



Time and Stress Questionnaire for University Students v.1

General Instructions

You are being invited to participate in this survey as part of an official class exercise for “Survey Research and Design in Psychology” (7126), Semester 1, 2018, at the University of Canberra.

This survey asks about your **university experience** so far, **stress**, **time perspective**, and **time management**.

Participation is voluntary and you may withdraw at any time. You may also choose to complete some but not all questions. Completion of this 58-item survey is expected to take approximately 15 minutes. Only complete this survey once.

Your responses will be treated confidentially. To help ensure anonymity, DO NOT write your name on the questionnaire.

If this survey triggers concerns about your mental health, please contact UC Counselling (02 6201 2351) or Lifeline (13 11 14).

If you would like a copy of the results or have a question, comment, or complaint, contact the unit convener:

Dr. James Neill, Room 12D12, james.neill@canberra.edu.au
Centre for Applied Psychology, University of Canberra
Phone: 02 6201 2536

You are welcome to remove this page
and keep it as a record of participation.

Background Information

(Write or circle the best answer which describes you)

01. Gender: 1. Male 2. Female 3. Other

02. Age: _____ years

03. What type of student are you? 1. School-leaver 2. Mature-age

04. Are you an international student? 1. No 2. Yes

05. What is your enrolment type? 1. Part-time 2. Full-time

06. What is your preferred delivery mode?

1. On-campus/face-to-face 2. Online 3. Flexible (i.e., combination of face-to-face & online)
4. Intensive 5. Self-paced

07. Name of faculty for your course (degree):

- | | |
|---|------------------|
| 1. Arts and Design | 4. Health |
| 2. Business, Government and Law | 5. Double-degree |
| 3. Education, Science, Technology & Maths | 6. Other |

08. How much of your current degree have you completed? (approx): _____ %

09. Estimate **the average hours per week** (approx.) you spend during semester:

in paid employment:

in classes:

studying outside of
classes: _____

doing recreation, sport, or
leisure activities: _____

socialising with family and
friends: _____

sleeping: _____

10. Are you a student in 7126 or 6667? 1. No 2. Yes

11. What strategies help you to make the most of your time - and **why**?

Please briefly describe up to 2 helpful strategies.

1.

2.

12. What causes you to make poor use of your time - and **why**?

Please briefly describe up to 2 problematic strategies.

1.

2.

Perceived Stress Scale

(Adapted from work by Sheldon Cohen: <http://www.psy.cmu.edu/~scohen/PSS.html>)

The questions in this scale ask you about your feelings and thoughts since starting your current university course. In each case, please circle the response that best indicates how often you've felt or thought a certain way.

Since starting university, how often have you ...

		0	1	2	3	4
		Never	Almost never	Sometimes	Fairly often	Very often
01	been upset because of something that happened unexpectedly?	0	1	2	3	4
02	felt that you were unable to control the important things in your life?	0	1	2	3	4
03	felt nervous and "stressed"?	0	1	2	3	4
04	felt confident about your ability to handle your personal problems?	0	1	2	3	4
05	felt that things were going your way?	0	1	2	3	4
06	found that you could not cope with all the things that you had to do?	0	1	2	3	4
07	been able to control irritations in your life?	0	1	2	3	4
08	felt that you were on top of things?	0	1	2	3	4
09	been angered because of things that were outside of your control?	0	1	2	3	4
10	felt difficulties were piling up so high that you could not overcome them?	0	1	2	3	4

Zimbaro Time Perspective Inventory - Short

(Adapted from work by Phillip Zimbardo: <http://www.thetimeparadox.com/zimbardo-time-perspective-inventory/> and Jaroslav Košťál et al. (2015): <http://journals.sagepub.com/doi/abs/10.1177/0961463x15577254>)

Read each item and, as honestly as you can, answer the question:

"How characteristic or true is this of me?"

		1	2	3	4	5
		Very untrue	Untrue	Neutral	True	Very true
01	Familiar childhood sights, sounds, smells often bring back a flood of wonderful memories.	1	2	3	4	5
02	I often think of what I should have done differently in my life.	1	2	3	4	5
03	It gives me pleasure to think about my past.	1	2	3	4	5
04	I often feel that I cannot fulfill my obligations to friends and authorities.	1	2	3	4	5
05	When I want to achieve something, I set goals and consider specific means for reaching those goals.	1	2	3	4	5
06	Since whatever will be will be, it doesn't really matter what I do.	1	2	3	4	5
07	Happy memories of good times spring readily to mind.	1	2	3	4	5
08	It is important to put excitement in my life.	1	2	3	4	5
09	To think about my future makes me sad.	1	2	3	4	5
10	I think about the good things that I have missed out on in my life.	1	2	3	4	5

		1 Very untrue	2 Untrue	3 Neutral	4 True	5 Very true	
11	It doesn't make sense to worry about the future, since there is nothing that I can do about it anyway.					1 2 3 4 5	
12	I complete projects on time by making steady progress.					1 2 3 4 5	
13	I take risks to put excitement in my life.					1 2 3 4 5	
14	I am able to resist temptations when I know that there is work to be done					1 2 3 4 5	
15	Usually, I do not know how I will be able to fulfill my goals in life.					1 2 3 4 5	
16	I find myself getting swept up in the excitement of the moment.					1 2 3 4 5	
17	I think about the bad things that have happened to me in the past.					1 2 3 4 5	
18	My life path is controlled by forces I cannot influence.					1 2 3 4 5	

Time Management Skills

Listed below are some aspects of time management. Please **honestly** rate the extent to which each statement is true for you by circling the best answer for each item using this 8-point scale:

<p>FALSE NOT LIKE ME</p> <p>1 2</p> <p>This statement doesn't describe me at all; it isn't like me</p>	<p>3 4</p> <p>More false than true</p>	<p>5 6</p> <p>More true than false</p>	<p>TRUE LIKE ME</p> <p>7 8</p> <p>This statement describes me very well; it is very much like me</p>
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Item	False								True								
01	My life is very well organised.	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8
02	I manage the way I use my time really well.	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8
03	I make effective plans for getting things done.	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8
04	I break complex tasks down into achievable chunks.	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8
05	I use my time effectively.	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8
06	I use a calendar or diary to help organise my time.	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8
07	I waste a lot of time.	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8
08	I prepare a daily or weekly "to do" list.	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8
09	I spend a lot of time mucking around.	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8
10	I meet deadlines on time.	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8
11	I easily get distracted from important tasks.	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8
12	I get important tasks done on time.	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8
13	I find myself procrastinating over tasks that need to be done.	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8
14	I have a weekly schedule on which I record fixed commitments.	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8
15	I always complete tasks before they are due.	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8
16	Despite interruptions, I get important tasks done.	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8
17	I allocate the correct amount of time to tasks.	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8
18	I find distractions to be very tempting.	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8

Thank you very much for your participation in this survey.