

Introduction

You have been randomly selected to participate in an important survey commissioned by the Dean's Office to gauge the pace of life at Choate and improve the health and happiness of the students. Please take the time to fully answer the questions to the best of your ability.

I guarantee that the results of the survey are and will remain completely ANONYMOUS and CONFIDENTIAL.

Thank you for your cooperation.

Sincerely,

James Stanley
Dean of Students

This anonymous and confidential survey on the pace of life at Choate is being conducted by Dr. Bardoe's AP Statistics class in collaboration with the Deans Office. In order to ensure that the survey is statistically accurate, you may be contacted again if you do not complete the survey.

Demographics

***1. What is your gender?**

- ☐ Male
- ☐ Female

***2. What grade are you in?**

- ☐ Freshman
- ☐ Sophomore
- ☐ Junior
- ☐ Senior
- ☐ Post-Graduate

***3. Year you entered Choate?**

- ☐ Freshman
- ☐ Sophomore
- ☐ Junior
- ☐ Post-Graduate

***4. International or domestic student**

- ☐ Domestic
- ☐ International

5. What is your race? Mark one or more.

- ☐ Asian
- ☐ Native Hawaiian or Other Pacific Islander
- ☐ American Indian or Alaska Native
- ☐ White
- ☐ Black or African American
- ☐ Other

***6. Do you receive financial aid?**

- ☐ Yes
- ☐ No

***7. Are you a boarding or day student?**

☐ Boarding

☐ Day

Boarding Students

***8. If you are a boarding student, how often do you go home during the school year?
(choose the answer closest to your experience)**

- ☐ once a week
- ☐ once a month
- ☐ once a term
- ☐ once a year

DASS Questions

***9. Please read each statement and circle a number 0, 1, 2 or 3 which indicates how much the statement applied to you over the past week. There are no right or wrong answers. Do not spend too much time on any statement.**

The rating scale is as follows:

0 Did not apply to me at all - NEVER

1 Applied to me to some degree, or some of the time - SOMETIMES

2 Applied to me to a considerable degree, or a good part of time - OFTEN

3 Applied to me very much, or most of the time - ALMOST ALWAYS

	0 NEVER	1 SOMETIMES	2 OFTEN	3 ALMOST ALWAYS
I found it hard to wind down	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt that I was using a lot of nervous energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I tended to over-react to situations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I found it difficult to relax	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was intolerant of anything that kept me from getting on with what I was doing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt that I was rather touchy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I found myself getting agitated	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Sports Branch

***10. Are you involved in sports?**

☐ Yes

☐ No

Sports

Question relevant for students that are involved in sports

***11. If you are in a sport, are you on varsity, junior varsity, or intramural/thirds?**

	Varsity	Junior Varsity	Thirds	Intramural	Not Applicable
Fall Term	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Winter Term	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spring Term	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

***12. If you are in a sport, how many hours do you spend in that sport per week in fall term?**

- ☐ Not Applicable
- ☐ less than 4 hours
- ☐ 4-8 hours
- ☐ 8-12 hours
- ☐ 12-16 hours
- ☐ more than 16 hours

***13. If you are in a sport, how many hours do you spend in that sport per week in winter term?**

- ☐ Not Applicable
- ☐ less than 4 hours
- ☐ 4-8 hours
- ☐ 8-12 hours
- ☐ 12-16 hours
- ☐ more than 16 hours

***14. If you are in a sport, how many hours do you spend in that sport per week in spring term?**

- ☐ Not Applicable
- ☐ less than 4 hours
- ☐ 4-8 hours
- ☐ 8-12 hours
- ☐ 12-16 hours
- ☐ more than 16 hours

***15. How often do you feel negative stress from your participation in sports?**

- ☐ none
- ☐ rarely
- ☐ often
- ☐ consistently

***16. How often do away games for sports negatively affect your school work?**

- ☐ never
- ☐ sometimes
- ☐ often
- ☐ always

Arts Branch

***17. Are you involved in the arts beyond the graduation requirement (e.g. Arts Con, music ensembles, chorus, acapella groups, etc.)?**

☐ Yes

☐ No

Arts

18. Which arts activities are you involved in (select all that apply)?

- ☐ Arts concentration
- ☐ fall production
- ☐ winter production
- ☐ spring musical
- ☐ chamber chorus
- ☐ festival chorus
- ☐ orchestra
- ☐ chamber orchestra
- ☐ jazz band
- ☐ wind ensemble
- ☐ Acapella groups
- ☐ Student directed scenes
- ☐ fringe festival
- ☐ music lessons

*19. How many hours do you spend in those activities per week?

- ☐ less than 4 hours
- ☐ 4-8 hours
- ☐ 8-12 hours
- ☐ 12-16 hours
- ☐ more than 16 hours

*20. How often do you feel negative stress from your participation in art-related extracurricular activity?

- ☐ never
- ☐ rarely
- ☐ often
- ☐ consistently

***21. How often do arts performances negatively affect your school work?**

☐ never

☐ often

☐ sometimes

☐ always

Non-Competitive clubs branch

***22. Are you involved in a non-competitive club (e.g. community service, cultural clubs, appreciation clubs, etc.)?**

☐ Yes

☐ No

Non-Competitive clubs

***23. How many hours do you spend in that activity per week?**

- ☐ less than 4 hours
- ☐ 4-8 hours
- ☐ 8-12 hours
- ☐ 12-16 hours
- ☐ more than 16 hours

***24. How often do you feel negative stress from your participation in a non-competitive club?**

- ☐ Not Applicable
- ☐ none
- ☐ rarely
- ☐ often
- ☐ consistently

Competitive Clubs branch

***25. Are you involved in a competitive club (e.g. math team, debate, model UN, etc.)?**

☐ Yes

☐ No

Competitive Clubs

***26. How many hours do you spend in that activity per week?**

- ☐ less than 4 hours
- ☐ 4-8 hours
- ☐ 8-12 hours
- ☐ 12-16 hours
- ☐ more than 16 hours

***27. How often do you feel negative stress from your participation in a competitive club?**

- ☐ never
- ☐ rarely
- ☐ often
- ☐ consistently

***28. How often do competitions for competitive clubs negatively affect your school work?**

- ☐ never
- ☐ rarely
- ☐ often
- ☐ consistently

Student Leadership branch

***29. Are you involved in a student leadership role?**

☐ Yes

☐ No

Student Leadership

***30. If you are in a student leadership role, how many hours do you spend in that activity per week?**

- ☐ Not Applicable
- ☐ less than 4 hours
- ☐ 4-8 hours
- ☐ 8-12 hours
- ☐ 12-16 hours
- ☐ more than 16 hours

***31. How often do you feel negative stress from your participation in a student leadership role?**

- ☐ Not Applicable
- ☐ none
- ☐ rarely
- ☐ often
- ☐ consistently

Academics

*32. How many classes did you take in...

	Five	Six
Fall	<input type="radio"/>	<input type="radio"/>
Winter	<input type="radio"/>	<input type="radio"/>
Spring	<input type="radio"/>	<input type="radio"/>

*33. How many AP/Honors courses did you take in...

	0	1	2	3	4	5	6
Fall	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Winter	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spring	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

*34. What was your GPA in the winter term?

- ☐ Under 3.0
- ☐ 3.0-3.3
- ☐ 3.3-3.5
- ☐ 3.5-3.7
- ☐ 3.7-4.0
- ☐ Above 4.0

*35. How satisfied are you with your own grades?

- ☐ Extremely Unhappy
- ☐ Unhappy
- ☐ Neutral
- ☐ Happy
- ☐ Extremely Happy

***36. On days that you have your extracurricular activity(s), how much time do you have left to do homework?**

- ☐ less than 1 hour
- ☐ 1 hour
- ☐ 2 hours
- ☐ 3 hours
- ☐ 4 hours
- ☐ 5 hours
- ☐ 6 hours
- ☐ more than 6 hours

***37. Do you think teachers grade you fairly on papers and presentations?**

- ☐ extremely unfair
- ☐ unfair
- ☐ neutral
- ☐ fair
- ☐ extremely fair

***38. How many hours do you spend on homework every night?**

- ☐ Under 2
- ☐ 2-4
- ☐ 4-6
- ☐ 6 or more

***39. Which of these ways do/did you prepare for SAT/ACT during the school year?**

- ☐ cram the night before
- ☐ regular tutoring/class
- ☐ regular use of a study guide/prep book (Barron's, Princeton Review)
- ☐ regular practice tests
- ☐ nothing

***40. How do you feel when other people do better than you on assignments?**

- ☐ Sad
- ☐ indifferent
- ☐ motivated to do better
- ☐ happy for others

***41. Do you feel more or less stress during protected week?**

- ☐ much less stress
- ☐ less stress
- ☐ about the same
- ☐ more stress
- ☐ much more stress

Social Experience

***42. How pressured do you feel by your family to perform well in general?**

- ☐ extreme pressure
- ☐ some pressure
- ☐ no pressure

***43. How pressured do you feel from your own expectations?**

- ☐ extreme pressure
- ☐ some pressure
- ☐ no pressure

***44. Do you feel peer pressure to make decisions you might not choose for yourself in any of these areas...**

- ☐ Drugs
- ☐ Alcohol
- ☐ academic choices
- ☐ social choices
- ☐ none of the above

Other (please specify)

***45. How often do you worry for or deal with your friends' issues?**

- ☐ almost never
- ☐ once a week
- ☐ a few times a week
- ☐ once a day
- ☐ A few times a day

***46. How complicated/difficult is your relationship with you family?**

- ☐ very difficult
- ☐ difficult
- ☐ neutral
- ☐ easy
- ☐ very easy

***47. How complicated/difficult is your relationship with you friends?**

- ☐ very difficult
- ☐ difficult
- ☐ neutral
- ☐ easy
- ☐ very easy

***48. How complicated/difficult is your relationship with your romantic life?**

- ☐ very difficult
- ☐ difficult
- ☐ neutral
- ☐ easy
- ☐ very easy

***49. How much sleep do you get on the average academic evening?**

- ☐ less then 4 hours
- ☐ 4 to 6 hours
- ☐ 6 to 8 hours
- ☐ 8 to 10 hours
- ☐ more than 10 hours

50. How many meals do you eat on an average day?

- ☐ 0 meals (just snacks)
- ☐ 1 meal
- ☐ 2 meals
- ☐ 3 meals
- ☐ 4 meals
- ☐ more than 4 meals

***51. Do you usually have time to eat lunch in the Dining Hall?**

- ☐ Yes
- ☐ No

***52. Do you usually have time to eat dinner in the Dining Hall?**

☐ Yes

☐ No

***53. Which of these are reasons that you don't have time to eat in the Dining Hall?**

☐ No Lunch Block

☐ Homework

☐ Sports

☐ Arts commitment

☐ Club meetings

☐ Meetings with teachers

☐ Not Applicable