

First Year Seminar (IDS 2882) Survey

Would you like to be involved in research at the University of Science and Arts of Oklahoma?

PROJECT TITLE: The impact of mindset in First Year Seminar on student self-efficacy, academic performance, and retention.

PRINCIPLE INVESTIGATOR: Paul Regier, Ph.D.

PURPOSE: To investigate the impact of mindsets in First Year Seminar on confidence for academic challenges, academic performance, and retention.

PROCEDURES: All participants of age 18 years or older will be asked to fill out a survey of mindsets and confidence for academic challenges at the beginning and end of the semester.

RISK OF PARTICIPATION: The risk associated with this study is minimal. There is no known risk beyond that expected from everyday life experiences.

BENEFITS OF

PARTICIPATION: There is a benefit to you in the opportunity for self-reflection of your mindsets and attitudes regarding your college endeavors. Following the survey, you will have the opportunity to receive nominal First Year Seminar extra credit for participating. Future students and society at large may benefit if the study yields results that contribute to understanding of how to best help students at the beginning of their college career.

CONFIDENTIALITY: Your participation in this study is anonymous, and your name will not be stored with your responses. The data from this study will be kept for at least five years after the publication of the results. Results from this study may be presented at professional meetings or in publications.

COMPENSATION: There is no compensation for choosing to be a participant in this study.

CONTACTS: I understand that I may contact any of the researchers at the following addresses and phone numbers, should I desire to discuss my participation in the study and /or request information about the results of the study.

Who do I contact with questions,

concerns, or complaints? If you have questions, concerns, or complaints about the research please contact Dr. Paul Regier in person or by email (pregier@ou.edu). You can also contact Dr. Rachel Jones at rjones@usao.edu if you have questions about your rights as a research participant, concerns, or complaints about the research and wish to talk to someone other than the researcher, or if you cannot reach the researcher.

PARTICIPANT'S RIGHTS: I understand that my participation is voluntary, that there is no penalty for refusal to participate, and that I am free to withdraw my consent and participation in this project at any time without penalty.

CONSENT DOCUMENTATION: If you feel you have read this statement and fully understand it and now wish to participate, please sign on the line below. If requested, we will provide you with a copy of this form for your personal records.

This research has been approved by the University of Science and Arts, Institutional Review Board.

IRB Number: _____
date: 8/25/2023

Approval

* Indicates required question

1. Do you agree to participate?

Mark only one oval.

- ☐ I agree to participate and am *Skip to question 2*
- ☐ I do not want to participate *Skip to section 6 (Closing)*

Mindset

Mindset describes how we view ourselves and the world. Below are a series of questions about how you see yourself. There are no right or wrong answers. The best answer is the one that's most true for you right now in your life.

3. **Rate the extent to which you agree or disagree with the following questions:**

(On a mobile device, please scroll to the right to get to strongly agree)

Mark only one oval per row.

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
The effects of stress are negative and should be avoided.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Experiencing stress facilitates my learning and growth.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Experiencing stress depletes my health and vitality.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Experiencing stress enhances my performance and productivity.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Experiencing stress inhibits my learning and growth.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Experiencing stress improves my health and vitality.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

4. **Rate the extent to which you agree or disagree with the following questions: ***

(On a mobile device, please scroll to the right to get to strongly agree)

Mark only one oval per row.

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
I am unconditionally valuable and deserve to be respected.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Even if I make a mistake or fail to perform, I am still worthwhile as a person.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am capable of positive change and contribution.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Under the right conditions, I can learn and grow.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pointing fingers gets me further away from a solution.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
No matter what happened before, I am responsible for what I do next.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Practice

The following question considers your **application** of the **principles from the previous question**. There are no right or wrong answers. The best answer is the one that's most true for you right now in your life.

5. **How consistently do you currently apply these principles to in your life? ***

On a scale of 1-5, where

1 = never, and

5 = all the time

(On a mobile device, please scroll to the right to get to 5)

Mark only one oval per row.

	1- Never	2	3	4	5-All the time
I am unconditionally valuable and deserve to be respected.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Even if I make a mistake or fail to perform, I am still worthwhile as a person.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am capable of positive change and contribution.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Under the right conditions, I can learn and grow.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pointing fingers gets me further away from a solution.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
No matter what happened before, I am responsible for I do next.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Confidence Check-In

The statements below describe different ways to deal with life's ups and downs. The rows below describe different situations in your life.

For each statement, please rate as of **right now, how confident you are in your ability to do what's described in the statement**. There are no right or wrong answers, only what's true for you. For each situation listed,

Rate your degree of confidence by recording a number from 0 to 10 using this scale.

0 = No way I can

5 = Maybe I can

10 = Definitely sure I can

6. Rate how confident you are right now in your ability to: *

Stay motivated when things seem impossible.

Mark only one oval.

No way I can

1

☐

2

☐

3

☐

4

☐

5

☐

6

☐

7

☐

8

☐

9

☐

10

☐

Definitely sure I can

7. Rate how confident you are right now in your ability to: *

Trust in the goodness of others.

Mark only one oval.

No way I can

1 ☐

2 ☐

3 ☐

4 ☐

5 ☐

6 ☐

7 ☐

8 ☐

9 ☐

10 ☐

Definitely sure I can

8. Rate how confident you are right now in your ability to: *

Bounce back quickly when I am stressed out.

Mark only one oval.

No way I can

1 ☐

2 ☐

3 ☐

4 ☐

5 ☐

6 ☐

7 ☐

8 ☐

9 ☐

10 ☐

Definitely sure I can

9. Rate how confident you are right now in your ability to: *

Accept my failures as a necessary part of problem-solving.

Mark only one oval.

No way I can

1 ☐

2 ☐

3 ☐

4 ☐

5 ☐

6 ☐

7 ☐

8 ☐

9 ☐

10 ☐

Definitely sure I can

10. Rate how confident you are right now in your ability to: *

Stay focused on my goals when things keep getting in my way.

Mark only one oval.

No way I can

1 ☐

2 ☐

3 ☐

4 ☐

5 ☐

6 ☐

7 ☐

8 ☐

9 ☐

10 ☐

Definitely sure I can

11. Rate how confident you are right now in your ability to: *

Ask others for help when I need it.

Mark only one oval.

No way I can

1 ☐

2 ☐

3 ☐

4 ☐

5 ☐

6 ☐

7 ☐

8 ☐

9 ☐

10 ☐

Definitely sure I can

12. Rate how confident you are right now in your ability to: *

Find more than one way to solve a problem.

Mark only one oval.

No way I can

1 ☐

2 ☐

3 ☐

4 ☐

5 ☐

6 ☐

7 ☐

8 ☐

9 ☐

10 ☐

Definitely sure I can

13. Rate how confident you are right now in your ability to: *

Understand both my strengths and weaknesses.

Mark only one oval.

No way I can

1 ☐

2 ☐

3 ☐

4 ☐

5 ☐

6 ☐

7 ☐

8 ☐

9 ☐

10 ☐

Definitely sure I can

14. Rate how confident you are right now in your ability to: *

Finish what I start even if I don't want to.

Mark only one oval.

No way I can

1 ☐

2 ☐

3 ☐

4 ☐

5 ☐

6 ☐

7 ☐

8 ☐

9 ☐

10 ☐

Definitely sure I can

Demographics

15. Please rate the extent to which you agree and disagree with the following statements. *

- 1 - Strongly Disagree
- 2 - Disagree
- 3 - Neither agree nor disagree
- 4 - Agree
- 5 - Strongly Agree

Mark only one oval per row.

	1	2	3	4	5
I have made my schedule for the Spring semester with the intent to be a student at Science & Arts next semester.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I intend to graduate from Science & Arts in the next four years.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I intend to graduate from Science & Arts with my current major.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I will likely change my major before I graduate.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

16. What is your gender? *

Mark only one oval.

- ☐ Female
- ☐ Male
- ☐ Transgender
- ☐ Intersex

17. Date of Birth *

Example: January 7, 2019

18. What is the **letter** of your **last name**? *

19. Who is your instructor for the two-hour discussion section of the course? *

Mark only one oval.

- ☐ Section 1 - Regier - Online
- ☐ Section 2 - Chalaire - TR 3:00 - 4:00 pm
- ☐ Section 3 - Devine Billen - TR 9:30 - 10:30 pm
- ☐ Section 4 - Perryman - MW 9:05 - 10:05 am
- ☐ Section 5 - Coleman - TR 1:30 - 2:30 pm
- ☐ Section 6 - Devine Billen - MW 12:00-1:00 pm
- ☐ Section 7 - Regier - MW 9:05 - 10:05 am
- ☐ Section 8 - Regier - MW 10:10 - 11:10 am
- ☐ Section 9 - Benson - TR 12:00-1:00 pm
- ☐ Section 10 - Taylor - MW 11:15am - 12:15 pm
- ☐ Section 11 - Coleman - MW 10:10 - 11:10am
- ☐ Section 12 - Karner - MW 2:30 - 3:30 pm
- ☐ Section 13 - Monroe - Online
- ☐ Section 14 - Monroe - Online
- ☐ Section 15 - Moore - MW 5:30-6:30 pm
- ☐ Section 17 - Steele - Online

20. Are there any other comments you would like to add? (optional)

Closing

Thank you for completing this survey! We greatly value your feedback and suggestions.

Please submit your results and tell your instructor that you have finished the survey.

Thank You!

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