

Assessment of the Students' School and Work Life Balance

* Indicates required question

APPROVAL LETTER FROM VP AND PROGRAM HEAD



COLEGIO DE SAN FRANCISCO JAVIER OF RIZAL, ZAMBO. DEL NORTE INC.
NATIONAL HIGHWAY, EAST POBLACION, RIZAL, ZAMBOANGA DEL NORTE, PHILIPPINES, 7104

PPS 5 - RESEARCH 1A

April 14, 2023

REV. FR. RODEL J. AGODERA

Vice President for Administration, CSFJRZNI

THRU: EVANGELINE C. RECAMARA

OIC-Program Head, College of Social Work and
Development Studies, CSFJRZNI

Dear Rev. Fr. Agodera,


Greetings!

In compliance to the requirements of the course PPS5 RESEARCH 1B, the undersigned would like to request for your permission on the conduct of data gathering for the following research studies for the duration of the second semester of SY 2022-2023:

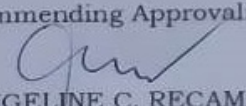
- Group 1 Career Decision-Making Self-Efficacy Vis-À-Vis Emotional Intelligence
- Group 2 Financial Management Practices Among Social Work Students
- Group 3 Assessment of CSFJRNI Students' School and Work Life Balance
- Group 4 Academic Stress Among Social Work Students
- Group 5 Emotional, Behavioral, And Cognitive Components of Student Engagement
- Group 6 Climate Change Awareness Among CSFJRNI Students
- Group 7 Disaster Preparedness Among CSFJRZNI Students
- Group 8 CSFJRZNI Greenhouse Gas Emissions Audit

Your assistance and support would be highly appreciated.

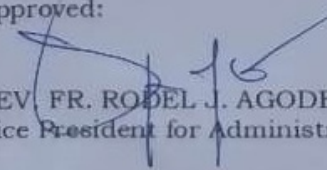
Sincerely,


MAHAL B. ROSEL
Research Adviser

Recommending Approval:


EVANGELINE C. RECAMARA
OIC-Program Head, College of Social Work and
Development Studies, CSFJRZNI

Approved:


REV. FR. RODEL J. AGODERA
Vice President for Administration, CSFJRZNI

1. Name (optional) *

2. COLLEGE COURSE/PROGRAM TAKEN AT THE MOMENT *

Tick all that apply.

- ☐ BSSW
- ☐ BSBA
- ☐ BSHRM
- ☐ BSIT
- ☐ BEED
- ☐ BSED

3. Title: Assessment of the Students' School and Work Life Balance *

Instrument: (Adapted)

Chantrea, P., Sok, P., Mao, S., & Chandy, T. (2020). Working and studying at the same time: Challenges and coping strategies among university students in Cambodia. *Journal of Work and Study*, 6(2), 45-57.

Duration:

Your participation will take approximately 5-15 minutes.

Risks and Benefits:

There are no known risks associated with participating in this study. By participating in this study, you will contribute data to the Assessment of the Students' School and Work Life Balance.

Confidentiality:

All information collected during this study will be kept strictly confidential. No identifying information will be collected, and all data will be kept anonymous.

Voluntary Participation:

Participation in this study is entirely voluntary. You are free to refuse to participate or to withdraw your consent at any time without penalty.

Consent:

By clicking "agree" below, you indicate that you have read and understood the information provided above and freely consent to participate in this study.

Tick all that apply.

☐ AGREE

☐ DISAGREE

4. SEX *

Tick all that apply.

☐ MALE

☐ FEMALE

5. GRADE LEVEL: *

Tick all that apply.

- ☐ 1ST YEAR
☐ 2ND YEAR
☐ 3RD YEAR
☐ 4TH YEAR

6. WORK STATUS

Tick all that apply.

- ☐ WORKING STUDENT (CSFJRZNI)
☐ WORKING STUDENT (NON-CSFJRZNI)
☐ FULL-TIME STUDENT

7. MONTHLY FAMILY INCOME *

Tick all that apply.

- ☐ 10,000 OR BELOW
☐ 10,001 - 20,000
☐ 20,001-40,000
☐ 40,001-70,000
☐ 70,001 OR OVER

ASSESSMENT ON STUDENTS' SCHOOL AND WORK LIFE BALANCE

Directions: Please self-assess your level of agreement to the following statements.

4- STRONGLY AGREE

3- AGREE

2- STRONGLY DISAGREE

1- DISAGREE

8. TIME MANAGEMENT **Mark only one oval per row.*

	4- STRONGLY AGREE	3- AGREE	2- STRONGLY DISAGREE	1- DISAGREE
1. I accomplished what needs to be done during the day.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I feel I use my time effectively.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I prepare a daily or weekly "to do" list.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I prioritize my list in order of importance, not urgency.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I have a weekly schedule on which I record fixed commitments such as classes or work hours.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

9. **SCHOOL ****Mark only one oval per row.*

	4- STRONGLY AGREE	3- AGREE	2- STRONGLY DISAGREE	1- DISAGREE
1. I am on time to arrive at school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Homework is my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I did my homework before the deadline.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I have time on studying/scanning my notes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I participate in activities in school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

10. **WORK ****Mark only one oval per row.*

	4- STRONGLY AGREE	3- AGREE	2- STRONGLY DISAGREE	1- DISAGREE
1. I am satisfied with my work schedule.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I often take my work on vacation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I prioritize my job than my school and personal life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I commute when I go to my work job site.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I often work overtime.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11. **LIFE ****Mark only one oval per row.*

	4- STRONGLY AGREE	3- AGREE	2- STRONGLY DISAGREE	1- DISAGREE
1. I feel stressed out most of the time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I wish I had more time to try new things or visit new places, but I don't.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I don't have time to catch up with my friends.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I look forward to starting my day in the morning.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I feel burnt out, exhausted and unable to give my all in any area of my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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