



PART I: TIME USE and OVERALL SATISFACTION

Time Allocation

1. During your TYPICAL 7-day (168 hour) week during the academic semester, how many hours do you spend doing the following?

	0	1-5	6-10	11-15	16-20	21-25	26-30	>30
Attend class or labs	34 (0.3%)	316 (2.8%)	1377 (12.1%)	3880 (34.1%)	3591 (31.6%)	1437 (12.6%)	463 (4.1%)	265 (2.3%)
Study and other academic activities outside of class *	30 (0.3%)	1062 (9.3%)	2360 (20.6%)	2350 (20.5%)	2055 (17.9%)	1437 (12.5%)	929 (8.1%)	1248 (10.9%)

*completing reading or writing assignments or independent lab work, conducting research online or in the library, doing homework or lab work, analyzing data, rehearsing, or other academic activities, preparing for class or tests

	0	1-5	6-10	11-15	16-20	21-25	26-30	>30
Work for pay on campus	7945 (71.6%)	476 (4.3%)	1061 (9.6%)	895 (8.1%)	472 (4.3%)	139 (1.3%)	56 (0.5%)	47 (0.4%)
Work for pay off campus	7868 (72.2%)	654 (6.0%)	774 (7.1%)	652 (6.0%)	455 (4.2%)	247 (2.3%)	106 (1.0%)	136 (1.2%)

2. Again during a TYPICAL 7-day (168 hour) week in this academic semester, how many hours do you spend doing the following?

	0	1-2	3-4	5-6	7-8	9-12	>12
Commute to school and to work	3161 (27.3%)	4382 (37.8%)	2007 (17.3%)	885 (7.6%)	499 (4.3%)	395 (3.4%)	263 (2.3%)
Fulfill family responsibilities	4503 (39.0%)	3819 (33.1%)	1468 (12.7%)	745 (6.5%)	361 (3.1%)	207 (1.8%)	442 (3.8%)
Perform community service or volunteer activities	5931 (51.6%)	2468 (21.5%)	1585 (13.8%)	759 (6.6%)	344 (3.0%)	196 (1.7%)	205 (1.8%)
Participate in physical exercise, fitness activities or recreational sports	2067 (17.9%)	3303 (28.6%)	2806 (24.3%)	1657 (14.3%)	827 (7.2%)	397 (3.4%)	491 (4.3%)
Participate in student clubs or groups such as publications, cultural groups or student government	4940 (42.9%)	2468 (21.4%)	1718 (14.9%)	1053 (9.1%)	580 (5.0%)	318 (2.8%)	443 (3.8%)
Attend movies, concerts, sports or other events	2856 (24.7%)	5290 (45.7%)	2522 (21.8%)	635 (5.5%)	167 (1.4%)	57 (0.5%)	44 (0.4%)
Party	4588 (39.8%)	3027 (26.3%)	1980 (17.2%)	1082 (9.4%)	503 (4.4%)	188 (1.6%)	147 (1.3%)
Exchange email or instant messages	449 (3.9%)	3235 (28.0%)	3328 (28.8%)	1956 (16.9%)	1115 (9.7%)	534 (4.6%)	937 (8.1%)

Other socializing, talk with friends	186 (1.6%)	1621 (14.2%)	2974 (26.0%)	2676 (23.4%)	1712 (14.9%)	943 (8.2%)	1341 (11.7%)
Play video or computer games, shopping online, visiting chat rooms or surfing the Internet (non-academic)	2657 (23.0%)	3152 (27.3%)	2283 (19.8%)	1448 (12.5%)	795 (6.9%)	432 (3.7%)	777 (6.7%)
Watch TV	3417 (29.8%)	3120 (27.2%)	2226 (19.4%)	1291 (11.2%)	667 (5.8%)	348 (3.0%)	409 (3.6%)

3. And finally, during the regular academic semester, how many hours of sleep PER NIGHT do you average during the week (that is, not counting week-ends)?

[89 missing] (Click here to choose)

- 509** (4.4%) 0-4
- 1863** (16.1%) 5
- 3659** (31.6%) 6
- 3541** (30.6%) 7
- 1612** (13.9%) 8
- 399** (3.4%) 8

4. Where do you live this semester?

[129 missing] (Click here to choose)

- 635** (5.5%) Home of a parent or other relative
- 2974** (25.8%) University dormitory or residence hall
- 414** (3.6%) University apartment or house
- 6259** (54.2%) Off-campus non-university apartment, house, residence or room you are renting
- 192** (1.7%) House you or your parents own or are buying
- 555** (4.8%) Fraternity or sorority
- 514** (4.5%) Co-op

5. Do you have a car with you here at Cal this semester?

3498 (30.2%) Yes

8074 (69.8%) No

6. Some students experience difficulties while attending college. A few of the potentially difficult areas are listed below. To what extent, if any, are you experiencing trouble in the following areas?

	No Trouble	A little trouble	Some trouble	A lot of trouble
Time management	1694 (14.6%)	4685 (40.5%)	3444 (29.7%)	1758 (15.2%)
Managing finances	4229 (36.6%)	4076 (35.3%)	2252 (19.5%)	999 (8.6%)
Maintaining good physical health and fitness	2601 (22.5%)	4430 (38.3%)	3124 (27.0%)	1407 (12.2%)
Handling stress	1821 (15.8%)	4725 (41.0%)	3414 (29.6%)	1575 (13.7%)
Achieving a high enough gpa	1665 (14.4%)	3205 (27.7%)	3626 (31.4%)	3058 (26.5%)
Establishing meaningful friendships	4212 (36.4%)	3722 (32.2%)	2380 (20.6%)	1257 (10.9%)

Skill Development

7. Please rate your level of proficiency in the following areas: 1) When you started at UC & 2) Now.

	When you started at Cal	Current
Ability to write clearly and effectively	<p>[126 missing] (Click here to choose)</p> <p>335 (2.9%) Very poor</p> <p>666 (5.8%) Poor</p> <p>2862 (24.8%) Fair</p> <p>3449 (29.9%) Good</p> <p>2689 (23.3%) Very good</p> <p>1359 (11.8%) Excellent</p> <p>186 (1.6%) Expert</p>	<p>[124 missing] (Click here to choose)</p> <p>71 (0.6%) Very poor</p> <p>197 (1.7%) Poor</p> <p>1396 (12.1%) Fair</p> <p>3397 (29.4%) Good</p> <p>3699 (32.0%) Very good</p> <p>2447 (21.2%) Excellent</p> <p>341 (3.0%) Expert</p>

Research skills	<p>[143 missing] (Click here to choose)</p> <p>620 (5.4%) Very poor</p> <p>1574 (13.7%) Poor</p> <p>4430 (38.4%) Fair</p> <p>3341 (29.0%) Good</p> <p>1189 (10.3%) Very good</p> <p>310 (2.7%) Excellent</p> <p>65 (0.6%) Expert</p>	<p>[171 missing] (Click here to choose)</p> <p>117 (1.0%) Very poor</p> <p>331 (2.9%) Poor</p> <p>1842 (16.0%) Fair</p> <p>4043 (35.2%) Good</p> <p>3426 (29.8%) Very good</p> <p>1523 (13.2%) Excellent</p> <p>220 (1.9%) Expert</p>
Oral presentation skills	<p>[338 missing] (Click here to choose)</p> <p>520 (4.6%) Very poor</p> <p>1330 (11.7%) Poor</p> <p>3616 (31.9%) Fair</p> <p>3209 (28.3%) Good</p> <p>1689 (14.9%) Very good</p> <p>771 (6.8%) Excellent</p> <p>200 (1.8%) Expert</p>	<p>[343 missing] (Click here to choose)</p> <p>166 (1.5%) Very poor</p> <p>507 (4.5%) Poor</p> <p>2557 (22.6%) Fair</p> <p>3832 (33.8%) Good</p> <p>2662 (23.5%) Very good</p> <p>1314 (11.6%) Excellent</p> <p>292 (2.6%) Expert</p>
Ability to effectively express my views in discussions with others	<p>[208 missing] (Click here to choose)</p> <p>421 (3.7%) Very poor</p> <p>1204 (10.5%) Poor</p> <p>3483 (30.4%) Fair</p> <p>3488 (30.4%) Good</p> <p>1822 (15.9%) Very good</p> <p>846 (7.4%) Excellent</p> <p>201 (1.8%) Expert</p>	<p>[222 missing] (Click here to choose)</p> <p>128 (1.1%) Very poor</p> <p>448 (3.9%) Poor</p> <p>1853 (16.2%) Fair</p> <p>3665 (32.0%) Good</p> <p>3206 (28.0%) Very good</p> <p>1805 (15.8%) Excellent</p> <p>346 (3.0%) Expert</p>
Analytical and critical thinking skills	<p>[187 missing] (Click here to choose)</p> <p>171 (1.5%) Very poor</p> <p>533 (4.6%) Poor</p> <p>2824 (24.6%) Fair</p> <p>4400 (38.3%) Good</p> <p>2455 (21.4%) Very good</p>	<p>[199 missing] (Click here to choose)</p> <p>55 (0.5%) Very poor</p> <p>125 (1.1%) Poor</p> <p>812 (7.1%) Fair</p> <p>3057 (26.6%) Good</p> <p>4028 (35.1%) Very good</p>

	918 (8.0%) Excellent 185 (1.6%) Expert	2920 (25.4%) Excellent 477 (4.2%) Expert
Quantitative skills	[229 missing] (Click here to choose) 173 (1.5%) Very poor 489 (4.3%) Poor 2674 (23.4%) Fair 4452 (38.9%) Good 2413 (21.1%) Very good 1063 (9.3%) Excellent 180 (1.6%) Expert	[257 missing] (Click here to choose) 124 (1.1%) Very poor 348 (3.0%) Poor 1942 (17.0%) Fair 3994 (35.0%) Good 2992 (26.2%) Very good 1659 (14.5%) Excellent 357 (3.1%) Expert
Understanding of culturally diverse viewpoints	[204 missing] (Click here to choose) 210 (1.8%) Very poor 753 (6.6%) Poor 2952 (25.7%) Fair 3713 (32.4%) Good 2266 (19.8%) Very good 1249 (10.9%) Excellent 326 (2.8%) Expert	[222 missing] (Click here to choose) 95 (0.8%) Very poor 97 (0.8%) Poor 742 (6.5%) Fair 2693 (23.5%) Good 3960 (34.6%) Very good 3216 (28.1%) Excellent 648 (5.7%) Expert
Interpersonal skills	[196 missing] (Click here to choose) 141 (1.2%) Very poor 585 (5.1%) Poor 2717 (23.7%) Fair 4347 (37.9%) Good 2382 (20.8%) Very good 1047 (9.1%) Excellent 256 (2.2%) Expert	[220 missing] (Click here to choose) 83 (0.7%) Very poor 200 (1.7%) Poor 1337 (11.7%) Fair 3715 (32.4%) Good 3612 (31.5%) Very good 2077 (18.1%) Excellent 427 (3.7%) Expert
Leadership skills	[228 missing] (Click here to choose) 267 (2.3%) Very poor 968 (8.5%) Poor 3262 (28.5%) Fair	[242 missing] (Click here to choose) 163 (1.4%) Very poor 481 (4.2%) Poor 2298 (20.1%) Fair 3645 (31.9%) Good

	3611 (31.6%) Good 2084 (18.2%) Very good 1053 (9.2%) Excellent 200 (1.7%) Expert	2806 (24.5%) Very good 1695 (14.8%) Excellent 343 (3.0%) Expert
Understanding of a specific field of study	[219 missing] (Click here to choose) 370 (3.2%) Very poor 1513 (13.2%) Poor 4465 (39.0%) Fair 3719 (32.5%) Good 1045 (9.1%) Very good 273 (2.4%) Excellent 69 (0.6%) Expert	[227 missing] (Click here to choose) 78 (0.7%) Very poor 150 (1.3%) Poor 1130 (9.9%) Fair 3396 (29.7%) Good 3937 (34.4%) Very good 2370 (20.7%) Excellent 385 (3.4%) Expert
Being an informed citizen	[215 missing] (Click here to choose) 618 (5.4%) Very poor 2045 (17.8%) Poor 3968 (34.6%) Fair 2875 (25.1%) Good 1265 (11.0%) Very good 553 (4.8%) Excellent 134 (1.2%) Expert	[232 missing] (Click here to choose) 274 (2.4%) Very poor 811 (7.1%) Poor 2471 (21.6%) Fair 3568 (31.2%) Good 2702 (23.6%) Very good 1328 (11.6%) Excellent 287 (2.5%) Expert
Ability to appreciate the cultural arts	[212 missing] (Click here to choose) 314 (2.7%) Very poor 1023 (8.9%) Poor 2960 (25.8%) Fair 3432 (29.9%) Good 2051 (17.9%) Very good 1279 (11.2%) Excellent 402 (3.5%) Expert	[226 missing] (Click here to choose) 209 (1.8%) Very poor 456 (4.0%) Poor 1752 (15.3%) Fair 3168 (27.7%) Good 2992 (26.1%) Very good 2290 (20.0%) Excellent 580 (5.1%) Expert

Internet skills	<p>[179 missing] (Click here to choose)</p> <p>149 (1.3%) Very poor</p> <p>413 (3.6%) Poor</p> <p>2159 (18.8%) Fair</p> <p>3706 (32.2%) Good</p> <p>2439 (21.2%) Very good</p> <p>1711 (14.9%) Excellent</p> <p>917 (8.0%) Expert</p>	<p>[183 missing] (Click here to choose)</p> <p>36 (0.3%) Very poor</p> <p>71 (0.6%) Poor</p> <p>748 (6.5%) Fair</p> <p>2835 (24.7%) Good</p> <p>3503 (30.5%) Very good</p> <p>2888 (25.1%) Excellent</p> <p>1409 (12.3%) Expert</p>
Desktop computer skills	<p>[190 missing] (Click here to choose)</p> <p>150 (1.3%) Very poor</p> <p>496 (4.3%) Poor</p> <p>2220 (19.3%) Fair</p> <p>3670 (32.0%) Good</p> <p>2317 (20.2%) Very good</p> <p>1683 (14.7%) Excellent</p> <p>947 (8.2%) Expert</p>	<p>[207 missing] (Click here to choose)</p> <p>47 (0.4%) Very poor</p> <p>129 (1.1%) Poor</p> <p>1001 (8.7%) Fair</p> <p>3124 (27.2%) Good</p> <p>3176 (27.7%) Very good</p> <p>2615 (22.8%) Excellent</p> <p>1374 (12.0%) Expert</p>