



## The Cornell PULSE

Perceptions of Undergraduate Life and Student Experiences

**1** Your satisfaction with Cornell

**2** Your academic involvement

**3** Your interactions with faculty

**4** Changes in your skills and abilities

**5** Extracurricular and social involvement

**6** Your health and well-being

**7** Your background

Thanks for coming to the PULSE. Cornell really needs your input.

Answering the questions in the Cornell PULSE shouldn't take you too much time. There are just seven short sections that ask about your experiences here. It may take you 10 or 12 minutes to go through all the pages. Your answers are very important to us. They will inform our efforts to improve in the years to come.

We take your privacy very seriously. Results from the PULSE will never be reported in any form that would identify you as an individual. The survey is completely voluntary. If you find a question that you don't want to answer, just skip it and go on. We still want to hear what you have to say on the other topics.

When you hit the final "submit" button, you'll know instantly whether you are a \$10 winner! Every 10<sup>th</sup> survey completed is an automatic winner!

If you have questions about this survey, or encounter difficulties in taking it, please contact Cornell's office of Institutional Research and Planning at [irpsurvey@cornell.edu](mailto:irpsurvey@cornell.edu).

Thanks and good luck!

Start taking the Cornell PULSE

## Your Satisfaction with Cornell:

Overall, how satisfied have you been with your undergraduate education so far?

- Very satisfied
- Generally satisfied
- Ambivalent
- Generally dissatisfied
- Very dissatisfied

How satisfied have you been with the following aspects of your experience at Cornell during the current academic year?

	Very <b>dissatisfied</b>	Generally <b>dissatisfied</b>	Generally satisfied	Very satisfied
Overall quality of instruction	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Opportunities for class discussion	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Academic advising	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Administration's responsiveness to student concerns	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social life on campus	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sense of community on campus	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sense of community where you live	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If you could start all over again, would you go to Cornell?

- Definitely
- Probably
- Probably not

## Your Academic Involvement:

During the current academic year, how often have you done each of the following?

	Rarely or never	Occasionally	Often	Very often
Been excited by a class	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Participated in class discussion	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Participated in hands-on activities (lab work, experiments, project-based experiences, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Applied what you learned in class to a problem or issue outside of class	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Participated in a study group outside of class	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reconsidered your position on a topic after evaluating the arguments of others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had an intellectual discussion with students outside of class	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had an intellectual discussion with a faculty member outside of class	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Discussed your post-college plans with a faculty member	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attended a campus lecture, conference, symposium or arts event not required by a course	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Made efforts to educate yourself about diversity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Which of the following have you already done or do you plan to do during your time at Cornell?

	Done	Plan to do	Do not plan to do	Have not decided
Prepare a thesis, honors, or other significant research paper or project	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Conduct research with a faculty member	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have an internship	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Study abroad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Participate in a service or community-based learning course or program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have a practicum, co-op, field experience or clinical placement	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Faculty, Advisors, and Your Major:

To what extent do you agree or disagree with the following statements?

	Disagree strongly	Disagree	Agree	Agree strongly
Faculty members are willing to talk with me individually	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Faculty members treat me fairly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can talk with my academic advisor(s) when I need to	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Help with academic work is available to me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel I have to work harder than other students to be perceived as a good student	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How many faculty members know you well enough to provide a letter of recommendation in support of an application for a job, internship, fellowship, or advanced degree work?

- None
- One
- Two
- Three
- Four
- Five or more

Is there at least one faculty member at Cornell who has taken a personal interest in your success?

- Yes
- No

During the current academic year, have you sought advice from your academic advisor(s)? If so, did it help you? (Please select one answer.)

No, I have not sought advice from my academic advisor(s)

Yes, I have sought academic advice ...

... but it was not very helpful

... and it helped some

... and it helped quite a bit

**During the current academic year, how helpful have the following library resources been to you?**

	Not very helpful	Somewhat helpful	Very helpful	Have not used
Study spaces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Research help	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Electronic and print resources	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Library classes and presentation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**As of right now, in what field or fields do you expect to receive Bachelor's degrees?**

Major 1

Major 2

**Looking back to when you started at Cornell, how well prepared do you think you were to:**  
*[asked only of first year students]*

	Unprepared	Somewhat prepared	Quite well prepared	Very well prepared
Succeed academically	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Get along socially	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write at a college level	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do the math and quantitative work required of you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have a roommate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Manage your time well	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Changes in Yours Skills and Abilities:

To what extent has your experience at Cornell contributed to your knowledge, skills, and personal development in the following areas?

	Very little or none	Some	Quite a bit	Very much
Writing clearly and effectively	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Communicating well orally	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Thinking critically	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Leading and supervising tasks and groups of people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using quantitative tools (e.g., statistics, graphs)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reading or speaking a foreign language	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Understanding the significance of art, music, literature, and drama	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Understanding the process of science and experimentation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Formulating/creating original ideas and solutions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Resolving interpersonal conflicts positively	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Placing current problems in historical/cultural/philosophical perspective	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Career- or work-related knowledge and skills	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In-depth knowledge of a field or discipline	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Functioning effectively as a member of a team	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Relating well to people of races, nations, and religions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Identifying moral and ethical issues	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Planning and executing complex projects	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Synthesizing and integrating ideas and information	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Developing global awareness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Conducting scholarly research	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

During the current academic year, have you done the following? Include things that you plan to do before the end of the current term.

	Yes	No
Written a long (e.g., 15 pages or more) research paper that combined information from many sources	<input type="radio"/>	<input type="radio"/>
Made a formal presentation in a class	<input type="radio"/>	<input type="radio"/>
Worked with others on a group assignment, project, or presentation	<input type="radio"/>	<input type="radio"/>

## Extracurricular and Social Involvement:

Did you work for pay this year?

Yes

No

**[If worked for pay] Please describe your work for pay. If you had more than one job, answer "yes" if the statement is true for at least one.**

	Yes	No
My job was part of a financial aid package (e.g., work-study program)	<input type="radio"/>	<input type="radio"/>
I worked because I needed money for school expenses	<input type="radio"/>	<input type="radio"/>
My job was related to my field of study or future career	<input type="radio"/>	<input type="radio"/>
My job was primarily off-campus	<input type="radio"/>	<input type="radio"/>

**Which of the following have you already done or do you plan to do during your time at Cornell?**

	Done	Plan to do	Do not plan to do	Have not decided
Volunteer in the community, not as part of a course	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hold a leadership role on- or off-campus (e.g., student organization, community group, club, or team)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Participate in politics beyond voting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**During the current academic year, have you participated (as more than a spectator) in any of the following extracurricular activities?**

	Actively participated	Did not participate
Intercollegiate athletics (NCAS)	<input type="radio"/>	<input type="radio"/>
Club sports	<input type="radio"/>	<input type="radio"/>
Intramural athletics	<input type="radio"/>	<input type="radio"/>
Music/theater group	<input type="radio"/>	<input type="radio"/>
Student publications	<input type="radio"/>	<input type="radio"/>
Student government	<input type="radio"/>	<input type="radio"/>
Political group	<input type="radio"/>	<input type="radio"/>
Religious or spiritual group	<input type="radio"/>	<input type="radio"/>
Cultural/ethnic organization	<input type="radio"/>	<input type="radio"/>
Academic clubs, honor societies, or professional associations	<input type="radio"/>	<input type="radio"/>
Fraternity or sorority	<input type="radio"/>	<input type="radio"/>
Other student organizations or clubs	<input type="radio"/>	<input type="radio"/>

**During this academic year, how often have you had the following interactions with students differing from you in race, national origin, sexual orientation, or political views at Cornell?**

	Rarely or never	Occasionally	Often	Very often
Studied or prepared for class together	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Socialized or shared a meal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had meaningful and honest discussions about inter-group relations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Felt comfortable sharing your own experiences	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



**During this academic year, have you experienced or witnessed an insult or threat based on social identity (e.g., sex, race, national origin, sexual orientation, or values) at Cornell? Please check all that apply:**

Experienced or witnessed an insult or threat based:	Felt insulted or threatened yourself	Witnessed someone else being insulted or threatened
... race or ethnicity	<input type="checkbox"/>	<input type="checkbox"/>
... on nationality	<input type="checkbox"/>	<input type="checkbox"/>
... on sexual orientation	<input type="checkbox"/>	<input type="checkbox"/>
... on religious beliefs	<input type="checkbox"/>	<input type="checkbox"/>
... on political beliefs	<input type="checkbox"/>	<input type="checkbox"/>
... on socioeconomic background	<input type="checkbox"/>	<input type="checkbox"/>
... on some other aspect of social identity	<input type="checkbox"/>	<input type="checkbox"/>
Have not experienced/witnessed an insult or threat	<input type="checkbox"/>	<input type="checkbox"/>

## Your Health and Well-Being:

During the current academic year, how often, if ever, have you ...

	Rarely or never	Occasionally	Often	Very often
Felt out of place or that you just didn't fit in on campus	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Felt overwhelmed by all you had to do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stayed up all night to finish an academic assignment or prepare for an exam	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Felt very sad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Felt so depressed it was difficult to function	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Skipped meals or not had enough to eat because of financial constraints	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

On how many of the past seven days did you get enough sleep so that you felt rested when you woke up?

0	1	2	3	4	5	6	7
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How satisfied are you with your ability to balance academics and other aspects of your life?

- Very satisfied
- Generally satisfied
- Ambivalent
- Generally dissatisfied
- Very dissatisfied

## Your Background:

What is the average grade you have received during your college career?

- A       A-       B+       B       B-/C+       C or below

Did you receive financial aid (e.g., grant, student loan, or work-study job) during the current academic year?

- Yes  
 No

Did you receive a Pell Grant for this year?

- Yes  
 No  
 Do not know

What is your gender?

- Female  
 Male  
 Other

What is your sexual orientation?

- Heterosexual  
 Gay or lesbian  
 Bisexual  
 Unsure  
 Other

Do you have a disability of any kind (e.g., physical, psychological or learning disability)?

- Yes  
 No

**[If “yes” to disability] Do you have any of the following disabilities or medical conditions?**

- Learning disability or ADHD
- Sensory, chronic medical or physical disability
- Chronic mental health condition
- Other disability or chronic medical condition (please specify):
- None of the above

**How would you describe your political views, or haven't you thought much about this?**

- Very liberal
- Liberal
- Moderate/Middle-of-the-road
- Conservative
- Very conservative
- Something else
- Have not decided

**Which religious, spiritual, or philosophical tradition do you practice or identify with?**

- Buddhist
- Roman Catholic
- Another type of Christian (e.g., Orthodox, LDS, etc.)
- Hindu
- Jewish
- Muslim
- Some other religious, spiritual, or philosophical tradition
- Spiritual but do not identify with a religious tradition or group
- Atheist
- Other
- None

**Are you a U.S. citizen or permanent resident (hold a permanent Visa)?**

- Yes
- No

**What is your race or ethnicity? Mark all that apply.**

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

**Did either of your parents attend Cornell? Mark all that apply. (Bachelor's or higher)?**

- Yes, for undergraduate studies
- Yes, for graduate studies
- No

**Please give us your best estimate of the total before-tax income of your parent(s) and/or stepparents. If you have a parent who does not live with you, but will help pay for college, include his or her income as well. Your best guess is fine.**

- Less than \$25,000
- \$25,000 - \$49,999
- \$50,000 - \$74,999
- \$75,000 - \$99,999
- \$100,000 - \$149,999
- \$150,000 - \$199,999
- \$200,000 - \$249,999
- \$250,000 - \$499,999
- \$500,000 or more

**Which of the following best describes your social class when you were growing up?**

- Low income or poor
- Working class
- Middle class
- Upper-middle or professional class
- Wealthy

**Last Section:**

**To what extent to you agree or disagree with the following statements?**

	Strongly disagree	Disagree	Agree	Strongly agree
Cornell demonstrates a strong institutional commitment to diversity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have found a community at Cornell where I feel like I belong	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Students here are respectful of one another when discussing controversial issues or perspectives	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**What are your thoughts on the following statements about student organizations and teams at Cornell?**

	Always okay	Sometimes okay	Never okay
<u>I believe</u> that humiliating or intimidating new members of a student organization or team is ...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think <u>most Cornell students believe</u> that humiliating or intimidating new members of a student organization or team is ...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Finally, we'd like to ask you a few more questions related to your mental health and well-being.**

**During the last year, how many times have you experienced the following?**

	Never	1 to 2 times	3 to 4 times	5 or more times
Was unable to function academically (e.g., missing classes, unable to study or complete homework) for at least a week due to depression, stress or anxiety	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Seriously considered attempting suicide	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Actually attempted suicide	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**If the preceding questions have raised thoughts regarding your own or another's mental health, we encourage you to seek support. To speak with a counselor, call Counseling and Psychological Services at 255-5155 or visit one of the Let's Talk [[www.gannett.cornell.edu/services/counseling/caps/talk/index.cfm](http://www.gannett.cornell.edu/services/counseling/caps/talk/index.cfm)] walk-in sites across campus. The Gannett Health Services website [[www.gannett.cornell.edu](http://www.gannett.cornell.edu)] provides information about these and other support services at Cornell and in the community.**

**Please use the space below to elaborate on any of the questions on the survey and to comment on any other aspect of your undergraduate experience not covered in this questionnaire.**

**This is the last page of the survey. When you submit this page, you'll see if you are an instant winner.**