



## 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

Hey there, <Student first name>! Thanks for coming. 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, with one page per section. It may take you 10 or 12 minutes to go through all seven pages.

We take your privacy very seriously. Results from the PULSE will never be reported in any form that would identify you as an individual. 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 finish these seven pages and 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!

Thanks and good luck!

[Start taking the Cornell PULSE](#)



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## How would you evaluate your entire educational experience at Cornell University?

Poor

Fair

Good

Excellent

## How satisfied have you been with the following aspects of your Cornell experience 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 during the academic year	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ethnic/racial diversity of the campus	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

Definitely **not**

Probably **not**

Probably

Definitely

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See how quickly this goes??



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## 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 a 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 other 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 lecture, conference, symposium or arts event not required by a course	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asked a librarian or staff member for help in finding information on some topic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Used the library as a quiet place to read or study	<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 project, or other significant research paper	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have an internship (practicum, co-op or field experience, or clinical placement)	<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 learning course or program	<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"/>

This includes non-quantitative methods such as literary analysis, ethnography, etc.

**[if conducting research = "done"]**

**How did you find out about your research opportunity? Mark all that apply.**

- I talked with a faculty member
- I talked with my academic or staff advisor
- I received an email announcement about it
- I found it on a Cornell website
- I saw it advertised on a flyer or poster
- I heard about it from another student
- Other (please explain):

**[if conducting research = "do not plan to do"]**

**Which of the following reasons describe why you are not planning to conduct research with a faculty member? Mark all that apply.**

- I don't have time in my schedule to do research
- I don't know how to find a research opportunity
- I need to make money and have not found a paid research opportunity
- I have tried but could not find an opportunity I was interested in
- Research is not relevant to my future career
- I am not interested in conducting research
- Other (please explain):

**During a typical week** this academic year, approximately how many hours do you spend on your academic work?

	Hours per week:							
	None	1-5	6-10	11-15	16-20	21-25	26-30	> 30
Attending scheduled classes or labs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Working on academic work outside of class or lab (e.g., homework, research project, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Not counting regular weekly homework (e.g., readings for class, problem sets), how many significant course assignments did you have due immediately after spring break?**

None	1	2	3	4	5 or more
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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**Great. Next, we want to hear about the faculty.**



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

	Strongly disagree	Disagree	Agree	Strongly agree
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"/>

## How many professors 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 or more

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

	Rarely or never	Occasionally	Often	Very often
Worked with a faculty member on activities other than coursework or research (e.g., student organization, campus committee)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had coffee or dined with a faculty member	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**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, have you sought tutoring or academic assistance from  
your college or elsewhere at Cornell (e.g., Learning Strategies Center)? If so, did it help  
you? (Please select one answer.)**

No, I have not sought tutoring or academic assistance

Yes, I have sought tutoring or academic assistance ...

... but it was not very helpful

... and it helped some

... and it helped quite a bit

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

Major 1 [drop down list of Cornell majors]

Major 2 [drop down list of Cornell majors]

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**That's important stuff. Thank you.**



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## 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
Broad knowledge in the arts and sciences	<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"/>
Career- or work-related knowledge and skills	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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"/>
Conducting scholarly research	<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"/>
Synthesizing and integrating ideas and information	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Formulating original ideas and solutions	<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"/>
Placing current problems in historical/cultural/philosophical perspective	<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"/>
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"/>
Learning on your own (e.g., pursuing ideas, finding the information you need)	<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"/>
Resolving interpersonal conflicts positively	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Relating well to people of different 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"/>
Understanding yourself: abilities, interests, limitations, personality	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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**You're more than half-way there!**





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**During a typical week this academic year, approximately how many hours do you spend working for pay?**

- None
- 1-5
- 6-10
- 11-15
- 16-20
- 21-25
- 26-30
- > 30

**[if "none" skip next question about on- of off-campus employment]**

**When you have worked for pay this year, has it been on-campus or off?**

- All or mostly on-campus
- A mix
- All or mostly off-campus

**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? Mark all that apply.**

- Intercollegiate (NCAA) sports
- Intramural sports
- Club sports

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

- Music/theater group
- Student publications
- Student government
- Political group
- Religious or spiritual group
- Cultural/ethnic organization
- Volunteer service
- Fraternity or sorority
- Other student organizations or clubs

**During a typical week this academic year, approximately how many hours do you spend on:**

	Hours per week:							
	None	1-5	6-10	11-15	16-20	21-25	26-30	> 30
Physical fitness activities (including time training for and playing sports as well as exercising, pick-up sport and so on)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Extracurricular activities other than physical fitness (student organizations, fraternity or sorority, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**More specifically, during a typical week this academic year, approximately how many hours do you spend on community service?**

None	1-5	6-10	11-15	16-20	21-25	26-30	> 30
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**To what extent has your living arrangement this academic year made it easier for you to:**

	Very little or none	Some	Quite a bit	Very much
Forge or deepen close friendships with other students	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Take advantage of the intellectual life of the university	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Perform well academically	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Participate in extracurricular activities and clubs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Take the initiative in planning events or projects	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Interact informally with faculty, visiting scholars, and/or visiting speakers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Be involved in community and civic affairs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**During this academic year, how often have you had the following interactions with *diverse students* (e.g., students differing from you in race, national origin, sexual orientation, 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"/>
Felt insulted or threatened based on your social identity (e.g., sex, race, national origin, sexual orientation, or values)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

**I enjoy what the Greek system contributes to Cornell University.**

Strongly **disagree**                      **Disagree**                      Agree                      Strongly agree

                                                                                                                

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**Don't worry, the last two sections are short!**



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## **During the current school 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"/>

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

	Strongly disagree	Disagree	Agree	Strongly agree
There are enough late-night (e.g., after 11 pm) social activities at Cornell that don't involve alcohol	<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"/>
Cornell encourages students to help others who are having emotional difficulties	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel cared for at Cornell	<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 in the morning?**

0      1      2      3      4      5      6      7

                          

## **On average, how many alcoholic drinks do you consume when you drink? (Note: one drink is defined as a bottle of beer, a glass of wine; or a shot of liquor)**

I don't drink    1    2    3    4    5    6    7    8    9 or more

[if average number of alcoholic drinks consumed = "I don't drink", skip next question]

Think back over the last two weeks.

**For men, on how many occasions, if any, have you had five or more alcoholic drinks?**

**For women, on how many occasions, if any, have you had four or more alcoholic drinks?**

0	1	2	3	4	5	6	7	8	9 or more
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Approximately how many people in your life do you feel like you can talk to when you are feeling sad, anxious, or depressed?**

None	1	2	3	4	5	6 or more
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**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.**

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**Finally, we'd like to ask just a few questions about your background.**



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

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

**What is your gender?**  Male  Female  Transgender/gender-variant

**What is your sexual orientation?**

- Straight/heterosexual
- Gay, lesbian or bisexual
- Queer
- Questioning
- Not specified

**Are you a member of, or in the process of joining, a fraternity or sorority?**  Yes  No

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

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

**What is the highest level of education completed by your parents or guardians?**

Relationship to you:<sup>1</sup>

Education<sup>2</sup>

**Did either of your parents attend Cornell as an undergraduate?**  Yes  No

**What is your best estimate of the total annual before tax income from all sources of the parent, parents and/or stepparents who helped pay for your undergraduate education?**

- Under \$25,000
- \$25,000 - \$49,999
- \$50,000 - \$74,999
- \$75,000 - \$99,999
- \$100,000 - \$124,999
- \$125,000 - \$149,999
- \$150,000 - \$174,999
- \$175,000 - \$199,999
- \$200,000 - \$249,999
- \$250,000 - \$499,999
- \$500,000 or above

**Do you have other feedback for us about your Cornell experience? Please use this space to elaborate.**

When you submit this page, you'll see if you are an instant winner.

Submit (page 7 of 7) and you're done!

<sup>1</sup> Response options: mother or stepmother, father or stepfather, other

<sup>2</sup> Response options: no high school diploma, high school diploma or equivalent, post-secondary school other than college, some college or associate's degree, Bachelor's degree, graduate or professional degree, unsure/don't know