

# Stress Among Dual Enrollment Students: Thriving or Surviving?

Peer Survey | Florida State College at Jacksonville-Kent Campus | Spring 2015

## GENERAL INFORMATION

*Please circle your answer*

In which Dual Enrollment program do you participate?

- 1) Home School Dual Enrollment
- 2) Private School Dual Enrollment
- 3) Public School Dual Enrollment
- 4) Early College High School

Where do you attend your Dual Enrollment classes?

- 1) High School campus
- 2) College Campus
- 3) Both

Please select your gender?

- 1) Female
- 2) Male

Please select your ethnic background?

- 1) African American
- 2) Asian/Pacific Islander
- 3) Caucasian/White
- 4) Hispanic
- 5) Other:

## QUESTIONS

*Please put a check next to your answer(s)*

1) Since the beginning of the school year, what are the top five things that cause you the most stress?

- |                            |                           |
|----------------------------|---------------------------|
| Part-time employment       | Application deadlines     |
| Extracurricular activities | Bullying                  |
| Expectations from family   | Health/injuries           |
| Course load                | Uncertainty of future     |
| Relationships              | Violence in relationships |
| Friendships                | Personal appearance       |
| Social media               | Other (please explain):   |
| Family financial struggles |                           |

2) Do you feel stressed?

- Never
- Seldom
- Sometimes
- Often
- Very Often

3) Do you think your stress level is healthy or harmful?

- Healthy
- Harmful

4) Do you feel like you have control over your stress?

- Yes
- No

5) How do you deal with stress? (*Check all that apply*)

- Talk to peers
- Talk to parents
- Talk to college or high school faculty
- Counseling
- Exercise
- Walk away/be alone
- Write
- Ignore/do not think about it
- Eat
- Projection/lashing out at others
- Sedate the pain (medication, drugs, alcohol, physical relationships etc.)
- Pray/meditate – religious practices
- Other (please explain):

6) What are some of the **DAILY** contributors to your stress level? (This is different from question 1.)

- Caring for siblings
- Part-time work
- Chores
- School work
- Quizzes/assessments/exams
- Extracurricular
- Social life

7) What have been some of the negative impacts of stress in your life? *(Check all that apply)*

- Stress headaches
- Outward appearance
- Mood swings
- Sleep too much or too little
- Weight gain/weight loss
- Lack of energy/tired
- Low academic performance
- Other (please explain):

8) What have been some of the positive impacts of stress in your life? *(Check all that apply)*

- Time oriented
- Focused
- Met deadlines
- High academic performance
- Other (please explain):

9) Do you feel supported in your Dual Enrollment program and activities?

- No, I do not feel supported. Please skip question 10.
- Yes, I am supported.

10) If you feel supported in your Dual Enrollment program and activities, who provides the greatest level of support? *(Check two)*

- |                                     |                         |
|-------------------------------------|-------------------------|
| Parents and other family            | College Faculty         |
| Dual Enrollment High School         | College Administration  |
| High School Guidance Counselor      | Friends                 |
| High School Administration          | Other (please explain): |
| College Dual Enrollment Coordinator |                         |

What do you suggest that schools/college do to help students manage stress and improve academic success rates? *Please share your suggestions, big and small.*