

KUS ACADEMIC WORKLOAD SURVEY

OUTLINE

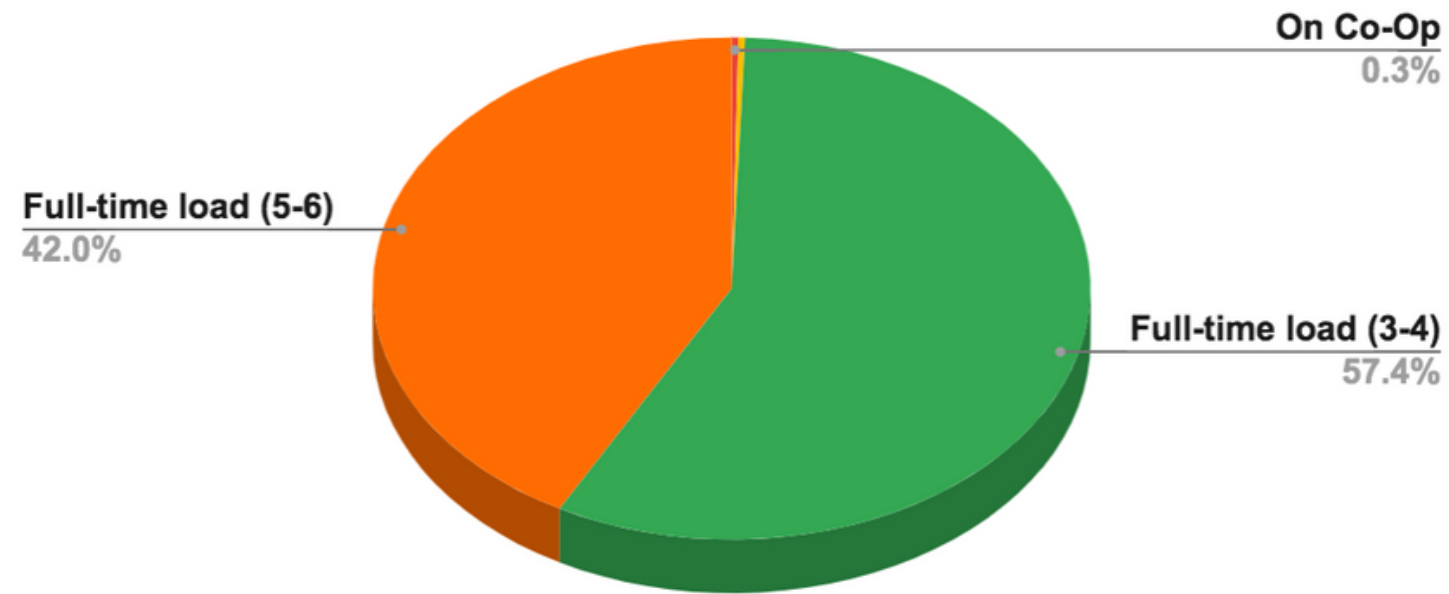
This survey was released on October 21st, 2020 and closed on November 3rd 2020.

333 individuals responded to the survey, accounting for **approximately 22% of the School of Kinesiology undergraduate population**. For several sections, approximately 233 responses were gathered.

The goal of this survey was to gather an **insightful assessment** of the academic workload currently experienced by Kinesiology undergraduates in 2020 Winter Term 1. After KUS executives and our team noted an **increase in academic distress**, we were interested in gathering data that provide a visual of how the current academic workload has been **impacting students within the School of Kinesiology**. These insights were **gathered anonymously** and students were given the opportunity to opt out whenever needed.

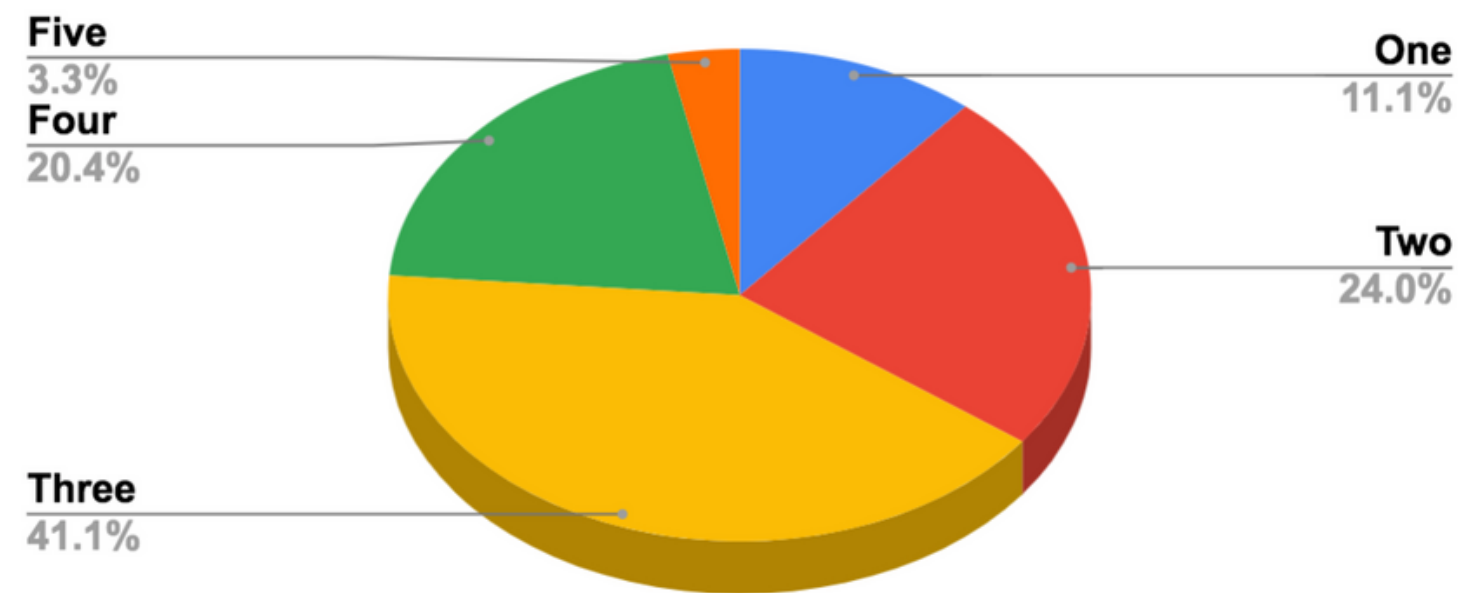
How many courses are you enrolled in?

333 responses



How many of them are core KIN courses?

333 responses

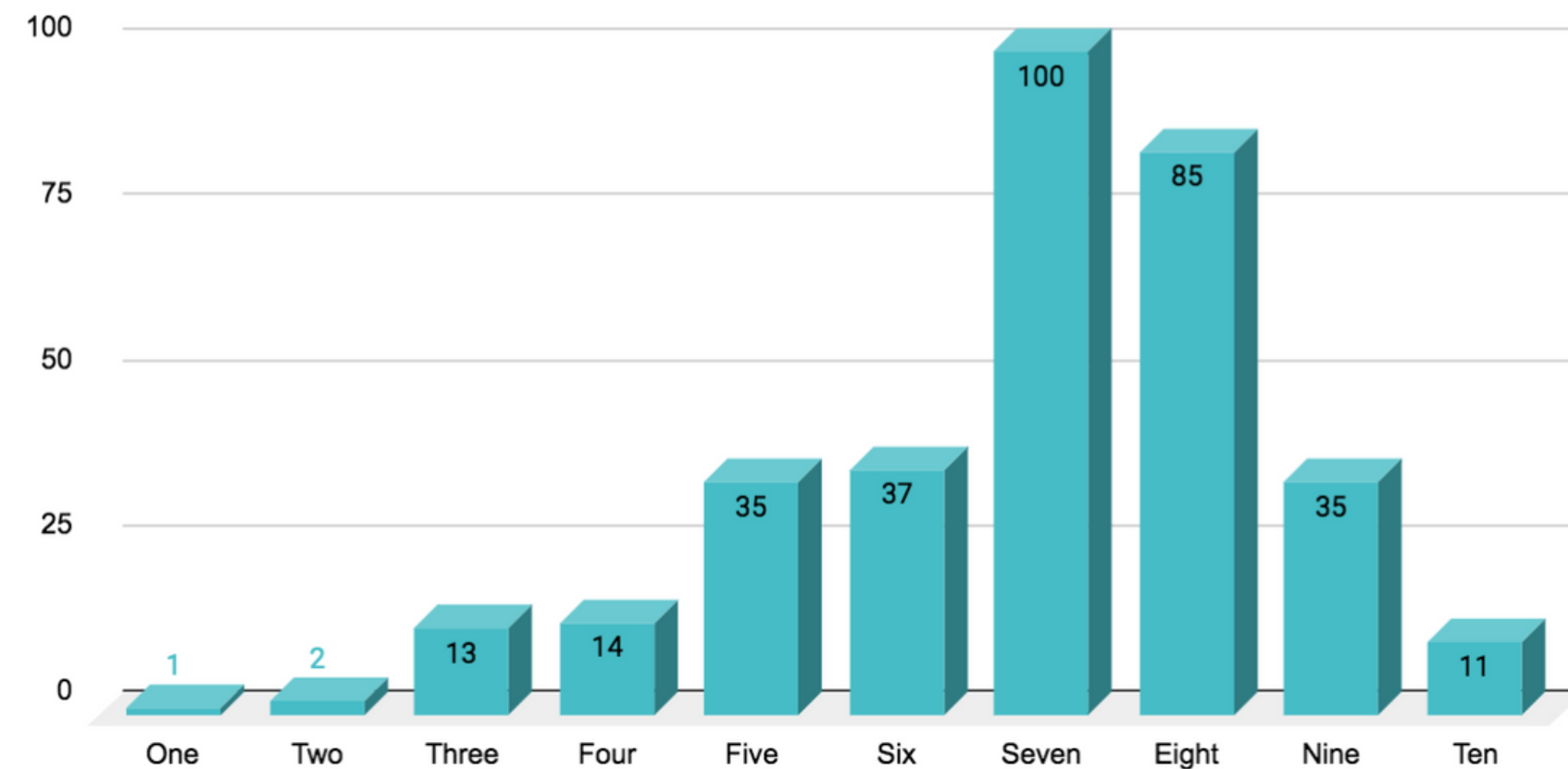


COURSE SCHEDULING

Most of the respondents are enrolled in full-time studies. In addition, the majority (64.8%) of respondents' course loads are predominantly kinesiology courses. Only one respondent reported being a part-time student, which is why only full-time course loads are represented in the first figure.

How manageable is your workload right now (1 = super manageable, 10 = not manageable)

333 responses

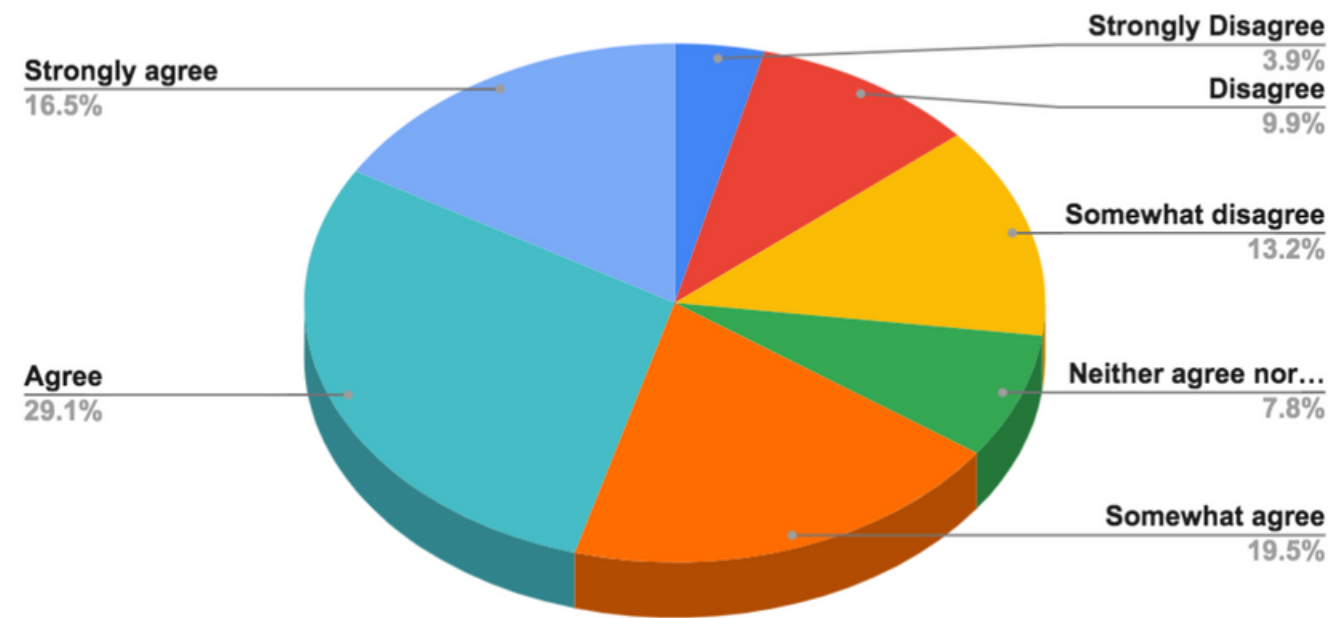


BALANCED WORKLOAD

Based on the data collected, most respondents are struggling to manage their academic workload. This finding suggests that there may be increased distress when it comes to workload management and academics.

I am on track to complete my degree on time

333 responses

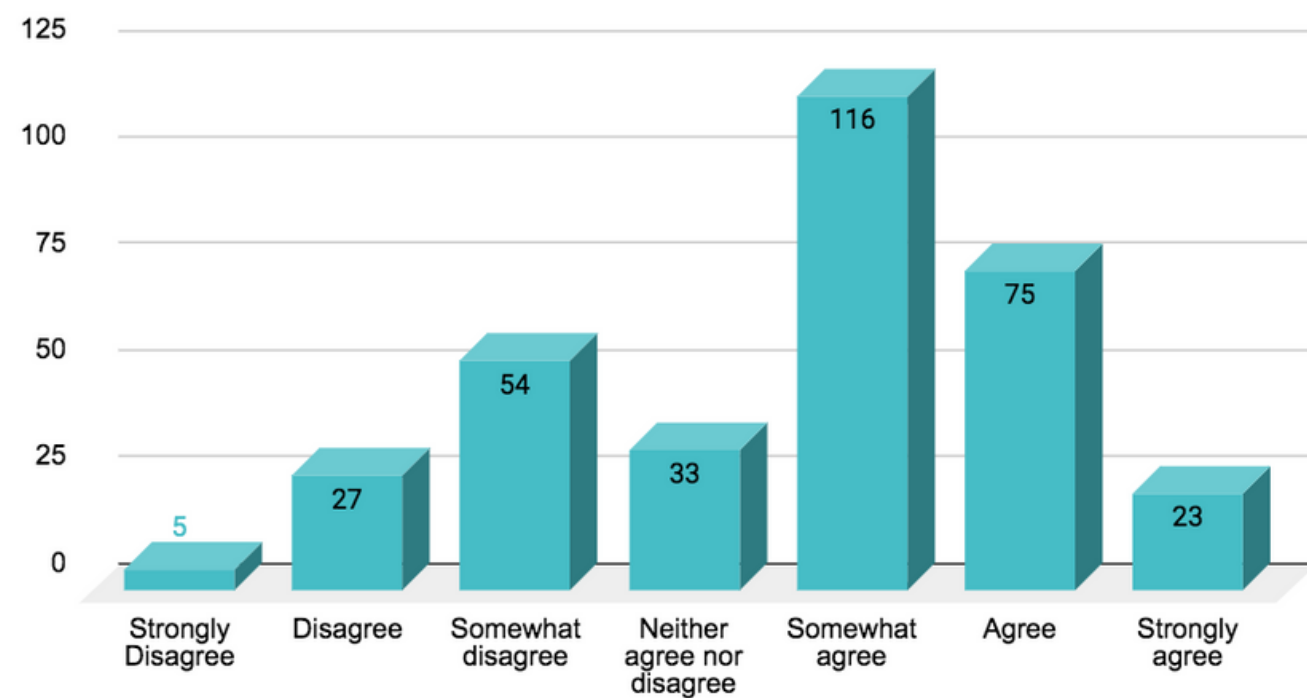


TIMELINE TOWARDS GRADUATION

The majority of respondents "agreed" that they are on track to complete their degree on time; this is an optimistic finding to come from this survey. In addition, the majority of respondents agreed that they feel well prepared for the work required to complete their program. A percentage of respondents shared that they are not on track to complete their degree on time, thus suggesting that support is needed for this cohort.

I am well prepared for the work required to complete my program

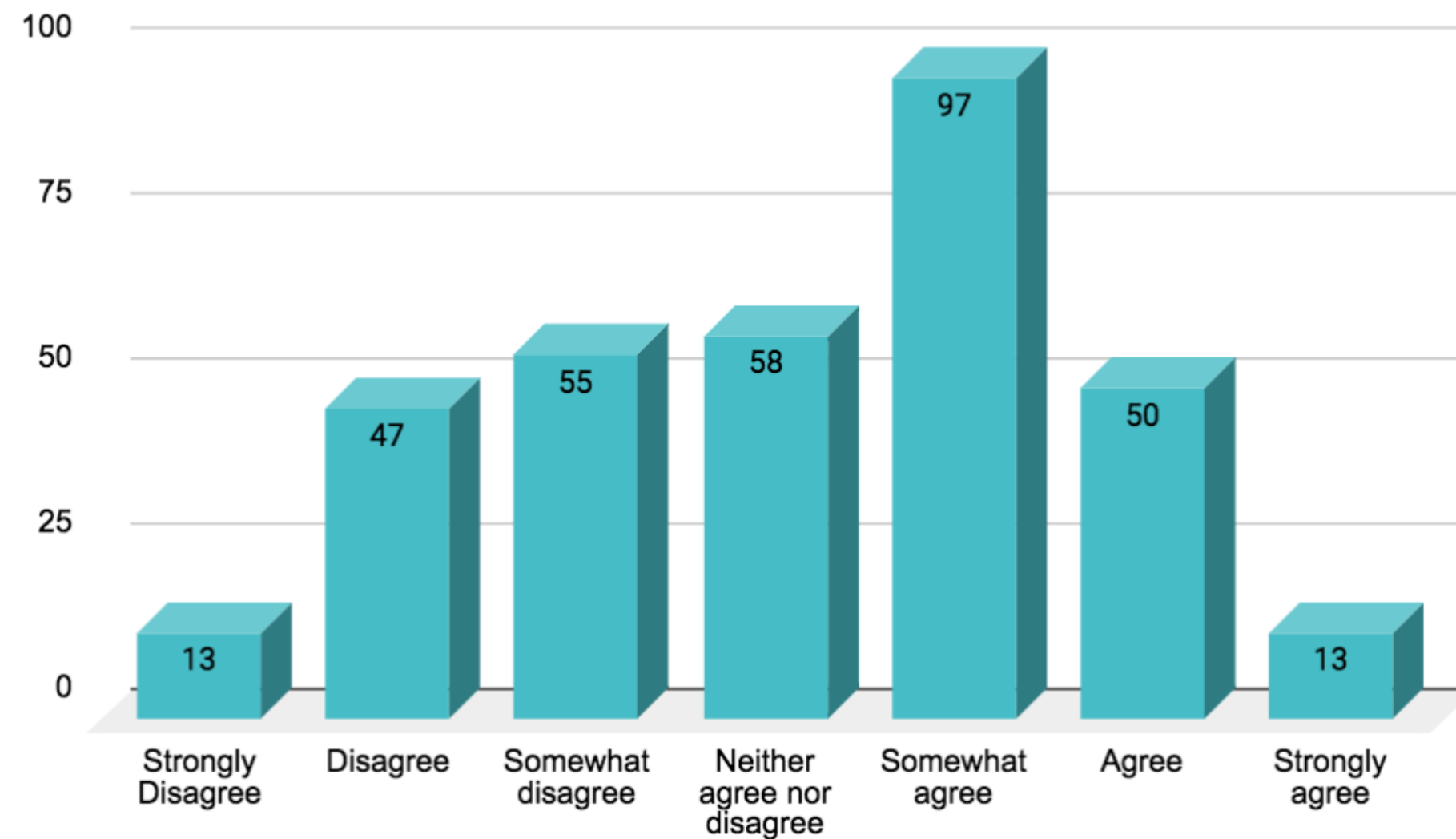
333 responses



TIMELINE TOWARDS GRADUATION

I am upbeat about my post graduation career prospects

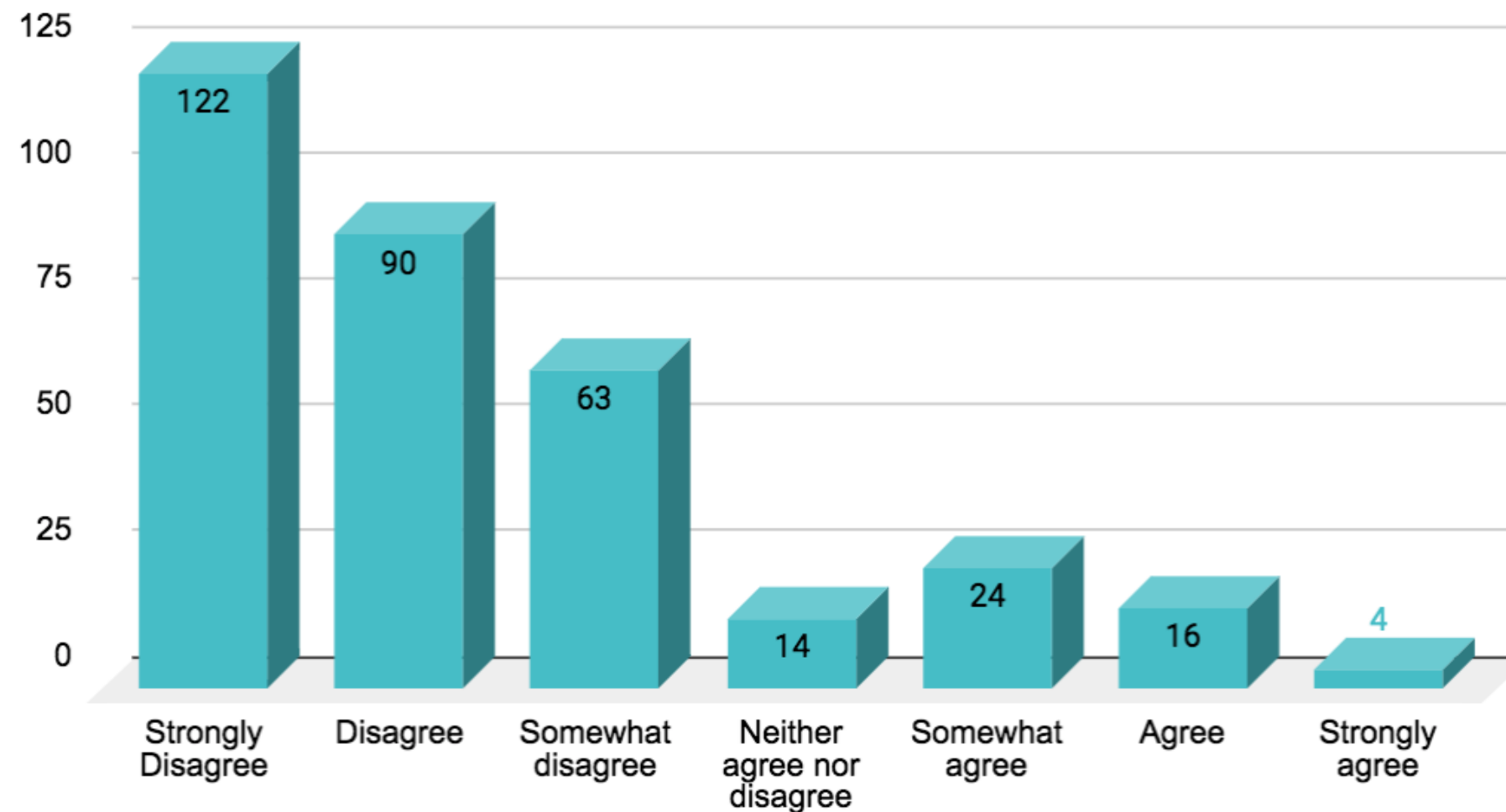
333 responses



While the most frequent response to the statement, "I am upbeat about my post graduation career prospects", was "somewhat agree", the responses demonstrate high variability in post graduation outlooks.

My motivation level has stayed relatively similar for online learning in comparison to in-person classes

333 responses

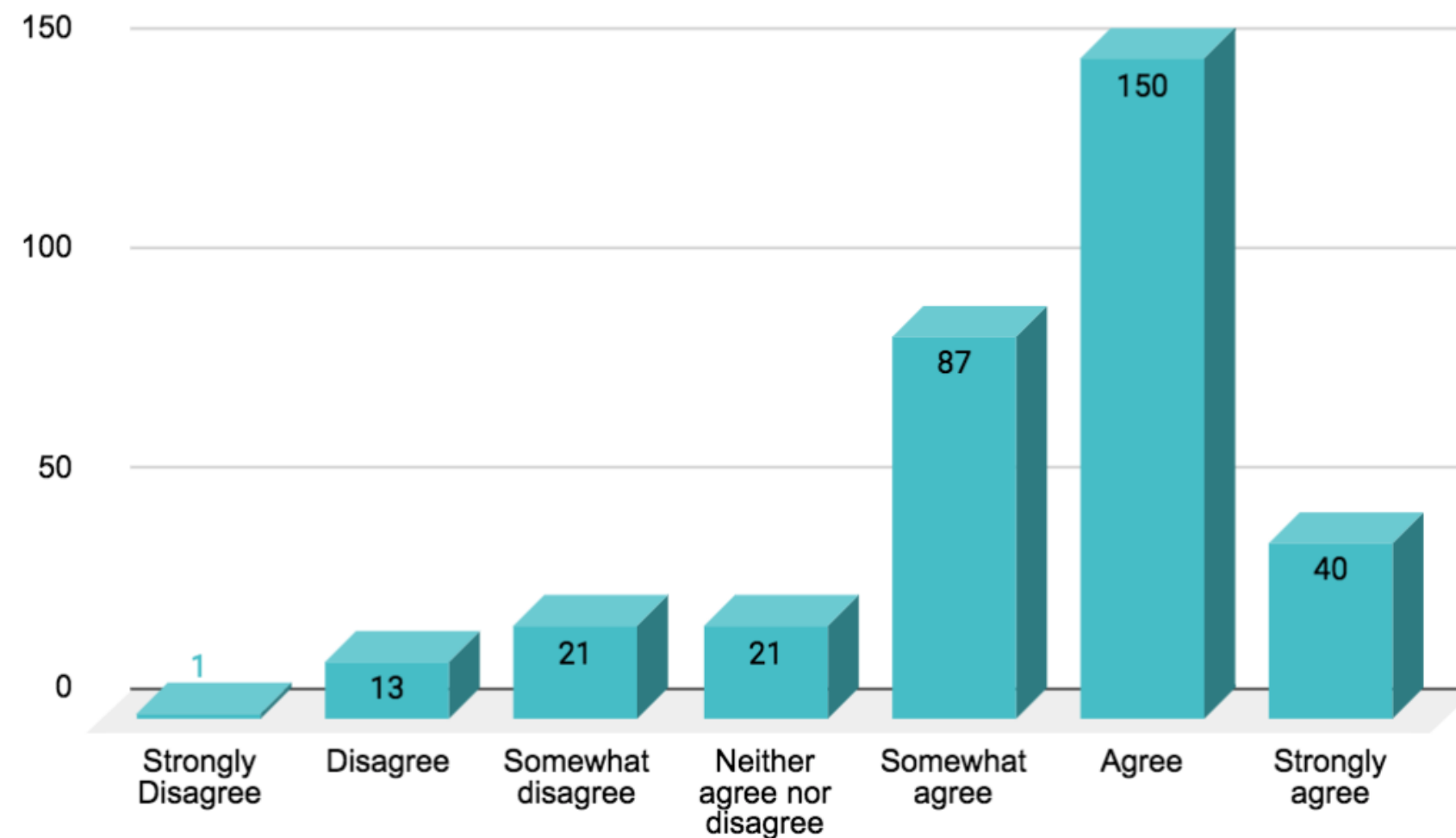


MOTIVATION IN ONLINE LEARNING

Examining student motivation changes from the the transition from in-person learning to online learning, it is clear that students have experienced a drastic shift in motivation. It is unclear whether this shift is negative or positive, however, it illustrates that this transition has impacted student motivation.

My academic work challenges me intellectually

333 responses

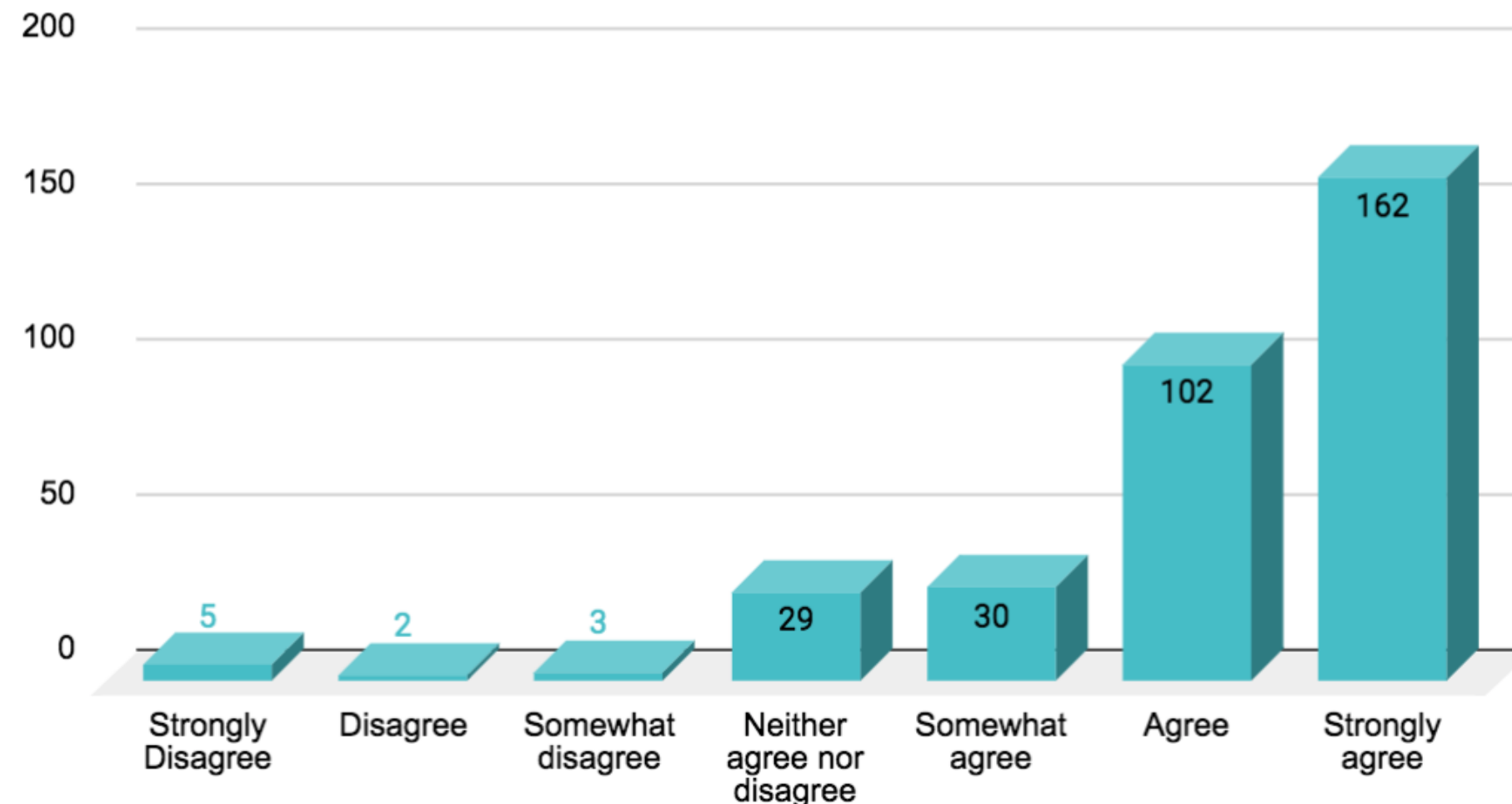


ACADEMIC PROSPERITY

Kinesiology students continue to be challenged academically, even in the current online learning environment.

My time spent on managing my academic course load has changed since the previous academic term

333 responses

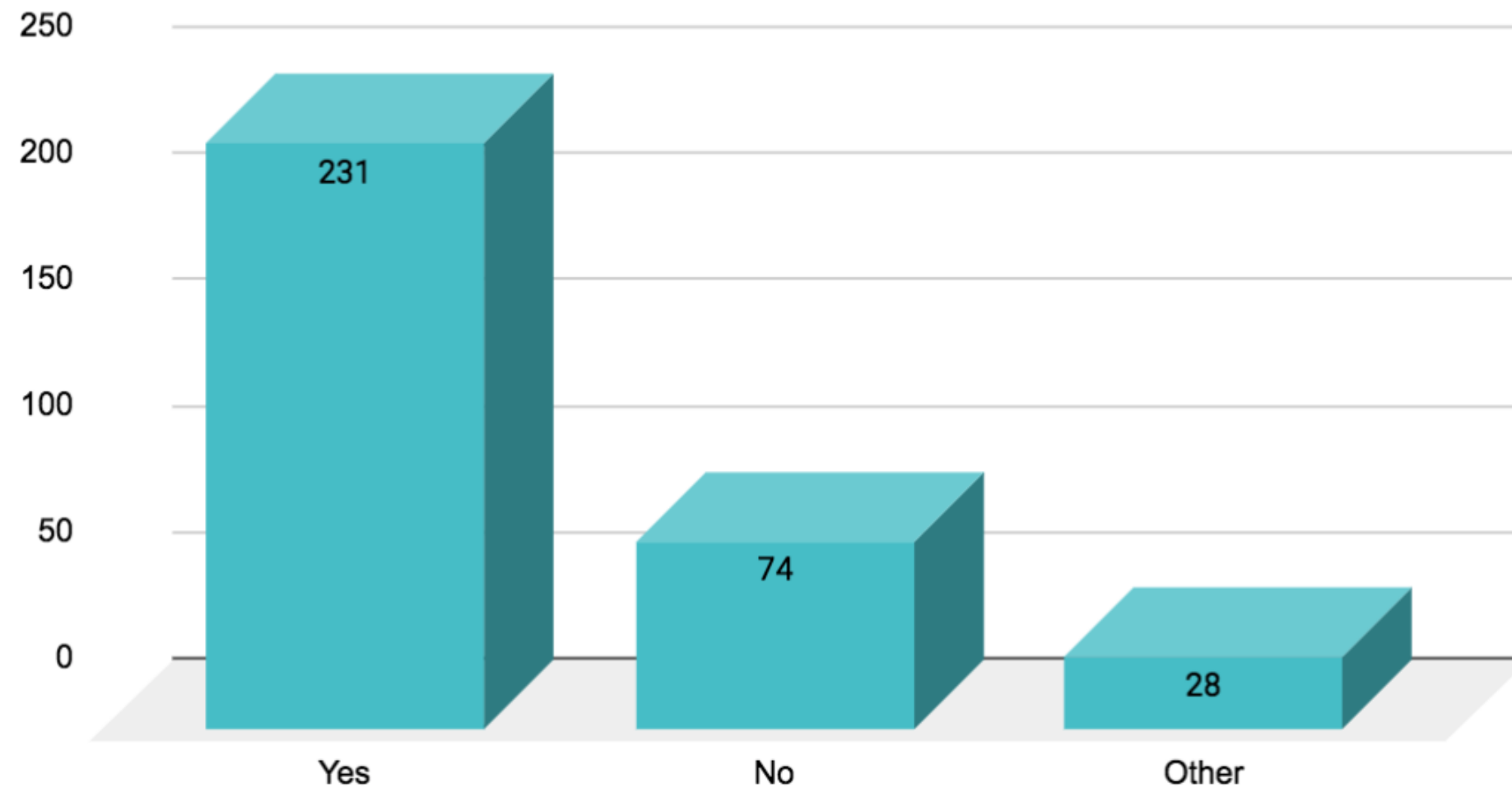


ACADEMIC COURSELOAD RELATIVE TO PREVIOUS TERMS

Time spent on academics this past term has significantly changed relative to previous terms.

Would captioning services better support following the video/audio submissions released?

333 responses

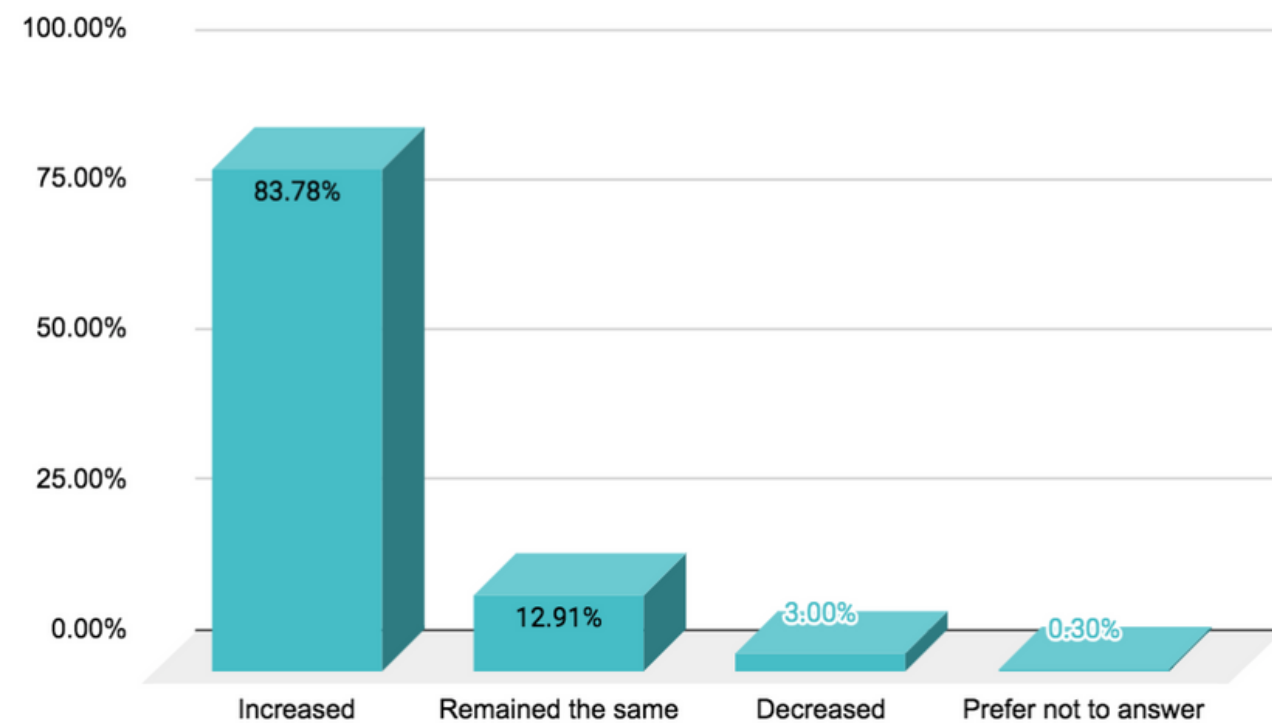


ONLINE LEARNING ACCESSIBILITY

The majority of all student respondents indicated that learning support services, such as closed captioning, would be helpful in their course material. These services increase accessibility for all students, not only those with accessibility requirements.

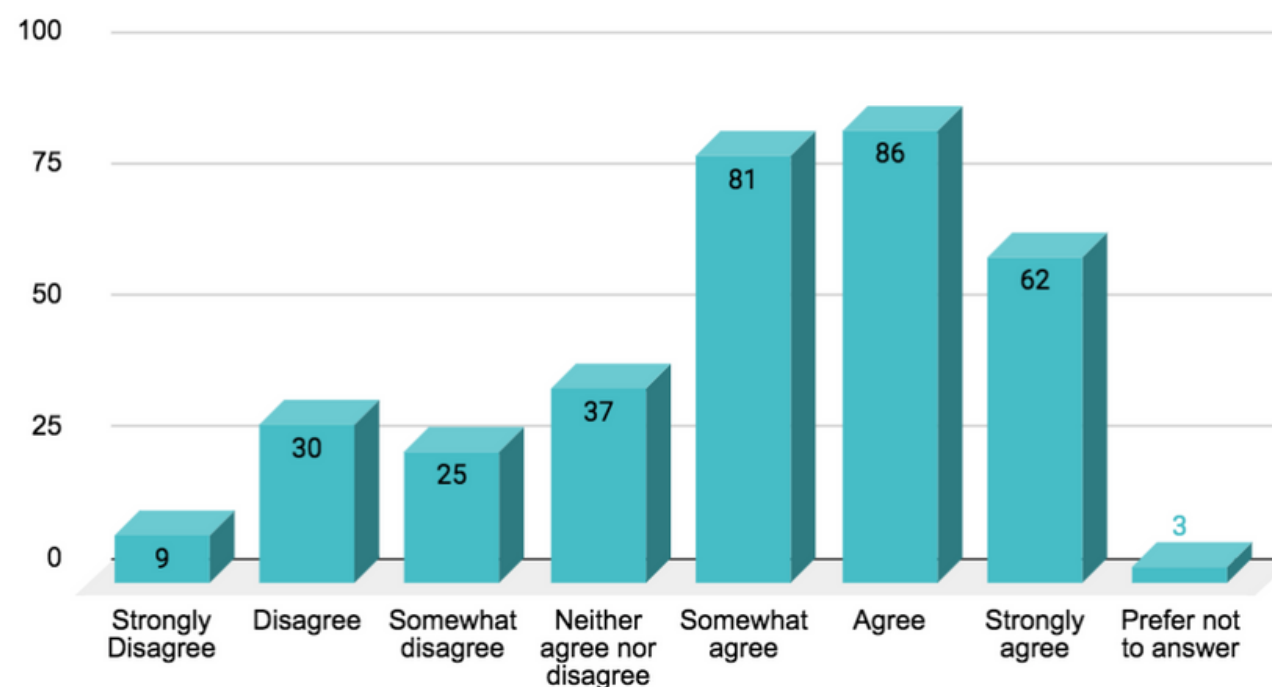
My stress level from academic workload has...

333 responses



I have noticed an increase in stress due to external factors (extracurriculars, job, housing, food, etc.)

333 responses

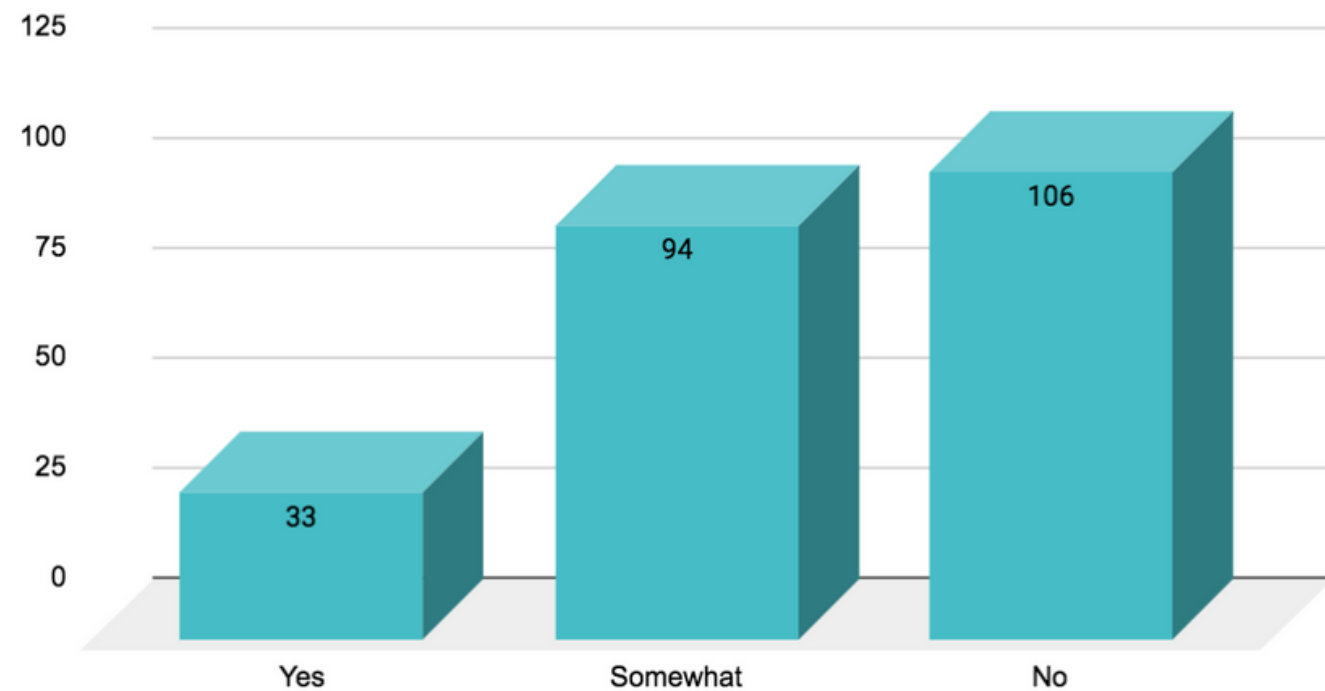


STRESS ASSESSMENT

Out of 333 respondents, 83.7% or 279 respondents shared that their stress level has increased due to the current academic workload. In addition, the majority of respondents shared that they noticed an increase in stress due to external factors such as extracurriculars, jobs, housing and food. The data clearly shows that students are exceptionally stressed during this academic term.

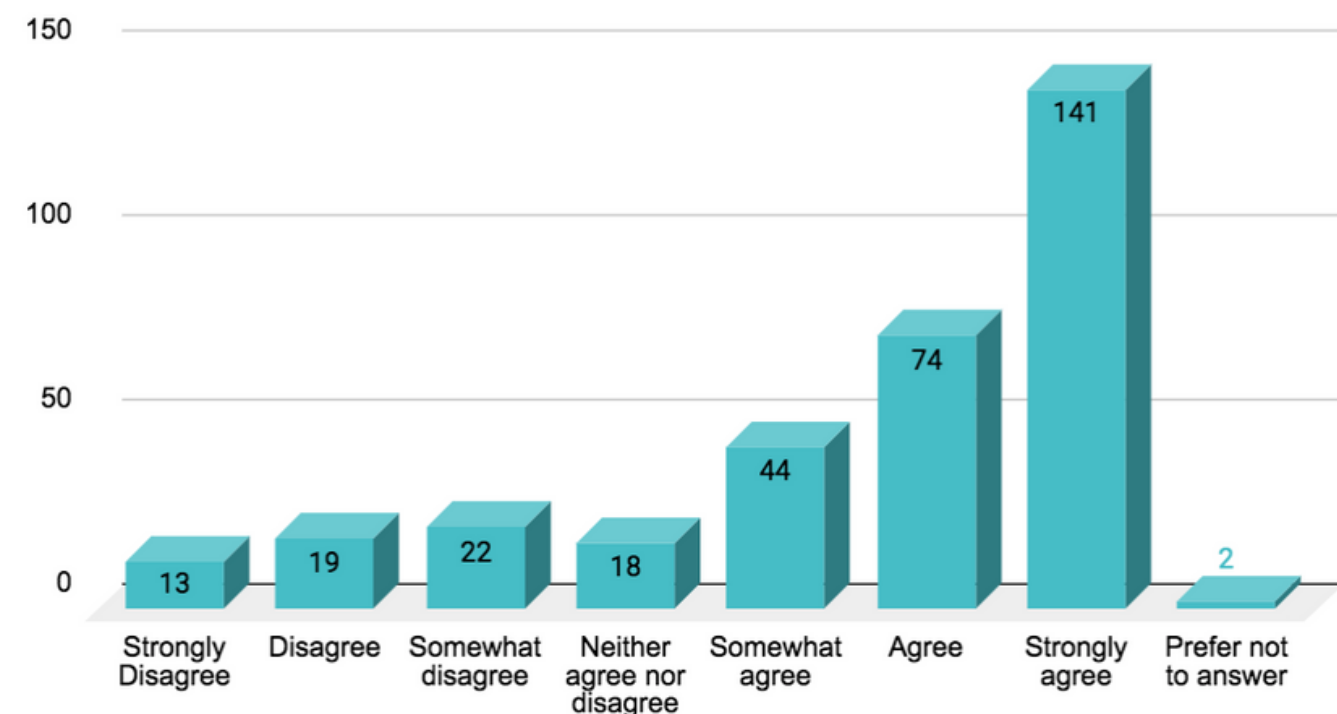
Over the past two weeks, I've been able to get enough sleep at night to feel fully alert and well rested during the day

233 responses



My sleep has been impacted by the changes in academic workload/delivery format

333 responses



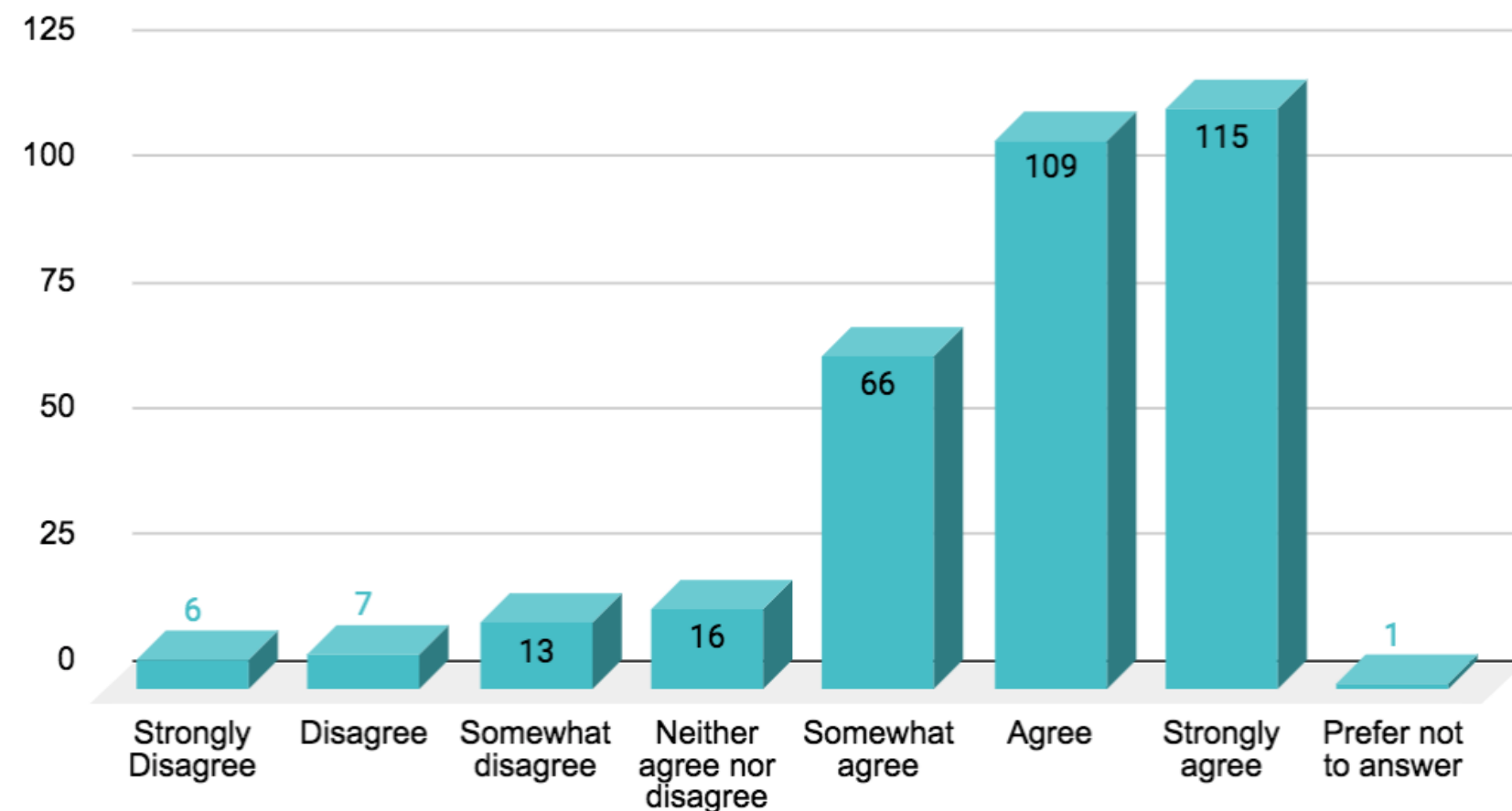
SLEEP ASSESSMENT

The majority of respondents shared that their sleep schedules have been impacted by the changes in academic workload and learning delivery format. When students reflected on their sleeping schedules, the majority of respondents reported having struggles with not getting enough sleep and feeling unrested.

Please note that one of these data tables pulled from a pool of 233 respondents, not the original 333.

I have struggled with time management due to a change in academic workload/delivery format

333 responses

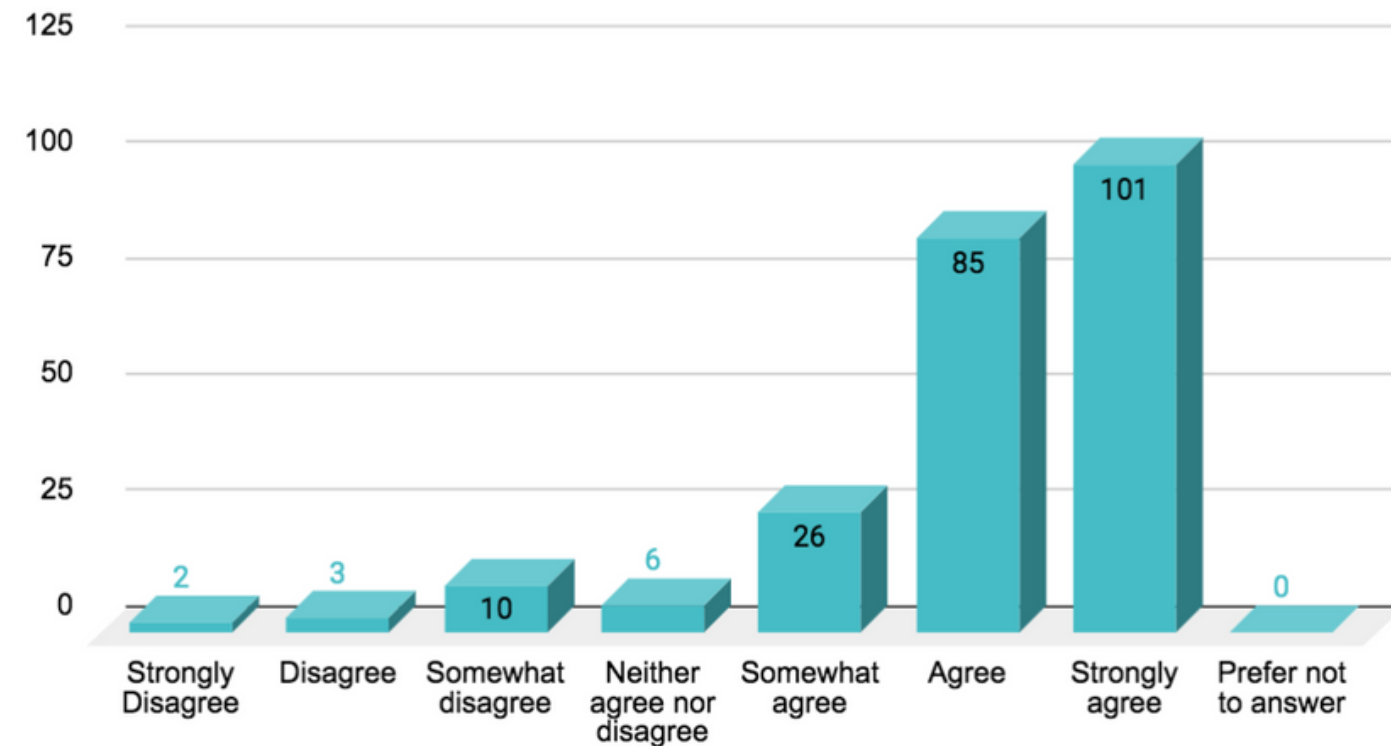


COURSE DELIVERY AND TIME MANAGEMENT CHALLENGES

Kinesiology undergraduate students have struggled this academic term, especially with time management due to the changes in the delivery of course content.

Where I live, I feel safe and am satisfied with my living conditions

233 responses



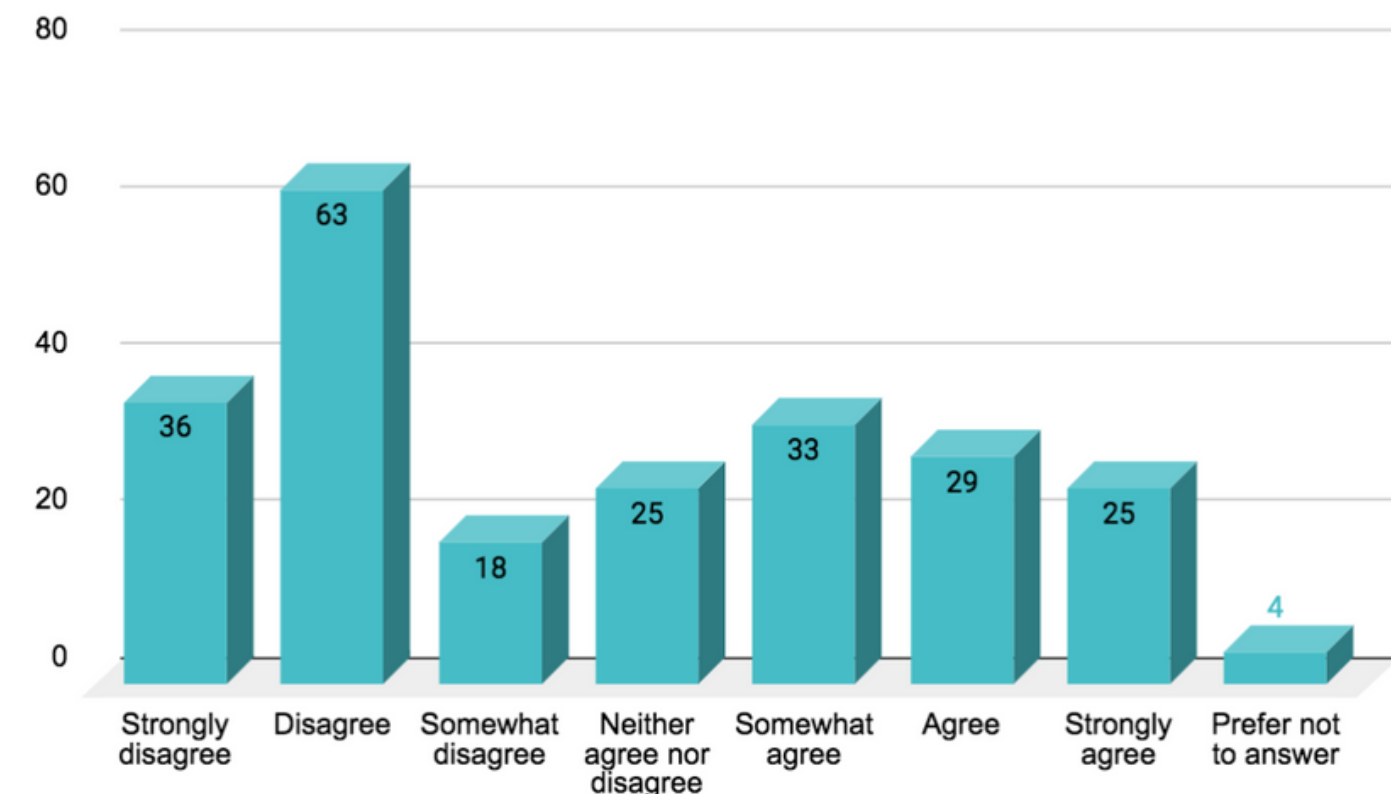
LIVING ENVIRONMENTS

The majority of respondents report that their living conditions are safe. This likely allows students to focus their energy on academics. However, housing has presented challenges to a subset of students and has caused distress for some.

Please note that these data results were from a pool of 233 respondents, not the original 333.

My housing situation has weighed on me lately

233 responses



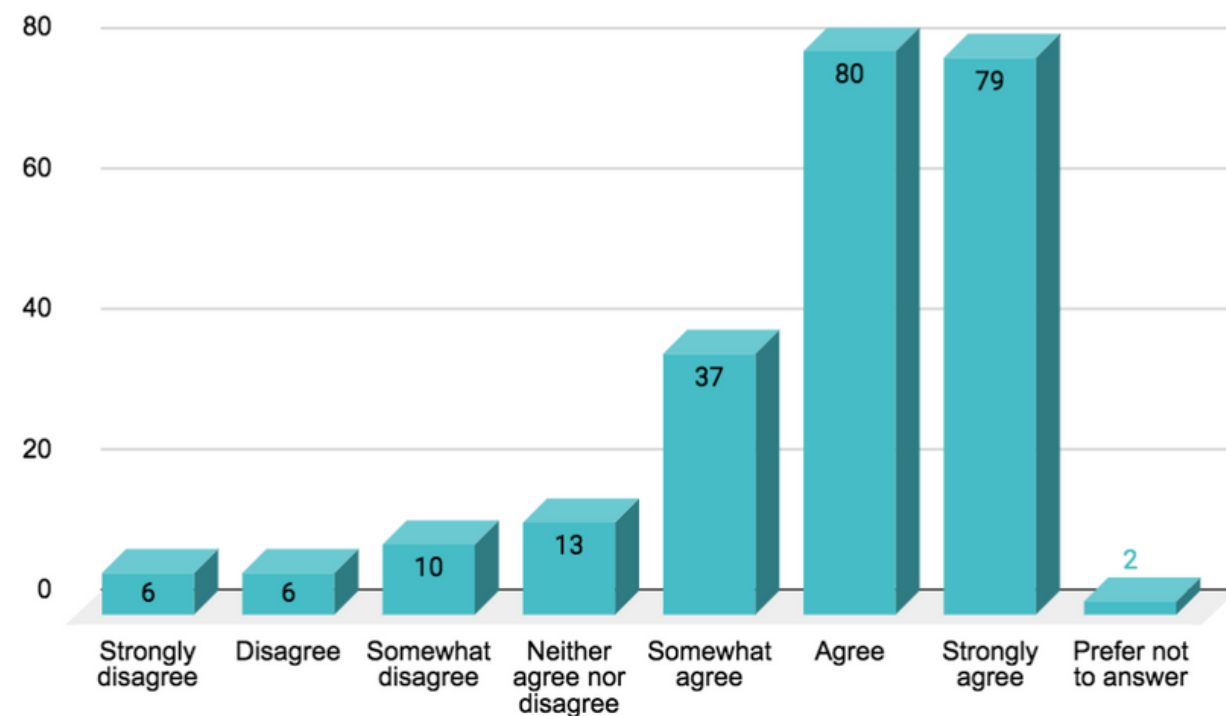
IMPACTS BY ACADEMIC WORKLOAD

Kinesiology undergraduate students' physical and mental health have been significantly impacted by the changes in academic workload this term. These trends illustrate that student wellbeing has been impacted in this new virtual learning environment, both physically and mentally.

Please note that these data results were from a pool of 233 respondents, not the original 333.

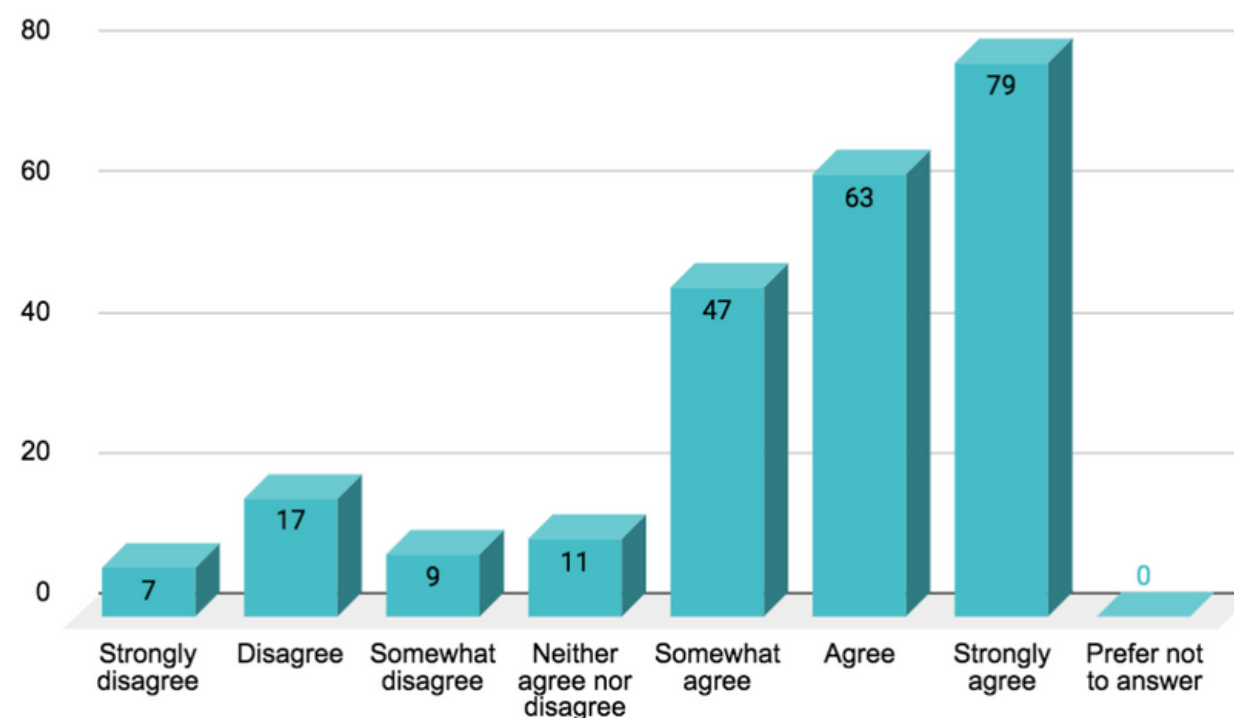
My mental health has been impacted by changes in academic workload

233 responses



My physical health has been impacted by changes in academic workload

233 responses

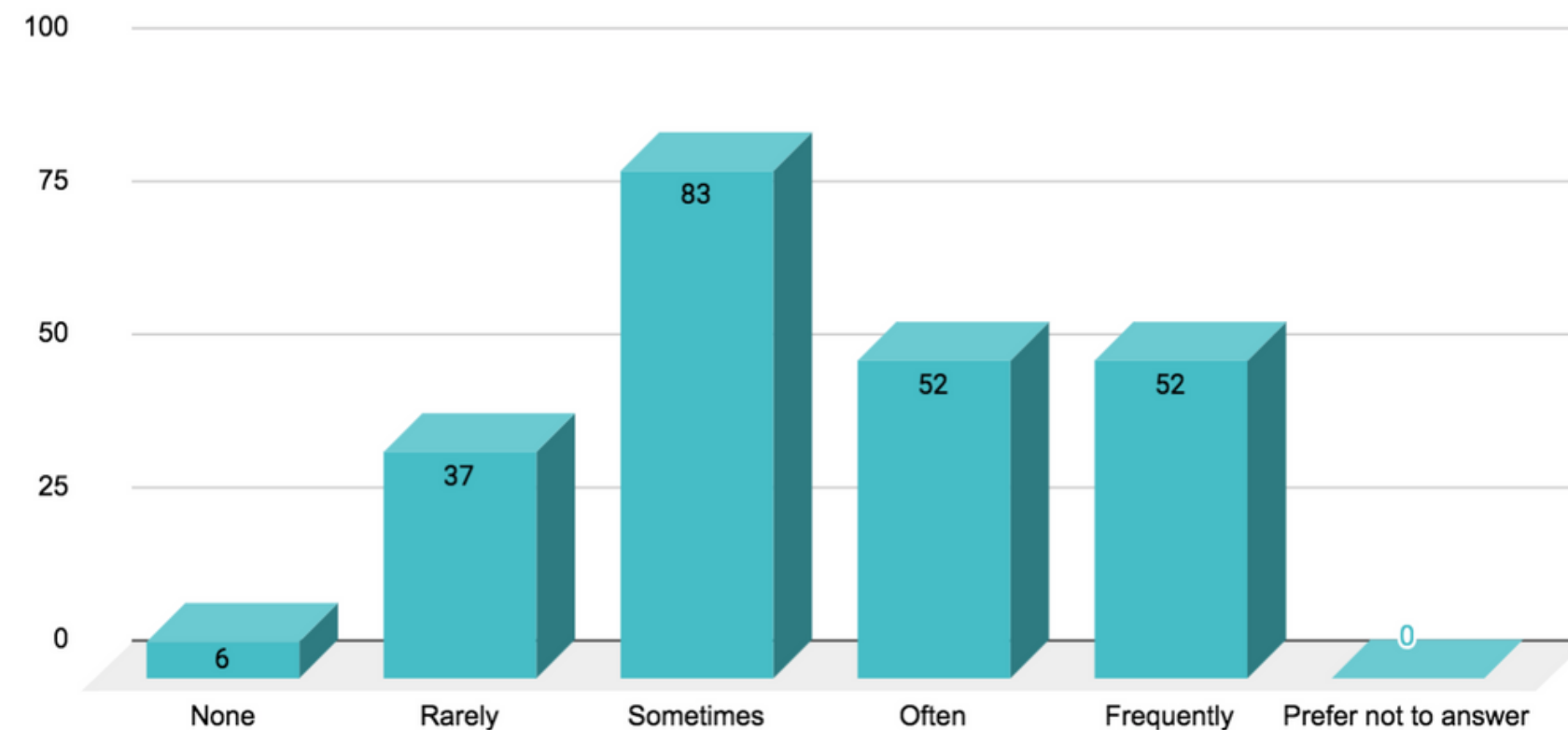


IMPACTS ON ACADEMIC WORKLOAD

Kinesiology students shared that external factors have often affected their ability to perform at their best academically during the past term. This suggests that more resources are needed to support students.

How many times have you had external factors inhibit your academic performance in these past few months? (i.e., wifi troubles, family responsibilities, work conflicts, home environment)

230 responses

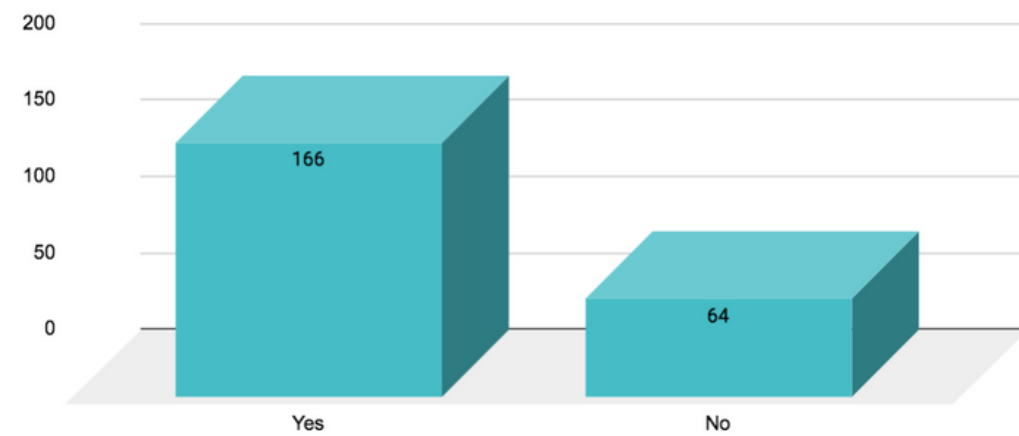


JOBS

The majority of respondents shared that they currently hold a job, (job = a paid/not paid opportunity, internship, volunteering or essential worker). Most students work less than 10 hours a week and students who don't have a job are looking for work.

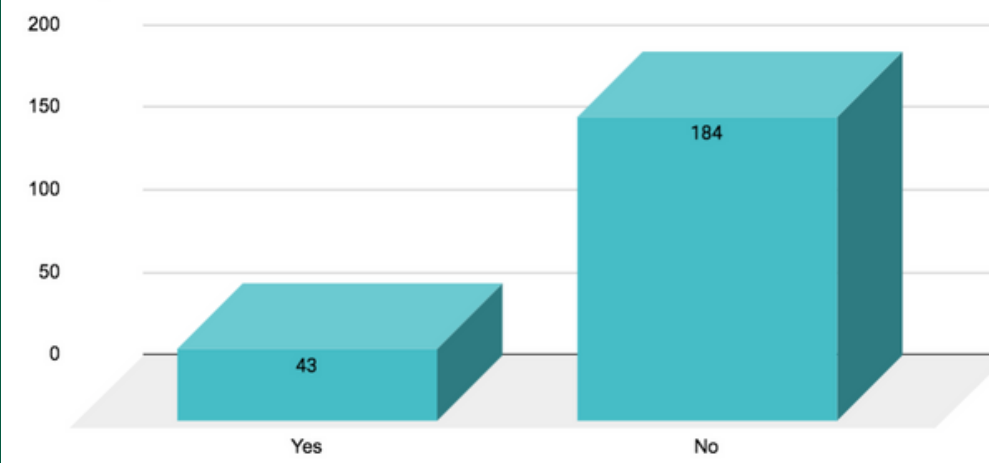
Do you hold a job at this time? (paid or not paid, internships, volunteer opportunity, essential worker etc.)

230 responses



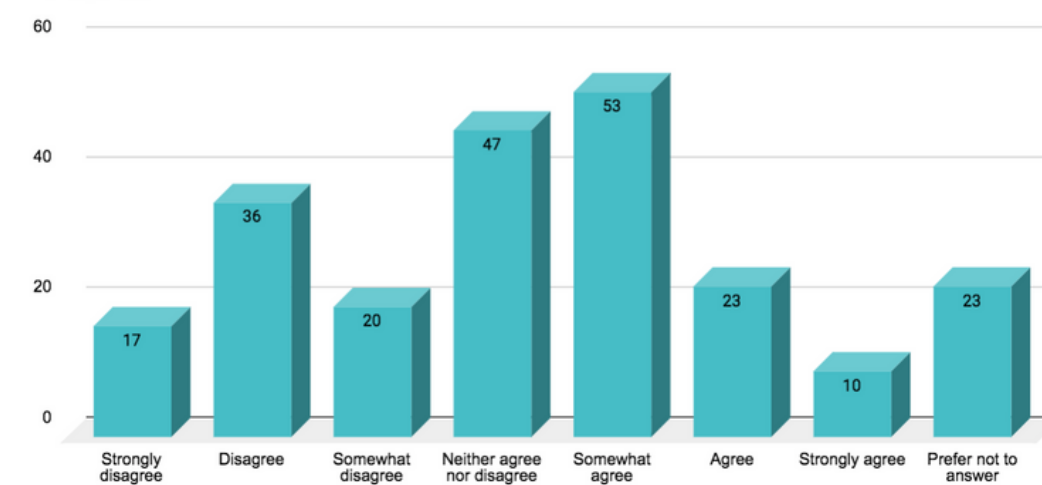
If you answered no, are you looking for a job?

227 responses



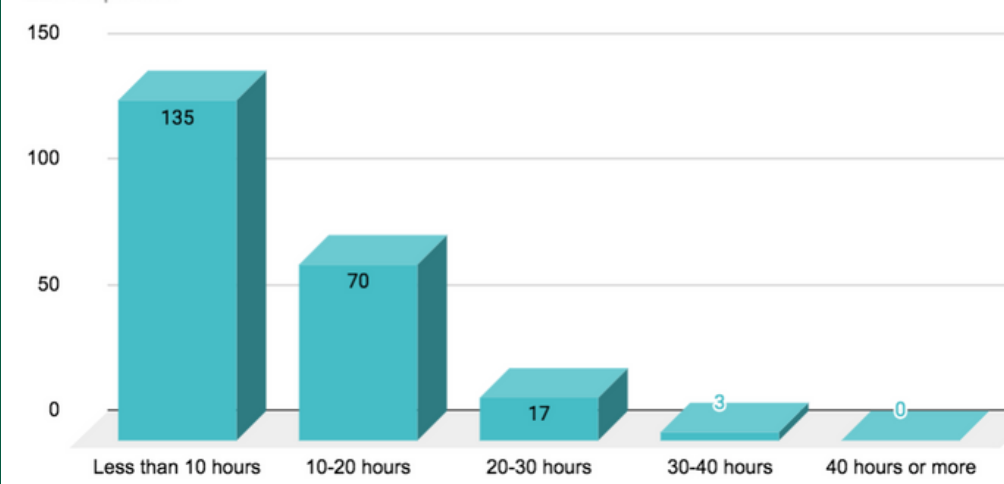
My job has impacted my ability to perform my best in my current academics

229 responses



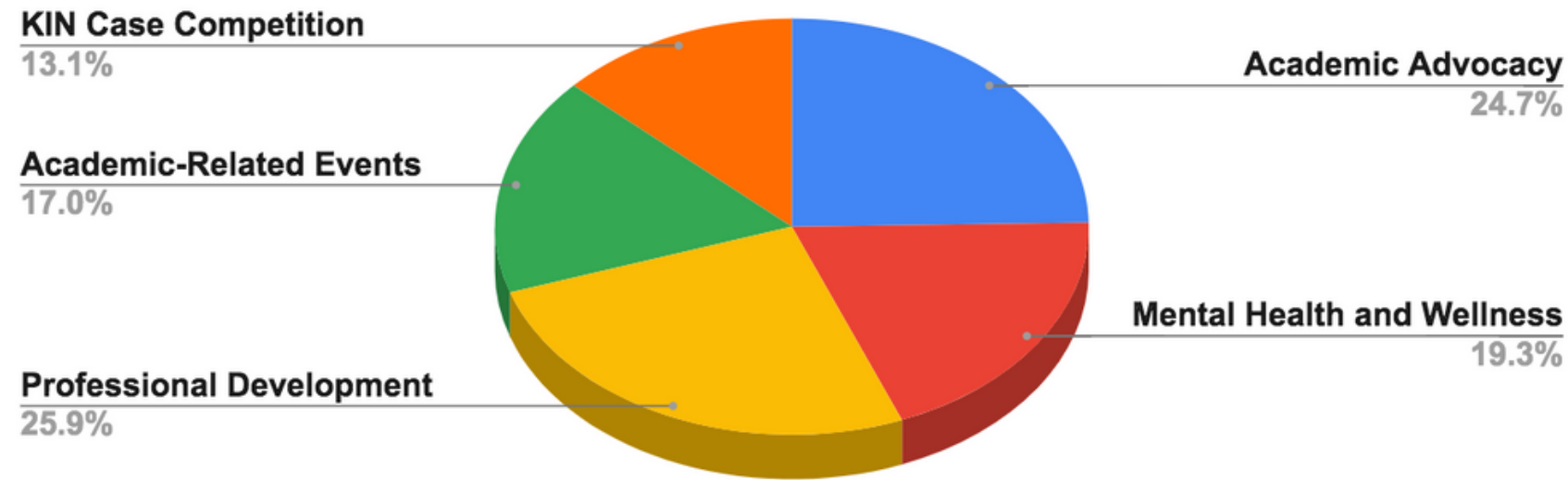
If you answered yes, how many hours a week do you work?

225 responses



Which of the following would you like to see the VP Academic and the Academic portfolio focus on this year? (Select all that apply)

571 counts

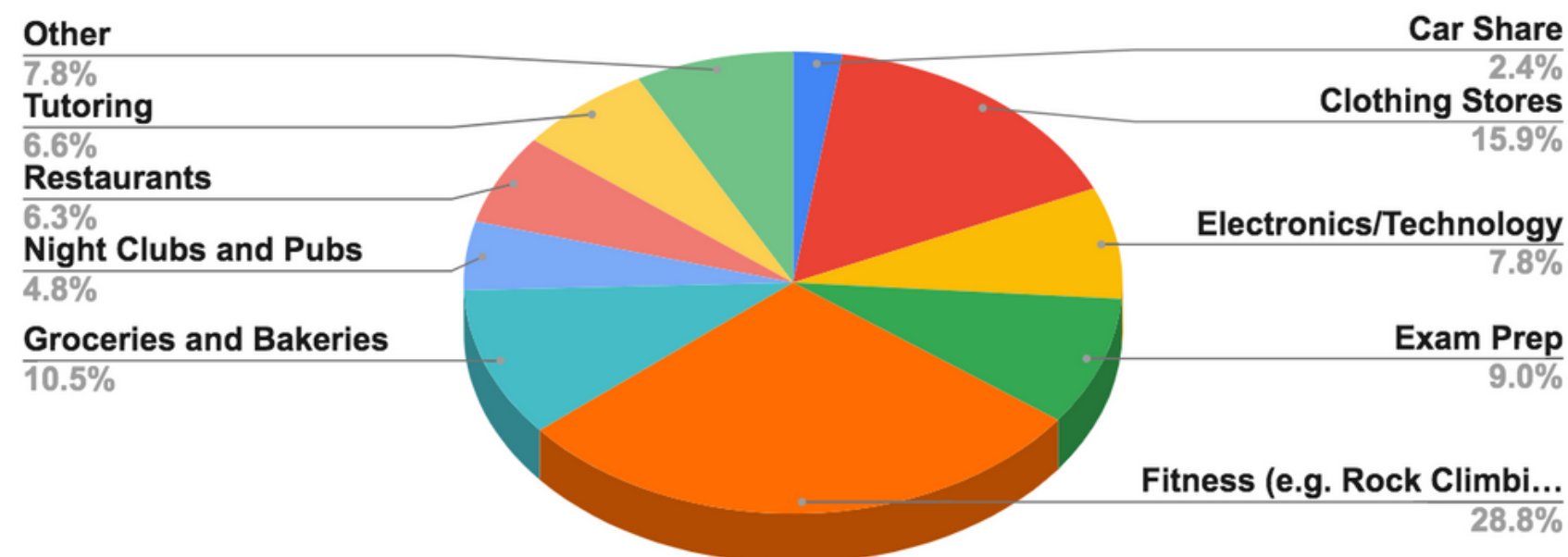


KUS ACADEMIC PORTFOLIO: ASKS FROM STUDENTS

It is clear that students are looking for the KUS Academic team to focus on professional development and academic advocacy to the School of Kinesiology. In addition, students are looking for more fitness and clothing store collaborations to be made by the Kinesiology Undergraduate Society.

Which organizations would you like KUS to partner with to provide KIN students with discounts or benefits? (Select all that apply)

333 counts



HOW HAS YOUR COURSELOAD CHANGED?

THIS IS WHAT WE HEARD FROM YOU



More time-demanding.

Been difficult when profs make you watch asynchronous lectures AND attend live lectures.

Workload has increased.

Takes more time than previous years before.

Checking for assignments on different platforms.

Too much work and corresponding stress.

We're are not given enough time to complete exams. We should have the ability to go back in exams.

School is now ongoing on a 24/7 basis, there is no escape from it.

Much harder and much more exhausting this year than previous years.

I am studying all day and night and getting 4-5 hours of sleep since from the beginning of the term.

Online learning is stressful.

The work load has doubled and I have had to be teaching myself everything.

My schedule is more unpredictable due to online learning.

Has challenged students on emotional, mental, and physical levels.

The profs read off scripts in lectures that are impossible to follow so I end up going over the lecture again afterwards to re-learn it.

Increase in expectations for how fast material should be covered compared to previous terms.

As I am a first-year, compared to high school where I spent about 6 hours a day studying, this year I find myself spending about 10-12 hours a day studying.

I've been struggling a lot more with finding time for myself, away from school this year.

In a different time zone, I have to wake up at 3am in the morning to live zoom sessions and can't focus regularly.

Since it is online, there is less motivation for me to study.

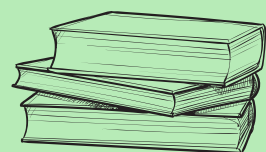
Very little support from professors.

It feels like the amount of assignments has increased to compensate for a lack of in person lectures

The difficulty of managing my courseload and stay on track has exponentially increased.

I am a 5th year and I am finding that out of all my years in undergrad that this year has been the toughest.

As a student athlete I was able to manage training and competition with 4 courses last year, now with competition suspended and less training 4 courses consume all of my time and I still feel behind every day.



RESOURCES

Please refer to the following services for further support if needed:

UBC Kinesiology Undergraduate Society: visit us at ubckus.ca

School of Kinesiology, Academic Advising office: kin.advising@ubc.ca or by calling +1 604-822-4512

UBC Counselling Services can be reached at +1 (604) 822-3811 to schedule an appointment by phone. Support groups are also accessible, find out more at <https://students.ubc.ca/health/counselling-services>

The Wellness Centre has trained student volunteers who can answer your questions, talk with you, and recommend resources for everyday concerns related to health, relationships, and workload. You can find out more by emailing wellness.centre@ubc.ca. Additionally, there is a Canvas Wellness Centre found here: <https://canvas.ubc.ca/enroll/PCNEN4>

EmpowerMe: Call 1 (844) 741-6389 (toll free) any time, night or day. Empower Me provides counselling and life coaching for free. They can help with anything you're concerned about, and will give you the option of getting help online, in person, or by phone. First in-person session is covered by MSP.

Therapy Assisted Online Self Help (TAO) is a service where you can create an account and learn strategies for managing communication and relationships, stress and anxiety, low mood/depression, and substance use. You can access this resource 24/7 from any device and track your progress by completing a wellness assessment. You can access by visiting this link: <https://thepath-ca.taoconnect.org/local/login/index.php>

The provincial **Mental Health Hotline** can be reached at 310-6789 if located within British Columbia.

Here2Talk is specifically for all post-secondary students currently enrolled within BC, including international students currently abroad. Launched by the BC government, can be downloaded on the App or Google play store.

CAMH has resources for coping with mental anxiety and stresses related to isolation (and self-isolation) with regards to COVID-19. Find it at <https://www.camh.ca/en/health-info/mental-health-and-covid-19>

Hope for Wellness provides immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. The experienced and culturally competent counsellors can help if you want to talk, are distressed, have strong emotional reactions, or are triggered by painful memories. Multiple language options available. You can find contact information here:

<https://www.hopeforwellness.ca/>