Appendix A: Final coding rubrics for each open-ended response.

### To what extent does your learning modality impact your stress levels? Please explain your reasoning.

| Category                      | Definitions                                                                 | Student Evidence                                                                                                                                 |
|-------------------------------|-----------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|
| **Increased Stress**          | Showing impacts of/ or higher stress as result of listed learning modality  | • Online classes strongly impact my stress level.                                                                                                     |
|                               |                                                                             | • asynchronous is stressful because there is less of a structure or schedule.                                                                       |
|                               |                                                                             | • Whether I am in person online asynchronous or synchronous they all impact my stress levels, but online class is worse because I am not able to ask |
|                               |                                                                             | questions in person after class.                                                                                                                        |
| **Decreased Stress**          | Not showing increase stress level or decrease in stress level due to learning modality | • I like online asynchronous because I’m able to stay ahead of the course.                                                                              |
|                               |                                                                             | • Love asynchronous because I can time manage and be much less stressed.                                                                                |
|                               |                                                                             | • It has not impacted my experience too much, as I don’t have too much of a problem with self-motivation.                                                 |
| **Both Increases and Decreases Stress** | Stated a mix of both increase and decrease.                                 | • The in-person portion is great, but only 1 of the required synchronous meetings is truly helpful. The other is just stressful and participating is difficult. |
|                               |                                                                             | • Being hybrid makes it very easy since I live far away but the course work can be a bit much to figure out on my own.                                 |
|                               |                                                                             | • It has helped a lot as it gives me more freedom for what I’m working on. It’s also stressful when some faculty add on more work because “we’re online and I have more time for their class.” |
| **Neither**                   | Not specific in giving increased or decreased reply or does not fit previously listed | • My stress is mostly all based upon school.                                                                                                         |
|                               |                                                                             | • my stress level does not depend on any of these.                                                                                                   |
|                               |                                                                             | • Online with one in person lab                                                                                                                       |

### What other nonacademic time constraints do you have?

| Category                | Definitions                                                                 | Student Evidence                                                                 |
|-------------------------|-----------------------------------------------------------------------------|----------------------------------------------------------------------------------|
| **Personal Obligations** | Anything related to home, including partners, non-academic related obligations | • Getting food and grocery shopping (dietary restricted), laundry, cleaning.       |
|                         |                                                                             | • I have a husband, a dog …                                                    |
| Category       | Definitions                                                                 | Student Evidence                                      |
|----------------|-----------------------------------------------------------------------------|-------------------------------------------------------|
| Family         | Mention of family obligations or time spent with family                      | • I have … family responsibilities to attend to every once in a while.  
• I sometimes have to go home to watch after my sisters - one had surgery earlier this year, so I was home for a week. |
| Friends        | Mention of friend obligations or time spent with friends                     | • Family, a job, and club dedication, as well as friendships in town and from back home  
• Work, family, clubs, recreational activities, gym time, ensuring friends are doing alright |
| Work           | Job or work obligations                                                      | • Job, family  
• I have three jobs through SIUE. As well, I volunteer on Sunday mornings, and I also have professional school application obligations.  
• Job, house responsibilities |
| College Obligations | Any obligations with organizations, clubs, sports, or people with the university. | • President of 2 organizations, research, Greek life, 2 jobs  
• Greek life, work, social responsibilities in my hometown, graduate school applications |
| Health and Fitness | Any obligations or habits student has for personal health, fitness, or mental health. | • I go to the gym and work daily.  
• My health problems |
| Future Academics | Time spent to requirements for future academic steps.                         | • clubs/organizations, applications for professional schools, family, friends  
• I also have professional school application obligations. |

### What about exams are stressful or difficult for you?

| Category       | Definitions                                               | Student Evidence                                      |
|----------------|-----------------------------------------------------------|-------------------------------------------------------|
| Time           | Time to finish the exam or questions.                     | • The time limit they give.  
• I am a slow test taker. The time limit on exams stresses me out.  
• Being timed |
| Questions      | Question format or design and wording                      | • Biology exams that a mainly multiple choice based are stressful to me.  
• The setup of the exams and the way the questions are worded.  
• Questions are strange and confusing a lot of the time. |
| **Material** | The content presented in the exam or questions. | - Questions are often much too specific in nature, often disregarding whether the student understands the general concepts.  
- The content of the exam and the difficulty of the questions.  
- The online timed exams have more material on them than in class and less time to do them in. |
| **Test Anxiety** | Student anxiety/stress over exams | - They just stress me out a lot worrying about what will be on the exam or our teachers not preparing us.  
- Overthinking questions  
- Everything. Before every exam I have a deep pit in my stomach and anxiety that feels like impending doom. I work so hard to do well in my classes and knowing this test has the weight to bring my grade down from what I've worked so hard to earn is terrifying every time. |
| **Prep/Study** | The preparation or study time or effort put into the exam or worry about needed prep. | - Anticipating the types of questions that will be asked and figuring out what to focus on while I study.  
- Not knowing what to expect, because I could spend a lot of time studying something I thought I needed to know, but it doesn't even show up in the exam.  
- I worry if I have studied the right material and if I comprehend it enough to fully get each concept. |
| **Technology** | The technology format of the exam or possible technology issues | - Time restrictions and being proctored.  
- Not everyone has a secure, reliable internet source.  
- not being able to go back and look over questions and trying to beat the clock knowing I have a minute per question. |
| **Grades** | Concern or worry of pressure, weight, or result of exam on grade in class or on the exam. | - The pressure. Some exams account for too large a % of a grade  
- Timing, knowing they are worth most of my grade.  
- Exams are worth a large portion of my grade so one test grade can make it impossible to receive an A or a B. |
Appendix B. Disaggregated Qualitative Responses.

To what extent does your learning modality impact your stress levels?

|                      | Increase Stress | Decrease Stress | Both  | Neither |
|----------------------|-----------------|-----------------|-------|---------|
| **Total (n=240)**    | 169 (70%)       | 17 (7%)         | 13 (5%) | 28 (12%) |
| **Graduate (n=18)**  | 10 (56%)        | 3 (17%)         | 1 (6%)  | 4 (22%) |
| **Senior (n=43)**    | 34 (79%)        | 3 (7%)          | 3 (7%)  | 2 (5%)  |
| **Junior (n=45)**    | 31 (69%)        | 5 (11%)         | 2 (4%)  | 4 (9%)  |
| **Sophomore (n=78)** | 54 (69%)        | 4 (5%)          | 3 (4%)  | 11 (14%)|
| **Freshman (n=55)**  | 39 (71%)        | 2 (4%)          | 4 (7%)  | 7 (13%) |
| **Transfer (n=46)**  | 31 (67%)        | 5 (11%)         | 3 (7%)  | 6 (13%) |
| **Non-transfer (n=194)** | 138 (71%)  | 12 (6%)         | 10 (5%) | 22 (11%)|
| **First Gen. (n=51)** | 39 (76%)       | 4 (8%)          | 0 (0%)  | 5 (10%) |
| **Non-First Gen. (n=189)** | 130 (69%) | 13 (7%)         | 13 (7%) | 23 (12%)|
| **Woman (n=179)**    | 134 (75%)       | 8 (4%)          | 10 (6%) | 17 (9%) |
| **Man (n=54)**       | 30 (56%)        | 9 (17%)         | 2 (4%)  | 11 (20%)|
| **Other (includes gender queer) (n=7)** | 5 (71%) | 0 (0%) (0%) | 1 (14%) | 0 (0%) (0%) |
| **Non-URM (n=210)**  | 148 (70%)       | 14 (7%)         | 12 (6%) | 25 (12%)|
| **URM (n=23)**       | 21 (75%)        | 1 (4%)          | 1 (4%)  | 3 (11%) |
| **Caretaker (n=61)** | 48 (79%)        | 4 (7%)          | 4 (7%)  | 5 (8%)  |
| **Not Caretaker (n=152)** | 104 (68%) | 12 (8%)         | 8 (5%)  | 23 (15%)|
| **No Job (n=71)**    | 52 (73%)        | 5 (7%)          | 2 (3%)  | 7 (10%) |
| **1PT Job (n=115)**  | 6 (5%)          | 11 (10%)        | 5 (4%)  | 17 (15%)|
| **More than one PT Job (n=54)** | 41 (76%) | 1 (2%)          | 6 (11%) | 4 (7%)  |
What other nonacademic time constraints do you have?

|                                | Personal Obligations | Family | Friends | Work | College Obligations | Health Fitness | Future Academics |
|--------------------------------|----------------------|--------|---------|------|---------------------|----------------|-----------------|
| **Total (n=240)**              | 79 (33%)             | 98 (41%) | 16 (7%) | 139 (58%) | 104 (43%)         | 20 (8%)        | 8 (3%)          |
| Graduate (n=18)                | 8 (44%)              | 3 (17%) | 9 (50%) | 7 (39%) | 6 (33%)            | 1 (6%)         |                 |
| Senior (n=43)                  | 19 (44%)             | 20 (47%) | 2 (5%) | 33 (77%) | 14 (33%)         | 2 (5%)         | 5 (12%)         |
| Junior (n=45)                  | 18 (40%)             | 23 (51%) | 1 (2%) | 27 (60%) | 19 (42%)         | 2 (4%)         | 2 (4%)          |
| Sophomore (n=78)               | 25 (32%)             | 32 (41%) | 5 (6%) | 51 (65%) | 36 (46%)         | 3 (4%)         | 0 (0%)          |
| Freshman (n=55)                | 12 (22%)             | 15 (27%) | 5 (9%) | 18 (33%) | 28 (51%)         | 7 (13%)        | 0 (0%)          |
| **Transfer (n=46)**            | 17 (37%)             | 23 (50%) | 3 (7%) | 30 (65%) | 7 (15%)         | 5 (11%)        | 3 (7%)          |
| Non-transfer (n=194)           | 62 (32%)             | 75 (39%) | 13 (7%) | 109 (56%) | 97 (50%)        | 15 (8%)        | 5 (3%)          |
| First Gen. (n=51)              | 15 (29%)             | 19 (37%) | 2 (4%) | 35 (69%) | 21 (41%)        | 5 (10%)        | 1 (2%)          |
| Non-First Gen. (n=189)         | 64 (34%)             | 79 (42%) | 14 (7%) | 104 (55%) | 83 (44%)        | 15 (8%)        | 7 (4%)          |
| Women (n=179)                  | 54 (30%)             | 77 (43%) | 13 (7%) | 112 (63%) | 77 (43%)        | 16 (9%)        | 5 (3%)          |
| Men (n=54)                     | 21 (39%)             | 18 (33%) | 2 (4%) | 23 (43%) | 24 (44%)        | 4 (7%)         | 3 (6%)          |
| Other (includes gender queer)  | 4 (57%)              | 3 (43%) | 1 (14%) | 4 (57%) | 3 (43%)         | 0 (0%)         | 0 (0%)          |
| **Non-URM (n=210)**            | 68 (32%)             | 87 (41%) | 16 (8%) | 121 (58%) | 93 (44%)        | 17 (8%)        | 8 (4%)          |
| URM (n=23)                     | 11 (48%)             | 11 (39%) | 0 (0%) | 18 (64%) | 10 (36%)        | 2 (7%)         | 0 (0%)          |
| Caretaker (n=61)               | 25 (41%)             | 35 (57%) | 5 (8%) | 50 (82%) | 15 (25%)        | 5 (8%)         | 0 (0%)          |
| Not Caretaker (n=152)          | 47 (31%)             | 52 (34%) | 10 (7%) | 70 (46%) | 75 (49%)        | 14 (9%)        | 7 (5%)          |
| No Job (n=71)                  | 24 (34%)             | 27 (38%) | 6 (8%) | 6 (8%) | 36 (51%)        | 8 (11%)        | 2 (3%)          |
| 1PT Job (n=115)                | 37 (32%)             | 47 (41%) | 7 (6%) | 87 (76%) | 48 (42%)        | 6 (5%)         | 3 (3%)          |
| More than one PT Job (n=54)    | 18 (33%)             | 24 (44%) | 3 (6%) | 46 (85%) | 20 (37%)        | 6 (11%)        | 3 (6%)          |
What about exams are stressful or difficult for you?

| Category               | Time (%) | Questions (%) | Material (%) | Test Anxiety (%) | Preparation/Study (%) | Technology (%) | Grades (%) |
|------------------------|----------|---------------|--------------|------------------|------------------------|----------------|------------|
| Total (n=240)          | 69 (29%) | 46 (19%)      | 54 (23%)     | 39 (16%)         | 54 (23%)               | 19 (8%)        | 48 (20%)   |
| Grad (n=18)            | 5 (28%)  | 4 (22%)       | 2 (11%)      | 4 (22%)          | 6 (33%)                | 0 (0%)         | 2 (11%)    |
| Senior (n=43)          | 21 (49%) | 10 (23%)      | 8 (19%)      | 4 (9%)           | 7 (16%)                | 7 (16%)        | 11 (26%)   |
| Junior (n=45)          | 13 (29%) | 7 (16%)       | 15 (33%)     | 7 (16%)          | 12 (27%)               | 3 (7%)         | 7 (16%)    |
| Sophomore (n=78)       | 9 (12%)  | 14 (18%)      | 19 (24%)     | 13 (17%)         | 17 (22%)               | 9 (12%)        | 16 (21%)   |
| Freshman (n=55)        | 21 (38%) | 11 (20%)      | 10 (18%)     | 11 (20%)         | 12 (22%)               | 0 (0%)         | 12 (22%)   |
| Transfer (n=46)        | 17 (37%) | 11 (24%)      | 6 (13%)      | 4 (9%)           | 11 (24%)               | 6 (13%)        | 7 (15%)    |
| Non-transfer (n=194)   | 52 (27%) | 35 (18%)      | 48 (25%)     | 35 (18%)         | 43 (22%)               | 13 (7%)        | 41 (21%)   |
| First Gen. (n=51)      | 13 (25%) | 11 (22%)      | 12 (24%)     | 8 (16%)          | 7 (14%)                | 6 (12%)        | 6 (12%)    |
| Non-First Gen. (n=189) | 56 (30%) | 235 (124%)    | 42 (22%)     | 31 (16%)         | 47 (25%)               | 13 (7%)        | 42 (22%)   |
| Women (n=179)          | 57 (32%) | 35 (20%)      | 40 (22%)     | 32 (18%)         | 44 (25%)               | 15 (8%)        | 37 (21%)   |
| Men (n=54)             | 10 (19%) | 10 (19%)      | 12 (22%)     | 4 (7%)           | 9 (17%)                | 3 (6%)         | 11 (20%)   |
| Other (includes gender queer) (n=7) | 2 (29%) | 1 (14%)       | 2 (29%)      | 3 (43%)          | 1 (14%)                | 1 (14%)        | 0 (0%)     |
| Non-URM (n=210)        | 63 (30%) | 37 (18%)      | 6 (3%)       | 34 (16%)         | 46 (22%)               | 19 (9%)        | 45 (21%)   |
| URM (n=23)             | 6 (21%)  | 9 (32%)       | 6 (21%)      | 5 (18%)          | 8 (29%)                | 0 (0%)         | 3 (11%)    |
| Caretaker (n=61)       | 26 (43%) | 17 (28%)      | 11 (18%)     | 9 (15%)          | 12 (20%)               | 7 (11%)        | 9 (15%)    |
| Not Caretaker (n=152)  | 38 (25%) | 26 (17%)      | 38 (25%)     | 24 (16%)         | 36 (24%)               | 11 (7%)        | 33 (22%)   |
| No Job (n=71)          | 19 (27%) | 11 (15%)      | 15 (21%)     | 10 (14%)         | 14 (20%)               | 7 (10%)        | 16 (23%)   |
| 1PT Job (n=115)        | 31 (27%) | 21 (18%)      | 26 (23%)     | 20 (17%)         | 27 (23%)               | 8 (7%)         | 23 (20%)   |
| More than one PT Job (n=54) | 19 (35%) | 14 (26%) | 13 (24%) | 9 (17%) | 13 (24%) | 4 (7%) | 9 (17%) |
Appendix C. Disaggregated Likert-scale Responses

Disaggregated Likert Scale Responses by Class, Transfer Status, and First-Generation Status

|                                      | Total (n=240) | Grad (n=18) | Senior (n=43) | Junior (n=45) | Sophomore (n=78) | Freshman (n=55) | Transfer (n=46) | Non-transfer (n=194) | First Gen. (n=51) | Non-First Gen. (n=189) |
|--------------------------------------|---------------|--------------|---------------|---------------|------------------|-----------------|------------------|----------------------|-------------------|-----------------------|
| Confident successful student         | Agree         | 210 (88%)    | 17 (94%)      | 37 (86%)      | 39 (87%)         | 64 (82%)        | 52 (95%)        | 40 (87%)             | 170 (88%)          | 40 (80%)               |
|                                      | Disagree      | 22 (9%)      | 1 (6%)        | 4 (9%)        | 6 (13%)          | 10 (13%)        | 1 (2%)           | 5 (11%)              | 17 (9%)            | 8 (16%)               |
|                                      | Neither       | 7 (3%)       | 0 (0%)        | 2 (5%)        | 0 (0%)           | 4 (5%)          | 1 (2%)           | 1 (2%)               | 6 (3%)             | 1 (2%)                |
| Academic decisions easily            | Agree         | 187 (78%)    | 17 (94%)      | 32 (74%)      | 34 (76%)         | 60 (77%)        | 43 (78%)        | 38 (83%)             | 149 (77%)          | 31 (62%)               |
|                                      | Disagree      | 34 (14%)     | 1 (6%)        | 9 (21%)       | 7 (16%)          | 12 (15%)        | 5 (9%)           | 6 (13%)              | 28 (14%)           | 13 (26%)               |
|                                      | Neither       | 18 (8%)      | 0 (0%)        | 2 (5%)        | 4 (9%)           | 5 (6%)          | 7 (13%)         | 2 (4%)               | 16 (8%)            | 5 (10%)                |
| Fear failing courses                 | Agree         | 110 (46%)    | 6 (33%)       | 16 (37%)      | 23 (51%)         | 40 (51%)        | 25 (45%)        | 19 (41%)             | 91 (47%)           | 27 (54%)               |
|                                      | Disagree      | 107 (45%)    | 12 (67%)      | 25 (58%)      | 19 (42%)         | 29 (37%)        | 21 (38%)        | 22 (48%)             | 85 (44%)           | 19 (38%)               |
|                                      | Neither       | 23 (9%)      | 0 (0%)        | 2 (5%)        | 3 (7%)           | 9 (12%)         | 9 (16%)         | 5 (11%)              | 18 (9%)            | 4 (8%)                |
| I worry about getting a career       | Agree         | 157 (65%)    | 16 (89%)      | 30 (70%)      | 29 (64%)         | 44 (56%)        | 38 (69%)        | 33 (72%)             | 124 (64%)          | 35 (70%)               |
|                                      | Disagree      | 59 (25%)     | 1 (6%)        | 8 (19%)       | 12 (27%)         | 29 (37%)        | 8 (15%)         | 12 (26%)             | 47 (24%)           | 10 (20%)               |
|                                      | Neither       | 24 (10%)     | 1 (6%)        | 5 (12%)       | 4 (9%)           | 5 (6%)          | 9 (16%)         | 1 (2%)               | 23 (12%)           | 5 (10%)                |
| Competition for grades intense       | Agree         | 122 (51%)    | 8 (44%)       | 30 (70%)      | 20 (44%)         | 43 (55%)        | 21 (38%)        | 22 (48%)             | 100 (52%)          | 26 (52%)               |
|                                      | Disagree      | 54 (22%)     | 5 (28%)       | 6 (14%)       | 10 (22%)         | 16 (21%)        | 16 (29%)        | 9 (20%)              | 45 (23%)           | 13 (26%)               |
|                                      | Neither       | 64 (27%)     | 5 (28%)       | 7 (16%)       | 15 (33%)         | 19 (24%)        | 18 (33%)        | 15 (33%)             | 49 (25%)           | 11 (22%)               |
| Professors critical of performance   | Agree         | 142 (59%)    | 11 (61%)      | 29 (67%)      | 29 (64%)         | 43 (55%)        | 30 (55%)        | 29 (63%)             | 113 (58%)          | 32 (64%)               |
|                                      | Disagree      | 23 (10%)     | 2 (11%)       | 2 (5%)        | 4 (9%)           | 10 (13%)        | 4 (7%)          | 7 (15%)              | 16 (8%)            | 4 (8%)                |
|                                      | Neither       | 75 (31%)     | 5 (28%)       | 12 (28%)      | 12 (27%)         | 25 (32%)        | 21 (38%)        | 10 (22%)             | 65 (34%)           | 14 (28%)               |
|                                      | Agree         | 93 (39%)     | 3 (17%)       | 19 (44%)      | 21 (47%)         | 34 (44%)        | 16 (29%)        | 19 (41%)             | 74 (38%)           | 17 (34%)               |
| Survey Question                                                                 | Disagree | Neither | Agree | Disagree | Neither |
|-------------------------------------------------------------------------------|----------|---------|-------|----------|---------|
| Professors unrealistic expectations                                          | 85 (35%) | 62 (26%) | 14 (33%) | 13 (29%) | 23 (29%) |
| Time for classes and work is enough                                           | 3 (17%) | 10 (23%) | 21 (49%) | 44 (56%) | 25 (54%) |
| Size class workloads too much                                                | 3 (7%) | 9 (12%) | 9 (12%) | 6 (13%) | 23 (12%) |
| Work assigned outside classes too much                                       | 14 (33%) | 60 (31%) | 20 (40%) | 65 (34%) | 20 (40%) |
| I struggle to catch up                                                        | 8 (16%) | 12 (24%) | 17 (9%) | 10 (22%) | 24 (12%) |
| I have enough time to relax                                                   | 12 (24%) | 8 (16%) | 31 (16%) | 37 (20%) | 25 (13%) |
| Exam questions are difficult                                                  | 2 (4%) | 4 (8%) | 8 (16%) | 16 (32%) | 32 (16%) |
| Exam times are too short                                                      | 9 (18%) | 14 (28%) | 31 (16%) | 63 (33%) | 33 (17%) |
| Exams are very stressful to me                                               | 13 (7%) | 7 (14%) | 10 (5%) | 13 (7%) | 10 (5%) |
Disaggregated Likert Scale Responses by Gender, URM Status, Caretaker Status, and Job Status

|                                                                                           | Total (n=240) | Women (n=179) | Men (n=54) | Non-URM (n=210) | URM (n=23) | Caretaker (n=61) | Not Caretaker (n=152) | No Jobs (n=71) | More than one PT Job (n=15) |
|-------------------------------------------------------------------------------------------|--------------|---------------|------------|----------------|-------------|-----------------|----------------------|---------------|--------------------------|
| Confident successful student                                                             | Agree        | 210 (88%)     | 154 (86%)  | 50 (93%)       | 186 (89%)   | 22 (79%)        | 49 (80%)             | 139 (91%)     | 69 (97%)                 | 97 (84%)         | 44 (81%)       |
|                                                                                            | Disagree     | 22 (9%)       | 19 (11%)   | 2 (4%)         | 16 (8%)     | 6 (21%)         | 9 (15%)              | 8 (5%)        | 1 (1%)                   | 14 (12%)         | 7 (13%)        |
|                                                                                            | Neither       | 7 (3%)        | 5 (3%)     | 2 (4%)         | 7 (3%)      | 0 (0%)          | 2 (3%)               | 5 (3%)        | 1 (1%)                   | 3 (3%)           | 3 (6%)         |
| Academic decisions easily                                                                | Agree        | 187 (78%)     | 136 (76%)  | 46 (85%)       | 167 (80%)   | 19 (68%)        | 47 (77%)             | 121 (80%)     | 55 (77%)                 | 87 (76%)         | 44 (81%)       |
|                                                                                            | Disagree     | 34 (14%)      | 29 (16%)   | 3 (6%)         | 28 (13%)    | 6 (21%)         | 10 (16%)             | 19 (13%)      | 1 (1%)                   | 19 (17%)         | 7 (13%)        |
|                                                                                            | Neither       | 18 (8%)       | 13 (7%)    | 5 (9%)         | 14 (7%)     | 3 (5%)          | 3 (5%)               | 12 (8%)       | 8 (11%)                  | 9 (8%)           | 3 (6%)         |
| Fear failing courses                                                                      | Agree        | 110 (46%)     | 88 (49%)   | 17 (31%)       | 93 (44%)    | 17 (61%)        | 24 (39%)             | 71 (47%)      | 30 (42%)                 | 55 (48%)         | 24 (44%)       |
|                                                                                            | Disagree     | 107 (45%)     | 72 (40%)   | 33 (61%)       | 99 (47%)    | 6 (21%)         | 30 (49%)             | 68 (45%)      | 35 (49%)                 | 52 (45%)         | 21 (39%)       |
|                                                                                            | Neither       | 23 (9%)       | 19 (11%)   | 4 (7%)         | 18 (9%)     | 5 (18%)         | 7 (11%)              | 13 (9%)       | 6 (8%)                   | 8 (7%)           | 9 (17%)        |
| I worry about getting a career                                                            | Agree        | 157 (65%)     | 118 (66%)  | 35 (65%)       | 136 (65%)   | 20 (71%)        | 40 (66%)             | 100 (66%)     | 45 (63%)                 | 79 (69%)         | 34 (63%)       |
|                                                                                            | Disagree     | 59 (25%)      | 46 (26%)   | 11 (20%)       | 54 (26%)    | 4 (14%)         | 19 (31%)             | 35 (23%)      | 16 (23%)                 | 26 (23%)         | 15 (28%)       |
|                                                                                            | Neither       | 24 (10%)      | 15 (8%)    | 8 (15%)        | 20 (10%)    | 4 (14%)         | 2 (3%)               | 17 (11%)      | 10 (14%)                 | 10 (9%)          | 5 (9%)         |
| Competition for grades intense                                                           | Agree        | 122 (51%)     | 98 (55%)   | 19 (35%)       | 104 (50%)   | 18 (64%)        | 34 (56%)             | 71 (47%)      | 33 (46%)                 | 59 (51%)         | 30 (56%)       |
|                                                                                            | Disagree     | 54 (22%)      | 34 (19%)   | 18 (33%)       | 46 (22%)    | 6 (21%)         | 12 (20%)             | 38 (25%)      | 23 (32%)                 | 23 (20%)         | 8 (15%)        |
|                                                                                            | Neither       | 64 (27%)      | 47 (26%)   | 17 (31%)       | 60 (29%)    | 4 (14%)         | 15 (25%)             | 43 (28%)      | 15 (21%)                 | 33 (29%)         | 16 (30%)       |
| Professors critical of performance                                                       | Agree        | 142 (59%)     | 106 (59%)  | 32 (59%)       | 124 (59%)   | 18 (64%)        | 36 (59%)             | 71 (47%)      | 39 (55%)                 | 71 (62%)         | 32 (59%)       |
|                                                                                            | Disagree     | 23 (10%)      | 18 (10%)   | 5 (9%)         | 18 (9%)     | 4 (14%)         | 6 (10%)              | 38 (25%)      | 5 (7%)                   | 11 (10%)         | 8 (15%)        |
|                                | Agree | Disagree | Neither |
|--------------------------------|-------|----------|---------|
| Professors unrealistic expectations | 93 (39%) | 85 (35%) | 62 (26%) |
| Time for classes and work is enough | 134 (56%) | 77 (32%) | 29 (12%) |
| Size class workloads too much | 167 (70%) | 37 (15%) | 36 (15%) |
| Work assigned outside classes too much | 134 (56%) | 45 (19%) | 36 (15%) |
| I struggle to catch up. | 162 (68%) | 46 (19%) | 32 (13%) |
| I have enough time to relax | 64 (27%) | 155 (65%) | 21 (9%) |
| Exam questions are difficult | 200 (83%) | 10 (4%) | 30 (13%) |
| Exam times are too short | 115 (48%) | 80 (33%) | 45 (19%) |
| Exams are very | 207 (86%) | 167 (93%) | 14 (12%) |

|                                | Agree | Disagree | Neither |
|--------------------------------|-------|----------|---------|
| Unrealistic expectations    | 115 (54%) | 20 (54%) | 32 (12%) |
| Time for classes and work is enough | 115 (54%) | 20 (54%) | 32 (12%) |
| Size class workloads too much | 115 (54%) | 20 (54%) | 32 (12%) |
| Work assigned outside classes too much | 115 (54%) | 20 (54%) | 32 (12%) |
| I struggle to catch up. | 115 (54%) | 20 (54%) | 32 (12%) |
| I have enough time to relax | 115 (54%) | 20 (54%) | 32 (12%) |
| Exam questions are difficult | 115 (54%) | 20 (54%) | 32 (12%) |
| Exam times are too short | 115 (54%) | 20 (54%) | 32 (12%) |
| Exams are very | 115 (54%) | 20 (54%) | 32 (12%) |
| stress to me | Disagree | 7 (4%) | 9 (17%) | 13 (6%) | 2 (7%) | 4 (7%) | 11 (7%) | 3 (4%) | 9 (8%) | 4 (7%) |
|--------------|----------|--------|---------|---------|--------|--------|---------|--------|--------|--------|
| Neither      | 17 (7%)  | 5 (3%) | 10 (19%)| 2 (1%)  | 1 (4%) | 4 (7%) | 12 (8%) | 3 (4%) | 9 (8%) | 5 (9%) |