 51
Business and Law 20
Engineering 30
Medicine 28
Science 42

If applicable, tick one of the following options(73 responses)

Mature Student 8
International 32
Access Student 6
HEAR Student 13
DARE Student 5
Other 9

## Services

Tick any of the NUI Galway support services below that you think you may use this coming year(171 responses)

| Value                        | Count |
|------------------------------|-------|
| Accommodation Office         | 29    |
| Financial Aid Fund           | 42    |
| Chaplaincy                   | 17    |
| Counselling                  | 48    |
| Health Unit                  | 65    |
| Career Development Centre    | 82    |
| Societies                    | 156   |
| Sports Clubs                 | 111   |
| ALIVE Volunteering Programme | 117   |
| Access Office                | 4     |
| Disability Support Services  | 15    |
| Mature Students Office       | 7     |
| International Student Office | 30    |
| Other                        | 0     |

Resources
Which of the following resources/facilities/Training, if any, would you use?(170 responses)

| (C3PO113C3)                           |     |
|---------------------------------------|-----|
| Academic Writing Centre               | 70  |
| Art Room                              | 19  |
| Band Rehearsal Room                   | 13  |
| Bicycle Repair Workshop               | 30  |
| Chapel                                | 20  |
| Consent Workshops                     | 16  |
| Cookery Classes                       | 50  |
| Coping Strategies                     | 25  |
| Dark Room: Photographic               | 11  |
| Early Morning Exercise/ Dance         | 42  |
| Eating Disorder Support               | 2   |
| Disability Support Mentors            | 4   |
| English for Academic Purposes classes | 21  |
| Film Editing Suite                    | 11  |
| Gym                                   | 107 |
| Gym Etiquette Training                | 12  |
| Library Group Study Room              | 80  |
| Library Individual Study Room         | 90  |
| Kitchen                               | 25  |
| Maths Support: SUMS                   | 44  |
| Movie Screenings                      | 64  |
| Music Recording Studio                | 11  |
| Muslim Prayer Room                    | 3   |
| Piano Room                            | 21  |
| Radio Station: Flirt FM               | 12  |
| Relaxation Room                       | 35  |
| Sexual Health Clinic                  | 19  |
| Sleep Hygiene workshop                | 14  |
| Smoking Cessation Workshops           | 5   |
| Social Anxiety Support                | 14  |
| Social Nights                         | 75  |
| Sports Coaching Qualifications        | 6   |
| Student Common Room - The Hub         | 69  |
| Swimming Pool                         | 64  |
| Volunteering Opportunities on Campus  | 80  |
| Volunteering Opportunities off Campus | 76  |
| Wellness Centre                       | 29  |
| Weight Loss Programme                 | 19  |
| Other                                 | 1   |

## Skills

# Tick any of the skills below you wish to learn outside of your academics.(165 responses)

| Value                            | Count |
|----------------------------------|-------|
| An Awareness Of Global Issues    | 57    |
| Communication                    | 87    |
| Conflict Resolution              | 52    |
| Creativity                       | 75    |
| Energy Saving and Sustainability | 37    |
| Financial Management             | 60    |
| Fitness                          | 108   |
| Global Issues                    | 41    |
| Interpersonal Skills             | 74    |
| Leadership Skills                | 95    |
| Managing Your Own Learning       | 64    |
| Mindfulness                      | 69    |
| Open-mindedness                  | 44    |
| Organisational Skills            | 72    |
| Problem Solving                  | 80    |
| Public Speaking                  | 88    |
| Self-Motivation                  | 85    |
| Setting and Achieving Goals      | 66    |
| Study/Exam Skills                | 99    |
| Team Work                        | 75    |
| Time Management                  | 81    |
| Other                            | 46    |
|                                  |       |

|        | The Success Quiz is generously funded by the NUI Galway Students' Project Fund. This initiative is a collaboration between NUI Galway and Dublin Institute of Technology. |
|--------|---|
| Links: |   |
|        | www.nuigstudents.ie   |
|        | www.socs.nuigalway.ie   |