



60 Second HWS JustFACTS Surveys

The *60 Second JustFACTS Surveys* are anonymous surveys designed by the JustFACTS team that ask 5-6 short questions on a topic of interest to the HWS community. Survey invitations are delivered by electronic mail to every student on campus or a specified subpopulation. Data collection lasts for approximately 5 days. The web based survey is designed to work on smart phones or on a computer with a web browser.

- **Fall 2012 survey on MANAGING STRESS DURING FINALS**

- 406 respondents (November 14-18, 2012)

1. During finals week, I get at least 7 hours of sleep per night.

Always Usually Sometimes Never

2. During finals week, I eat nutritious meals (balanced with fruits, vegetables, and protein).

Always Usually Sometimes Never

3. During finals week, I exercise or workout for at least 30 minutes.

Each day Every other day At least once during finals Never

4. During finals week, I drink no more than 3 caffeine drinks per day.

I always stick to this limit I usually stick to this limit I rarely stick to this limit I never stick to this limit
I never consume drinks with caffeine

5. During finals week, I talk about my stress with supportive people (friends, family, others).

Yes No I don't feel particularly stressed during finals

Selected Results

- 82% of HWS students, when feeling stressed during finals, will talk about that stress with supportive people (friends, family, others).
- During finals week, 73% of HWS students consume no more than 3 caffeine drinks per day, or do not consume caffeine drinks at all.
- 60% of HWS students exercise or workout for at least 30 minutes at least once during finals.