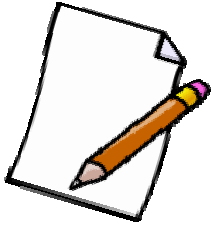


The University Student Satisfaction and Time Management Questionnaire v.9



General Instructions

This survey is being conducted as an official class exercise in “Survey Research and Design in

Psychology” (7126/6667), Semester 1, 2016, at the University of Canberra.

The survey asks about your experience of university, including your level of **satisfaction** with various aspects of university, **time management** skills, and **general health and well-being**.

Participation is optional and you may withdraw at any time. You may also choose to complete some but not all questions.

Please only complete one survey. Completion of the survey is expected to take approximately 15 minutes.

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

If anything in 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, please 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. Are you a student in 7126 or 6667? 1. No 2. Yes

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

05. 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 |

06. How many credit points are you enrolling in this semester? _____

07. Before the start of this semester, how much of your current degree had you completed?

(approx): _____ % (OR _____ units out of _____ OR _____ credit points out of _____)

08. Overall, how **stressful** has your university experience been so far?

Not stressful at all 1 2 3 4 5 6 7 Extremely stressful

09. Overall, how well have you **coped** with your university experience so far?

Not coped at all 1 2 3 4 5 6 7 Coped extremely well

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

in paid	in classes:	studying outside of
employment: _____	_____	classes: _____

11. What aspects of your university experience have been **most satisfying** - and **why**?

Please briefly describe up to 2 most satisfying aspects.

1.

2.

12. What aspects of your university experience have been **least satisfying** - and **why**?

Please briefly describe up to 2 dissatisfying aspects.

1.

2.

Student Satisfaction

Listed below are several aspects of students' university experience. Please **honestly** rate your level of **dissatisfaction-satisfaction** by circling an answer for each item using this 10-point scale:

1	2	3	4	5	6	7	8	9	10
Extremely dissatisfied	Very dissatisfied	Moderately dissatisfied	Fairly dissatisfied	Slightly dissatisfied	Slightly satisfied	Fairly satisfied	Moderately satisfied	Very satisfied	Extremely satisfied

If any satisfaction items do not apply to you, then leave the response to these items blank.

No.	My satisfaction with the...	1	2	3	4	5	6	7	8	9	10
01	Campus environment.										
02	Professionalism of my lecturers and tutors.										
03	Library resources.										
04	Opportunities to make friends.										
05	Campus facilities.										
06	Level of knowledge of the staff who teach me.										
07	Quality of the teaching at this university.										
08	Opportunities to develop close friendships.										
09	Quality of the education I am receiving.										
10	Chances to pursue my social interests.										
11	Computer availability.										
12	Flexibility of study options.										
13	Campus signposting (i.e. finding your way around).										
14	Quality of the staff who teach me.										
15	Relevance of what I'm learning at university.										
16	Helpfulness of teaching staff.										
17	Way in which I am being taught.										
18	Campus parking availability.										
19	Quality of student support services.										
20	Chances to spend enjoyable time with other people.										
21	Teaching ability of my tutors and lecturers.										
22	Recreation and events.										
23	University student administration.										
24	Intellectual stimulation of my university studies.										
25	Library staff.										
26	Community atmosphere of the university.										
27	Social activities and events on campus.										
28	Student support at the university.										
29	Quality of the social life at this university.										
30	Relevance of what I'm learning at university to my future career.										

No. My satisfaction with the...

31	Internet access on campus.	1	2	3	4	5	6	7	8	9	10
32	Campus entertainment and events.	1	2	3	4	5	6	7	8	9	10
33	Out-of-hours availability of student support services.	1	2	3	4	5	6	7	8	9	10
34	Places to study on campus.	1	2	3	4	5	6	7	8	9	10
35	IT help and support for students.	1	2	3	4	5	6	7	8	9	10
36	Career guidance.	1	2	3	4	5	6	7	8	9	10
37	Campus parking cost.	1	2	3	4	5	6	7	8	9	10

General Life Satisfaction(Copyright Ed Diener: <http://www.ppc.sas.upenn.edu/lifesatisfactionscale.pdf>)

Below are 5 statements with which you may agree or disagree. Using the 1-7 scale below, indicate your agreement with each item by circling the appropriate number. Please be open and honest in your responding.

	1	2	3	4	5	6	7						
	Strongly Disagree	Disagree	Slightly Disagree	Neither Agree or Disagree	Slightly Agree	Agree	Strongly Agree						
01	In most ways my life is close to my ideal.						1	2	3	4	5	6	7
02	The conditions of my life are excellent.						1	2	3	4	5	6	7
03	I am satisfied with life.						1	2	3	4	5	6	7
04	So far I have gotten the important things I want in life.						1	2	3	4	5	6	7
05	If I could live my life over, I would change almost nothing.						1	2	3	4	5	6	7

General Health and Well-Being

Use the same measurement scale to respond to these health and well-being statements.

01	I eat a healthy diet.						1	2	3	4	5	6	7
02	I lead a healthy lifestyle.						1	2	3	4	5	6	7
03	I am generally healthy.						1	2	3	4	5	6	7
04	I feel physically fit.						1	2	3	4	5	6	7
05	I get a healthy amount of sleep.						1	2	3	4	5	6	7
06	I feel supported by people around me.						1	2	3	4	5	6	7
07	I generally feel mentally well.						1	2	3	4	5	6	7
08	I am usually relaxed and free of tension.						1	2	3	4	5	6	7

Gender Identity

01. Would you describe yourself as:

1	2	3	4	5
Very feminine	Fairly feminine	Androgynous	Fairly masculine	Very masculine

Time Management

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:

FALSE	NOT LIKE ME					TRUE	LIKE ME
1	2	3	4	5	6	7	8
This statement doesn't describe me at all; it isn't like me		More false than true		More true than false		This statement describes me very well; it is very much like me	

Item	False								True							
01	My life is very well organised.								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							
03	I make effective plans for getting things done.								1 2 3 4 5 6 7 8							
04	I am good at breaking complex tasks down into achievable chunks.								1 2 3 4 5 6 7 8							
05	I use my time effectively.								1 2 3 4 5 6 7 8							
06	I procrastinate over doing difficult tasks.								1 2 3 4 5 6 7 8							
07	I accurately predict how long tasks will take.								1 2 3 4 5 6 7 8							
08	I waste a lot of time.								1 2 3 4 5 6 7 8							
09	I am on top of my important tasks at the moment.								1 2 3 4 5 6 7 8							
10	I accomplish what needs to be done each day.								1 2 3 4 5 6 7 8							
11	I do the most important tasks during my most energetic periods of the day.								1 2 3 4 5 6 7 8							
12	I prepare a daily or weekly "to do" list.								1 2 3 4 5 6 7 8							
13	I spend a lot of time mucking around.								1 2 3 4 5 6 7 8							
14	I meet deadlines on time.								1 2 3 4 5 6 7 8							
15	I easily get distracted from important tasks.								1 2 3 4 5 6 7 8							
16	I get important tasks done on time.								1 2 3 4 5 6 7 8							
17	I find myself procrastinating over tasks that need to be done.								1 2 3 4 5 6 7 8							
18	I have a weekly schedule on which I record fixed commitments.								1 2 3 4 5 6 7 8							
19	I spend too much time on trivial matters.								1 2 3 4 5 6 7 8							
20	I always complete tasks before they are due.								1 2 3 4 5 6 7 8							
21	Despite interruptions, I get important tasks done.								1 2 3 4 5 6 7 8							
22	I am in control of how my time is spent.								1 2 3 4 5 6 7 8							
23	I am satisfied with the way I use my time.								1 2 3 4 5 6 7 8							
24	I find distractions to be very tempting.								1 2 3 4 5 6 7 8							
25	I monitor progress towards my goals.								1 2 3 4 5 6 7 8							
26	I have a hard time concentrating.								1 2 3 4 5 6 7 8							
27	I am hopeless at time management.								1 2 3 4 5 6 7 8							
28	I balance work, rest, and play.								1 2 3 4 5 6 7 8							

Thank you very much for your participation in this survey.