

Appendix for:

What Sets College Thrivers and Divers Apart?  
A Contrast in Study Habits, Attitudes, and Mental Health

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## Appendix A: Warm-up Survey

### Warm-Up Exercise

This website includes a 'warm up' exercise for students enrolled in first year economics classes at the University of Toronto (2015-16). The purpose of the exercise is to learn more about how to foster student performance and experience. The exercise involves answering a set of questions, either about personality traits or goals.

Students who complete the entire exercise will receive 2 percentage points towards their final grade. Completion requires creating an account and following instructions until told you are finished.

You will need to concentrate and process what you are being asked, so try to complete this exercise when you are feeling alert and relatively unrushed. It should take between 45 and 90 minutes to complete.

To begin, click on the 'Register' button and set up an account.

<Register>

If you already have an account, click 'Login'

<Login>

Need help or have questions? Email [UofTwarmup@economics.utoronto.ca](mailto:UofTwarmup@economics.utoronto.ca)

## Welcome <user>!

Thank-you for registering and logging on! **All of your responses provided in this exercise remain confidential. Your instructor will not have access to your responses. He/She will only know whether you completed the exercise. Please remember that there are no right or wrong answers. To maximize the benefits of this exercise, please write as freely and honestly as you can.**

Need help or have questions? Email [warmup@economics.utoronto.ca](mailto:warmup@economics.utoronto.ca)

<Next>

## Introductory Survey

Please begin by completing the very short survey (17 questions) below.

**What is the highest level of education you intend to get?**

- University Bachelor's degree (e.g. B.A. B.Sc., B.A./B.Sc., B.Ed., other university degree)
- University first professional degree (e.g. dentistry, veterinary medicine, law, optometry, divinity)
- Master's degree
- Ph.D. (or other earned doctorate)

**If known by you, what is (or was) the highest level of education completed by your mother?**

- Did not finish high school
- Graduated from high school
- Attended a community college but did not complete diploma
- Completed a community college diploma program
- Attended a university but did not complete degree (BA, BComm., etc)
- Completed a bachelor's degree (BA, BComm., etc)
- Completed a master's degree (MA, MSc, etc)
- Completed a doctoral or professional program (PhD, MD, LLB, etc.)
- Don't know or Not applicable

**If known by you, what is (or was) the highest level of education completed by your father?**

- Did not finish high school
- Graduated from high school
- Attended a community college but did not complete diploma
- Completed a community college diploma program
- Attended a university but did not complete degree (BA, BComm., etc)
- Completed a bachelor's degree (BA, BComm., etc)
- Completed a master's degree (MA, MSc, etc)
- Completed a doctoral or professional program (PhD, MD, LLB, etc.)
- Don't know or Not applicable

**In a typical week in your last year of high school, about how many hours, on average, did you study (outside of class)?**

[ 0 Hours – 51+ ] (dropdown)

**In a typical week this year (not during exams), about how many hours, on average, do you expect to study (outside of class) for all of your courses?**

[ 0 Hours – 51+ ] (dropdown)

**What overall letter grade average do you expect to receive this school year?**

[C-, C, C+, B-, B, B+, A-, A, A+] (dropdown)

**Would you agree that you often think about your future goals and what you need to do to achieve them? Please tick a box on the scale, where the value 1 means: 'always think about the future and plan ahead' and the value 7 means: 'never think about the future and never plan ahead'.**

**(dropdown)**

**1 (always think about the future and plan ahead)**

**2**

**3**

**4**

**5**

**6**

**7 (never think about the future and never plan ahead)**

**Would you say you always cram (end up studying just at the last moment before an exam), or that you never do this? Please tick a box on the scale, where the value 1 means: 'always cram for exams' 7 means: 'never cram'.**

**(dropdown)**

**1 (always cram for exams)**

**2**

**3**

**4**

**5**

**6**

**7 (never cram for exams)**

**What campus do you take most of your courses at?**

UTM

UTSC

St. George

Indicate the extent to which you agree to the following statement using a 7 point scale, where 1 = fully agree and 7 = fully disagree:

**The transition to the University of Toronto has, so far, been challenging**

**(dropdown)**

**1 (fully agree)**

**2**

**3**

**4**

**5**

**6**

**7 (fully disagree)**

Below are a few statements that may or may not apply to you. For the most accurate score, when responding, think of how you compare to most people -- not just the people you know well, but most people in the world. There are no right or wrong answers, so just answer honestly.

**I finish whatever I begin.**

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all

**Setbacks don't discourage me.**

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all

**Are you an international student?**

- Yes
- No

**Is this your first year at the University of Toronto?**

- Yes
- No

**For your last lecture attended, did you check your phone for messages or send one?:**

- within 10 minutes before class
- during class
- within 10 minutes after class

**(check all that apply)**

**In the last hour, how many times did you check your phone for messages or send one?:**  
drop down, from 0 to 5 and more than 5

**How many hours per week, on average, do you expect to work for pay during the Fall or Winter sessions (enter 0 if you do not expect to work)?**

[ 0 Hours – 51+ ] (dropdown)

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## **Appendix B: Follow-up Survey**

### Front Matter

#### Follow-up Survey to ECO Warm-Up Exercise

Greetings! This is a short follow-up survey to the warm-up exercise you took at the start of the first term. It should take about 15 minutes to complete. Students who completed the exercise and who complete the survey will receive 2 percentage points towards their final ECO grade. Completion requires following the survey until told you are finished.

We really appreciate your honest feedback, which we hope to use to help improve our services and learn more about our students.

To begin, enter the information below to log-in.

Need help or have questions? Email [UofTwarmup@economics.utoronto.ca](mailto:UofTwarmup@economics.utoronto.ca)

## Follow-up Survey

Please complete the short survey below. We very much appreciate your responses. All information will be treated anonymously and used only for research purposes - to learn more about UofT students and to better help support students throughout their programs. Responses will not be shared with instructors or administrators, or anyone outside the research team.

**All things considered, how satisfied are you with your life as a whole these days?**  
(dropdown)

- 1 (Not at all satisfied)
- 2
- 3
- 4
- 5
- 6
- 7 (Absolutely satisfied)

**All things considered, how satisfied are you with your experience at University of Toronto so far?**

(dropdown)

- 1 (Not at all satisfied)
- 2
- 3
- 4
- 5
- 6
- 7 (Absolutely satisfied)

**What overall letter grade average did you obtain last term (over all your courses)?**

[F C-, C, C+, B-, B, B+, A-, A, A+] (dropdown)

**What overall letter grade average do you expect to receive this term?**

[F C-, C, C+, B-, B, B+, A-, A, A+] (dropdown)



**Last term, when you had no immediate deadlines (say over 2 weeks) about how many hours per week, on average, did you study (outside of class) for all of your courses?**

[ 0 Hours – 51+ ] (dropdown)

**This term, when you have no immediate deadlines (say over 2 weeks), about how many hours per week, on average, do you plan on studying (outside of class)?**

[ 0 Hours – 51+ ] (dropdown)

**From the drop-down menus below, indicate the extent to which you disagree or agree with the following statements:**

[note to Aaron, maybe put the 1-6 categories to the right to save room]

**I feel like I belong here at U of T**

(dropdown)

**1 Strongly disagree**

**2 Disagree**

**3 Somewhat disagree**

**4 Somewhat agree**

**5 Agree**

**6 Strongly agree**

**Being a student at UofT is an important part of how I see myself  
(dropdown)**

- 1 Strongly disagree**
- 2 Disagree**
- 3 Somewhat disagree**
- 4 Somewhat agree**
- 5 Agree**
- 6 Strongly agree**

**UofT wants me to be successful here  
(dropdown)**

- 1 Strongly disagree**
- 2 Disagree**
- 3 Somewhat disagree**
- 4 Somewhat agree**
- 5 Agree**
- 6 Strongly agree**

**I know where to go if I need academic advice  
(dropdown)**

- 1 Strongly disagree**
- 2 Disagree**
- 3 Somewhat disagree**
- 4 Somewhat agree**
- 5 Agree**
- 6 Strongly agree**

**UofT does its best to help support me  
(dropdown)**

- 1 Strongly disagree**
- 2 Disagree**
- 3 Somewhat disagree**
- 4 Somewhat agree**
- 5 Agree**
- 6 Strongly agree**

**Other students understand more than I do about how things work here at UofT  
(dropdown)**

- 1 Strongly disagree**
- 2 Disagree**
- 3 Somewhat disagree**
- 4 Somewhat agree**
- 5 Agree**
- 6 Strongly agree**

**From the drop-down menus below, indicate the extent to which you disagree or agree with  
the following statements:**

**[note to Aaron, maybe put the 1-6 categories to the right to save room]**

**I manage my time well  
(dropdown)**

- 1 Strongly disagree**
- 2 Disagree**
- 3 Somewhat disagree**
- 4 Somewhat agree**
- 5 Agree**
- 6 Strongly agree**

**I try to learn from my mistakes on past tests and assignments  
(dropdown)**

- 1 Strongly disagree**
- 2 Disagree**
- 3 Somewhat disagree**
- 4 Somewhat agree**
- 5 Agree**
- 6 Strongly agree**

**I write thoughts and ideas down when I study to test my understanding  
(dropdown)**

- 1 Strongly disagree**
- 2 Disagree**
- 3 Somewhat disagree**
- 4 Somewhat agree**
- 5 Agree**
- 6 Strongly agree**

**I get feedback from my writing assignments before handing them in  
(dropdown)**

- 1 Strongly disagree**
- 2 Disagree**
- 3 Somewhat disagree**
- 4 Somewhat agree**
- 5 Agree**
- 6 Strongly agree**

**I often remind myself of my goals and motivations for being here at UofT  
(dropdown)**

- 1 Strongly disagree**
- 2 Disagree**
- 3 Somewhat disagree**
- 4 Somewhat agree**
- 5 Agree**
- 6 Strongly agree**

[only for first years]

The transition to the University of Toronto has, so far, been challenging  
(dropdown)

1 Strongly disagree

2 Disagree

3 Somewhat disagree

4 Somewhat agree

5 Agree

6 Strongly agree

Last term, how often did you do the following?

	Never	Once	2-3 times	4-6 times	7 or more times
Met with an instructor outside of class?	•	•	•	•	•
Met with an academic advisor?	•	•	•	•	•
Used a free academic tutor (e.g, at a writing center, math and economics aid centre, over email, or with a TA)	•	•	•	•	•
Met with a paid tutor	•				
Attended a workshop or course to help improve your academic performance?	•				
Participated in a formal or informal study group?	•	•	•	•	•

**How important is it to you that you do well at U of T?  
(dropdown)**

- 1 Not at all important**
- 2 Slightly important**
- 3 Somewhat important**
- 4 Moderately important**
- 5 Quite important**
- 6 Very important**
- 7 Extremely important**

**How confident do you feel that you have the ability to do well at University of Toronto?  
(dropdown)**

- 1 Not at all confident**
- 2 Slightly confident**
- 3 Somewhat confident**
- 4 Moderately confident**
- 5 Quite confident**
- 6 Very confident**
- 7 Extremely confident**

**Since the beginning of the academic year, I have felt sad or depressed**

0 (rarely or none of the time), 1 (some or a little of the time), 2 (occasionally or a moderate amount of the time), or 3 (most or all of the time)

**Since the beginning of the academic year, I have felt very stressed.**

0 (rarely or none of the time), 1 (some or a little of the time), 2 (occasionally or a moderate amount of the time), or 3 (most or all of the time)

Open ended questions

Do you volunteer or participate in any clubs or associations?  
[if yes, please briefly write these activities down here]

Open ended:

What have been the biggest challenges to your academic success so far?

What could UofT be doing more to help?

Thank-you! You are done! We really appreciate your time and feedback.