

Fall 2015 431 Class Survey

This survey contains a total of 146 items. Please answer them all, and submit the survey by Tuesday October 27 at 4 PM. Please respond to each item, including the ones you submitted, if any, to the best of your ability. We are very grateful for your time, in responding to these items. Your colleagues need data. If you like, once you have completed questions 1-16 and the final question, you should be able to submit your results, and then edit your work later to complete all questions. When you have answered all 146 questions, you will receive a modest bonus on Exam 2.

The final question asks for your name. We will remove your name and CWRU ID from the surveys before providing the data to your fellow students. If you have any questions about the survey, please direct them to Professor Love.

Your email address (**tel3@case.edu**) will be recorded when you submit this form. Not **tel3**? [Sign out](#)

* Required

1. **Q001 ***

Do you identify as male or female?

Mark only one oval.

- ☐ Male
☐ Female

2. **Q002 ***

Were you born in the United States?

Mark only one oval.

- ☐ Yes
☐ No

3. **Q003 ***

Is English the language you speak better than any other?

Mark only one oval.

- ☐ Yes
☐ No

4. **Q004 ***

Do you wear prescription glasses or contact lenses?

Mark only one oval.

- ☐ Yes
☐ No

5. **Q005 ***

Do you own a smart phone?

Mark only one oval.

- ☐ Yes
☐ No

6. **Q006** *

Are you currently enrolled in a PhD program?
Mark only one oval.

- ☐ Yes
☐ No

7. **Q007** *

Before taking 431, had you ever used R before?
Mark only one oval.

- ☐ Yes
☐ No

8. **Q008** *

Are you currently married or in a stable domestic relationship?
Mark only one oval.

- ☐ Yes
☐ No

9. **Q009** *

In what year were you born?

10. **Q010** *

How many hours of sleep did you get LAST NIGHT?

11. **Q011** *

How many hours of sleep do you get in a TYPICAL night?

12. **Q012** *

What is your height, in inches? (Note that one cm = 0.393 inches) If necessary, google "cm to inches" for a calculator.

13. **Q013** *

What is your weight, in pounds? (Note that one kg = 2.20 pounds) If necessary, google "kg to pounds" for a calculator.

14. **Q014 ***

What is your pulse rate, in beats per minute?
(Please either use a tracking device, or count your pulse for 15 seconds and then multiply by 4)

Questions 015 - 016

On a scale from 0 = Strongly disagree to 100 = Strongly Agree, please rate your agreement with the following statements.

15. **Q015 ***

I am very comfortable with my understanding of the material discussed so far in EPBI 431.

16. **Q016 ***

So far, EPBI 431 has required me to do more work than a course has ever required of me.

Questions 017 - 033

In a typical week, on average ...

17. **Q017**

In a typical week, how many miles do you walk?

18. **Q018**

In a typical week, how many minutes do you spend in the gym?

19. **Q019**

In a typical week, on how many days do you go to the gym?

20. **Q020**

In a typical week, how many servings of fruits and vegetables do you eat?

21. **Q021**

In a typical week, how many hot beverages (coffee, tea, etc.) do you consume?

22. Q022

In a typical week WHEN YOU WERE 10 YEARS OLD, how many minutes did you spend engaged in physical activities (include any cardiovascular, resistance, team or individual sport performed in order to improve or maintain health or achieve a fitness-oriented goal)?

23. Q023

In a typical week in 2015, how many minutes did you spend engaged in physical activities (include any cardiovascular, resistance, team or individual sport performed in order to improve or maintain health or achieve a fitness-oriented goal)?

24. Q024

In a typical week of 21 meals, how many do you prepare at home?

25. Q025

In a typical week, how many minutes do you spend cooking?

26. Q026

In a typical week, how many times do you recycle?

27. Q027

In a typical week, how many times do you carpool or take public transportation?

28. Q028

In a typical week, how many minutes do you spend exercising (for example: going to the gym, riding a bike, running, any physical activity that you engage in consciously and intentionally)?

29. Q029

In a typical week, how many times do you exercise (any physical activity that you engage in consciously and intentionally)?

30. Q030

In a typical week, how many minutes do you spend working in R for any aspect of EPBI 431 (for instance, doing assignments, learning additional background information, additional practice)?

31. Q031

In a typical week, how many minutes do you spend working with any programming language for any aspect of your life other than EPBI 431?

32. Q032

In a typical week, how many hours do you work?

33. Q033

In a typical week, how many times do you wash your hands?

Questions 034 - 039

About yesterday ...

34. Q034

How many servings of fruits and vegetables did you consume yesterday?

35. Q035

How many ounces of coffee did you drink yesterday?

36. Q036

How many ounces of soda did you drink yesterday?

37. Q037

How many ounces of other caffeinated beverages did you drink yesterday?

38. Q038

On a scale from 0 (last night I got much less sleep than usual) to 100 (last night I got much more sleep than usual) please rate the AMOUNT of sleep you got last night as compared to your usual amount of sleep?

39. Q039

On a scale from 0 (last night I slept very poorly) to 100 (last night I slept very well) please rate the QUALITY of sleep you got last night.

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Questions 040 - 080

Questions 040 - 049

The next 10 questions are derived from a published scale. Each of the items below contains two choices, labeled A and B. Please indicate which of the choices (A or B) most describes your likes or the way you feel. In some cases you may find items in which both choices describe your likes or feelings. Please choose the one which better describes your likes or feelings.

In some cases you may find items in which you do not like either choice. In these cases mark the choice you dislike least. Please answer each item. We are interested only in your likes or feeling, not in how others feel about these things or how one is supposed to feel. There are no right or wrong answers as in other kinds of tests. Be frank and give your honest appraisal of yourself.

40. Q040

A. I would like to take off on a trip with no pre-planned or definite routes, or timetable. B. When I go on a trip I like to plan my route and timetable fairly carefully.

Mark only one oval.

- ☐ A
☐ B

41. Q041

A. A sensible person avoids activities that are dangerous. B. I sometimes like to do things that are a little frightening.

Mark only one oval.

- ☐ A
☐ B

42. Q042

A. I like "wild" uninhibited parties. B. I prefer quiet parties with good conversation.

Mark only one oval.

- ☐ A
☐ B

43. Q043

A. I would like to try parachute jumping. B. I would never want to try jumping out of a plane with or without a parachute.

Mark only one oval.

☐ A

☐ B

44. Q044

A. I often wish I could be a mountain climber. B. I can't understand people who risk their necks climbing mountains.

Mark only one oval.

☐ A

☐ B

45. Q045

A. I like to explore a strange city or section of town by myself, even if it means getting lost. B. I prefer a guide when I am in a place I don't know well.

Mark only one oval.

☐ A

☐ B

46. Q046

A. Skiing fast down a high mountain slope is a good way to end up on crutches. B. I think I would enjoy the sensations of skiing very fast down a high mountain slope.

Mark only one oval.

☐ A

☐ B

47. Q047

A. I prefer the surface of the water to the depths. B. I would like to go scuba diving.

Mark only one oval.

☐ A

☐ B

48. Q048

A. I enjoy spending time in the familiar surroundings of home. B. I get very restless if I have to stay around home for any length of time.

Mark only one oval.

☐ A

☐ B

49. Q049

A. I prefer friends who are excitingly unpredictable. B. I prefer friends who are reliable and predictable.

Mark only one oval.

☐ A

☐ B

Questions 050 - 056

On a scale from 0 to 100 ...

50. Q050

On a scale from 0 to 100, with 0 indicating no stress and 100 indicating extreme stress, how would you rate your level of stress during an average week?

51. Q051

On a scale from 0 (extremely rural) to 100 (extremely urban) please rate the environment in which you grew up as a child?

52. Q052

On a scale from 0 (far left) to 100 (far right) how would you best rate your political inclinations?

53. Q053

On a scale from 0 (not at all effective) to 100 (extremely effective), how would you rate your feelings about the effectiveness of the yearly flu vaccination in preventing the flu?

54. Q054

On a scale from 0 (not at all) to 100 (a whole lot), how much does advice promoting the yearly flu vaccine from your doctor or healthcare provider influence your decision on receiving a flu vaccination?

55. Q055

On a scale from 0 (not at all likely) to 100 (extremely likely), please rate how likely it is that you will increase your hand-washing hygiene during flu season?

56. **Q056**

On a scale from 0 (I have never been able to play a musical instrument) to 100 (I have been capable of playing a musical instrument at a professional level), please rate the highest level of proficiency you have ever achieved in terms of playing a musical instrument.

Questions 057 - 065

Please select the option which best matches your opinion or status...

57. **Q057**

Which of the following best describes the operating system of your primary mobile phone?
Mark only one oval.

- ☐ A. iPhone / iOS
- ☐ B. Android
- ☐ C. Blackberry
- ☐ D. I don't know
- ☐ E. No mobile phone.

58. **Q058**

Which medium do you use most to get your fictional stories (containing plot)?
Mark only one oval.

- ☐ A. Movies
- ☐ B. Television
- ☐ C. Print (including books, comics, etc.)
- ☐ D. Other

59. **Q059**

Of these options, which type of fictional stories do you consume most?
Mark only one oval.

- ☐ A. Comedy
- ☐ B. Drama
- ☐ C. Action
- ☐ D. Horror / Thriller
- ☐ E. Fantasy / Science Fiction

60. **Q060**

In your graduate and undergraduate educational experience, which of the following types of assignments have you received the HIGHEST grades for?

Mark only one oval.

- ☐ A. Individual Assignments
- ☐ B. Partner Assignments (you and 1 other student)
- ☐ C. Group Assignments (you and 2 or more others)

61. **Q061**

When casually making your way toward your last class of the week, you recognize that two people are struggling to get a very large box through one of the front doorways of the building. This leaves only one other front door, which is clearly marked "Exit Only". What do you do?

Mark only one oval.

- ☐ A. Stop to help them guide the box through the door until they have successfully cleared the doorway
- ☐ B. Stop to help ONLY UNTIL the "Exit Only" door is clear to go through
- ☐ C. Completely avoid the situation and search for another entrance to the building

62. **Q062**

Please choose the statement that most closely aligns to your personal opinion (please note that zoo is meant to refer to zoological institutions in the US)

Mark only one oval.

- ☐ A. I like zoos, and I think zoos are an important part of our culture
- ☐ B. I do go to zoos sometimes, but I have some concerns about them
- ☐ C. I have no particular feelings about zoos
- ☐ D. I do not like zoos, though I have occasionally visited them
- ☐ E. I think zoos are a detriment to society and I do not visit them

63. **Q063**

Which of these dietary categories best describes your dietary habits (aside from restrictions due to medical reasons)?

Mark only one oval.

- ☐ A. Veganism
- ☐ B. Ovo, lacto or ovo-lacto vegetarianism (consume eggs or dairy products or both)
- ☐ C. Semi-vegetarianism (including pescetarianism)
- ☐ D. No restrictions

64. **Q064**

What is the location of your IDEAL seat in the EPBI 431 classroom?

Mark only one oval.

- ☐ A. On the left side as you face the screen
- ☐ B. In the middle of the room
- ☐ C. On the right side (closest to the podium)

65. **Q065**

What is the location of your USUAL seat in the EPBI 431 classroom?

Mark only one oval.

- ☐ A. On the left side as you face the screen
- ☐ B. In the middle of the room
- ☐ C. On the right side (closest to the podium)

Questions 066 - 080

Binary items, with two possible answers.

66. **Q066**

Is your IDEAL seat in the EPBI 431 classroom in the front or the back?

Mark only one oval.

- ☐ A. The front
- ☐ B. The back

67. **Q067**

Is your USUAL seat in the EPBI 431 classroom in the front or the back?

Mark only one oval.

- ☐ A. The front
- ☐ B. The back

68. **Q068**

Prior to taking EPBI 431, did you have any programming knowledge or experience?

Mark only one oval.

- ☐ Yes
- ☐ No

69. **Q069**

Did you participate in TEAM sports (physical activities) as a child?

Mark only one oval.

- ☐ Yes
- ☐ No

70. **Q070**

Did you participate in INDIVIDUAL sports (physical activities) as a child?

Mark only one oval.

- ☐ Yes
- ☐ No

71. Q071

Have you, in the past month, participated in team sports (physical activities)?
Mark only one oval.

- ☐ Yes
☐ No

72. Q072

Have you, in the past month, participated in individual sports (physical activities)?
Mark only one oval.

- ☐ Yes
☐ No

73. Q073

Did you receive a flu shot last season (winter of 2014-2015)?
Mark only one oval.

- ☐ Yes
☐ No

74. Q074

Do you plan to receive a flu shot this season (winter of 2015-2016)?
Mark only one oval.

- ☐ Yes
☐ No

75. Q075

In the past three months, have you suffered an infectious disease (e.g. cold, influenza, strep throat, other viral infection)?
Mark only one oval.

- ☐ Yes
☐ No

76. Q076

Do you participate in the CWRU Student Medical Plan?
Mark only one oval.

- ☐ Yes
☐ No
☐ I'm not sure

77. Q077

Are you covered by another health insurance plan other than the CWRU Student Medical Plan?
Mark only one oval.

- ☐ Yes
☐ No
☐ I'm not sure

78. Q078

In the last election in which you were eligible to vote, did you vote?

Mark only one oval.

- ☐ Yes
- ☐ No
- ☐ I have never been eligible to vote

79. Q079

Is your preferred method of stress reduction consuming fictional stories (watching TV/movies, reading, etc)?

Mark only one oval.

- ☐ Yes
- ☐ No

80. Q080

Have you visited a zoo in the United States in the past year?

Mark only one oval.

- ☐ Yes
- ☐ No

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Questions 081 - 102

Questions 081 - 083

Free text responses...

81. Q081

Which form of exercise do you engage in most frequently (jogging, yoga, tennis etc; if you do not exercise regularly, respond None)?

82. Q082

Other than R, name any programming languages you have used substantially.

83. Q083

Please name the musical instrument with which you have the most playing experience. (If you have never been able to play a musical instrument, please indicate None.)

Questions 084 - 097

Numerical Responses

84. Q084

What is the average time in minutes you take to cook a meal? (Answer 0 if you have not cooked a meal for yourself in the past month.)

85. Q085

For how many months have you been cooking for yourself or other people? Answer 0 if you have not cooked a meal in the past month.

86. Q086

How many months has it been since you last had a cold or flu-like symptoms? (Enter one month as 1.0, one and a half months as 1.5, etc.)

87. Q087

How many times have you visited a health care professional due to an illness or emergency in the last 12 months?

88. Q088

How many times in the last 12 months have you visited a health care professional to receive preventative medical care (e.g. pap smear, physical, etc.)?

89. Q089

What is your average commuting time to and from CWRU in minutes?

90. Q090

What percentage of weekends do you work?

91. Q091

How far away do you live from the CWRU campus (in miles)? (1 km = 0.62 miles) or google "km to miles"

92. **Q092**

How many gun-related deaths do you think occurred in Cuyahoga County over the last twelve months?

93. **Q093**

What percentage of Cuyahoga County residents age 18 or older do you think own a gun?

94. **Q094**

At what age did you decide to study and work in the current field that you are studying or working in?

95. **Q095**

What is the number of years of education completed by your MOTHER (with 6 for completing elementary school, 12 for completing high school, 16 for an undergraduate degree, and so on)?

96. **Q096**

What is the number of years of education completed by your FATHER (with 6 for completing elementary school, 12 for completing high school, 16 for an undergraduate degree, and so on)?

97. **Q097**

How many hours of fictional stories (containing plot) do you consume in a typical week of school/work? (This can include movies, tv, books, comics, video games, etc.)

98. **Q097**

How many hours of fictional stories (containing plot) do you consume in a typical week when you also have school/work? (This can include movies, tv, books, comics, video games, etc.)

Questions 098 - 102

What percentage of the time (0 = Never, 100 = Always) do you...

99. **Q098**

What percentage of the time, over the last three months, did you eat a home-cooked meal for dinner?

100. **Q099**

What percentage of your meals eaten in the past month did you cook yourself?

101. **Q100**

What percentage of the time do you write down or track your meals using smart phone applications (calorie counter/diet tracker)?

102. **Q101**

What percentage of the time do you use an application or fitness device (Fitbit, Misfit, Jawbone Up, Basis, or similar device) to monitor your physical activity or exercise?

103. **Q102**

In your graduate and undergraduate education, how often have you been penalized or lost points for misreading and/or misinterpreting assignment instructions? (0 = Never, 100 = Always)

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Questions 103 - 146 and Your Name

Questions 103-112

On a scale from 0 (Strongly Disagree) to 100 (Strongly Agree), please rate your agreement with the following statements:

104. **Q103**

I enjoy living in (or around) Cleveland.

105. **Q104**

My fitness level is outstanding.

106. **Q105**

I regularly eat a very healthy diet.

107. **Q106**

My diet is full of fruits and vegetables.

108. **Q107**

I am completely satisfied with my current weight.

109. **Q108**

Cleveland is my ideal place to live.

110. **Q109**

I am extremely satisfied with the amount of exercise that I get.

111. **Q110**

The last meal I cooked for myself was an extremely healthy meal. (If you never cook for yourself, then rate your agreement that the last meal you ate was an extremely healthy meal.)

112. **Q111**

My personal health at the moment is extremely good.

113. **Q112**

I carefully monitor the nutritional content of everything I eat or drink.

Questions 113-122

On a scale from 0 (Strongly Disagree) to 100 (Strongly Agree), please rate your agreement with the following statements:

114. **Q113**

When I have not gotten enough sleep, I always drink more caffeinated beverages the next day.

115. **Q114**

When faced with a serious dilemma, I always look at the situation optimistically rather than pessimistically.

116. **Q115**

My overall experience in Cleveland has been outstanding.

117. **Q116**

I am a very social person.

118. **Q117**

I hang out with my friends and colleagues outside of work very often.

119. **Q118**

Living in close proximity to my place of employment is an extremely important factor in choosing my residence.

120. **Q119**

I believe that the professional field I am currently studying (and maybe also working in) is the ideal career field for me.

121. **Q120**

I would recommend Cleveland as a great place to live.

122. **Q121**

I pride myself on having a strong friendship circle.

123. **Q122**

I am extremely satisfied with myself.

Questions 123-132

On a scale from 0 (Strongly Disagree) to 100 (Strongly Agree), please rate your agreement with the following statements:

124. **Q123**

Prior to taking EPBI 431, I was totally confident and comfortable with R.

125. **Q124**

Right now, I am totally confident and comfortable with using R.

126. **Q125**

My overall political knowledge is outstanding.

127. **Q126**

I feel that I am very highly qualified to run for elective political office, either locally or nationally.

128. **Q127**

I have often considered running for elective political office in the future.

129. **Q128**

My personal wealth and fame are extremely important to me in determining my choice of career.

130. **Q129**

My general relationship with my parents in the time before I graduated from college was extremely close.

131. **Q130**

When I was a child, my family's income was generally sufficient to cover all of our needs and most of our desires.

132. **Q131**

I am unencumbered in my dietary choices and eat anything that I want, with no restrictions due to medical, religious or ethical reasons.

133. **Q132**

I am completely satisfied with the choices of food available to me.

Questions 133-146

On a scale from 0 (Strongly Disagree) to 100 (Strongly Agree), please rate your agreement with the following statements:

134. **Q133**

It is very important to me to sit in a particular seat in our EPBI 431 classroom.

135. **Q134**

I would be very upset if someone else sat in my preferred seat in our EPBI 431 classroom.

136. **Q135**

I always take lots of extremely detailed notes in my classes at CWRU.

137. **Q136**

My actions can impact global warming in a meaningful way.

138. **Q137**

Society has moved beyond the point where people can save the world from the hazards of global warming.

139. **Q138**

I believe that reducing my carbon footprint is important.

140. **Q139**

As a child, I remember enjoying going to the zoo.

141. **Q140**

I believe that zoos serve an important function in society.

142. **Q141**

I have positive memories and associations with zoos from my childhood.

143. **Q142**

I would feel safer in public areas if it were illegal for American citizens to own guns.

144. **Q143**

Gun ownership in the United States should be more strictly regulated than it currently is.

145. **Q144**

I feel very safe walking in public areas in Cuyahoga County, for example, within a one mile radius of the CWRU campus.

146. **Q145**

I am very highly satisfied with my health insurance coverage.

147. **Q146**

I am very highly satisfied with my access to health care services.

148. **Name ***

Please type your first and last names here. We will remove your name and CWRU ID from the surveys before making any data available to your fellow students.

☐ Send me a copy of my responses.

