

General Questions			
Q1: How did you hear about this survey?			
Q2: How many units are you currently enrolled in?			
Q3: How many units are you taking of field-based courses (courses in which you spend >50% of instructional time outside where you are learning through hands-on experiences)?			
Q4: Have you ever taken a field-based course (courses in which you spend >50% of instructional time outside where you are learning through hands-on experiences)?			
Q5: If you have taken a field course, how long has it been?			
Q6: Briefly describe the field course.			
Mental Health and Wellbeing (Scale: 1 = Never to 5 = Always)			
Q7.1: Do you feel stressed by your classes?			
Q7.2: Do you feel like your classes provide a safe learning environment?			
Q7.3: Do you have trouble sleeping?			
Q7.4: Do you feel anxious at school?			
Q7.5: Do you feel like you have control over your life?			
Q7.6: Do you ever feel alone or lonely?			
Q7.7: Do you feel satisfied with the amount of free time you have?			
Q7.8: Do you feel satisfied with the support and resources available to address mental health concerns within your educational institution?			
Learning Preferences & Academic Motivation (Q8) (Scale: 1 = Not true at all to 5 = Always)			
Q8.1: My professors' teaching styles align with my learning style.			
Q8.2: I would study the same topics even if I were not in school.			
Q8.3: I am struggling to pass my current courses.			
Q8.4: My primary goal in school is to learn the course material.			
Q8.5: The current courses I am enrolled in require me to think critically and problem solve.			
Q8.6: The current courses I am enrolled in challenge me.			
Q8.7: The current courses I am enrolled in make me curious about the world around me.			
Q8.8: The current courses I am enrolled in make me want to spend more time outdoors.			
Q8.9: I learn best through hands-on experiences.			
Q8.10: I learn best in traditional lecture-based courses.			
Q8.11: I enjoy learning in nature.			
Academic Skills & Study Habits (Scale: 1 = Not true at all to 5 = Always)			
Q9.1: I know how to schedule to accomplish my tasks.			
Q9.2: know how to take notes.			
Q9.3: know how to study to perform well on tests.			
Q9.4: am good at research and writing papers.			
Q9.5: I usually do well in school and at academic tasks.			
Q9.6: am motivated by my current coursework in school.			
Q9.7: am passionate about what I am learning in school.			
Academic Confidence (Q10) (Scale: 1 = No confidence at all to 5 = Complete confidence)			
Q10.1: Finish coursework assignments by deadlines.			
Q10.2: Concentrate on school subjects.			

Q10.3: Remember information presented in coursework.			
Q10.4: Participate in class discussions.			
Q10.5: Teach course material to other students.			
Q10.6: Spend time outdoors in nature.			
Q10.7: Collaborate with others in a group setting.			
Sense of Belonging & Cultural Fit (Q11) (Scale: 1 = Not at all to 7 = A great deal)			
Q11.1: I feel that I have to change myself to fit in at school.			
Q11.2: I try not to show certain parts of my cultural background at school.			
Q11.3: I often feel like a chameleon, having to change myself depending on the person I am with at school.			
Q11.4: I feel that my cultural identity is incompatible with other students.			
Q11.5: My family and school values often conflict.			
Impostor Phenomenon (Q12) (Scale: 1 = Not true at all to 5 = Very true)			
Q12.1: I can give the impression that I am more competent than I really am.			
Q12.2: I avoid evaluations if possible and dread others evaluating me.			
Q12.3: I'm afraid people important to me may find out that I'm not as capable as they think I am.			
Q12.4: I rarely do a project or task as well as I'd like to.			
Q12.5: At times, I feel my success has been due to some kind of luck.			
Resilience & Coping (Q13) (Scale: 1 = Strongly disagree to 6 = Strongly agree)			
Q13.1: I tend to bounce back quickly after hard times.			
Q13.2: I have a hard time making it through stressful events.			
Q13.3: I have the tools and resources I need to recover after setbacks.			
Q13.4: I have people who support me through both good and bad times.			
Q13.5: My mental well-being is closely linked to how I am doing in school.			
Science Identity & University Experience (Q14) (Scale: 1 = Not true at all to 5 = Very true)			
Q14.1: I feel like I belong in science.			
Q14.2: I am passionate about what I am learning in school.			
Q14.3: Overall, I feel happy to be at this university.			
Q14.4: I feel the professors at this university care about my success.			
Q14.5: I have close bonds with my colleagues in my classes.			
Emotions & Open-Ended Reflections			
Q15.1: List 3 emotions that describe how you feel about your current academic experience.			
Q16: Write 2-3 sentences based on the prompt: What influence has your recent academic experience had on your mental well-being and why?			
Q17: If you would like to share any specific experiences, please describe the experience below.			