

2022

B I -
A N N U A L
REPORT

Academic Workload Survey

KINESIOLOGY UNDERGRADUATE SOCIETY



6081 University Boulevard (Room 30),
Vancouver, BC, V6T 1Z1

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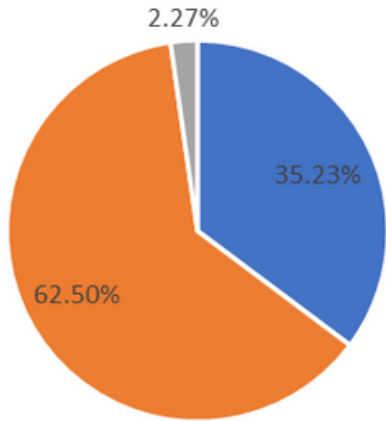
Overview and Objective

This survey was released on November 30th, 2022 and closed on December 15th, 2022. 447 individuals responded to the survey, accounting for approximately 38% of the School of Kinesiology undergraduate population.

The goal of this survey is to gather an insightful assessment of the academic workload currently experienced by Kinesiology undergraduates in 2022 Winter Term 1. We hope that this helps us, as your undergraduate society to identify key areas we can offer additional support in for you to have the most positive and enriching undergraduate experience.

Course Scheduling

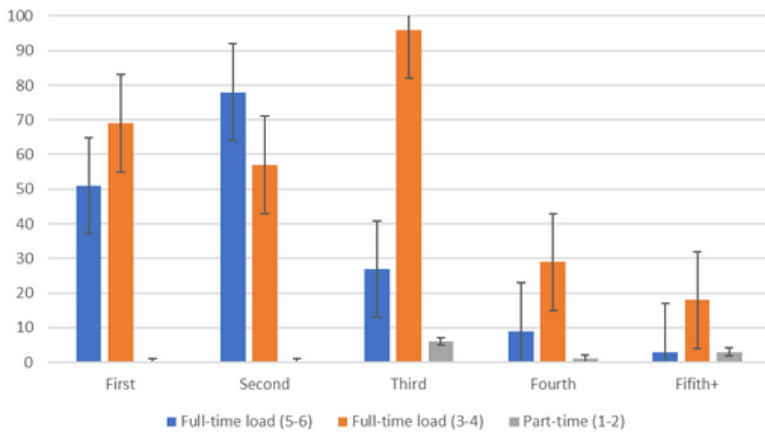
How many courses are you enrolled in?



Most of the respondents are enrolled in full-time studies (87.73%). The respondents represent all year levels, with over 130 (60.8%) being in third year.

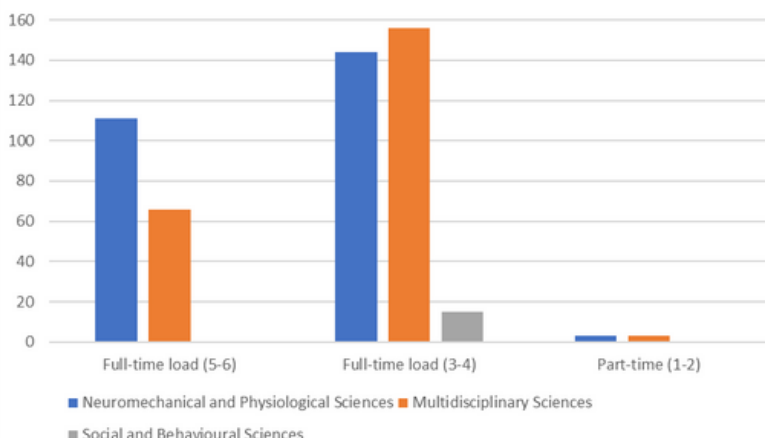
■ Full-time load (5-6) ■ Full-time load (3-4) ■ Part-time (1-2)

What year are you in

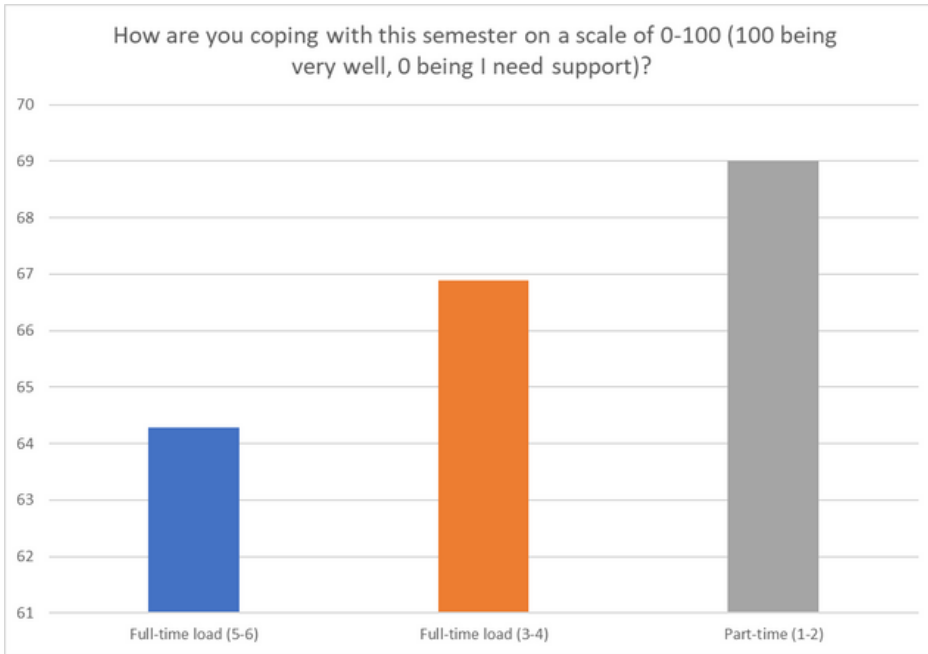


Our results demonstrated that most of our respondents are in neuromechanical and physiological sciences stream, and the multidisciplinary sciences stream. We have a total of 3.4% respondents in the social and behavioural sciences stream. Most respondents are representative of students in a full time course load.

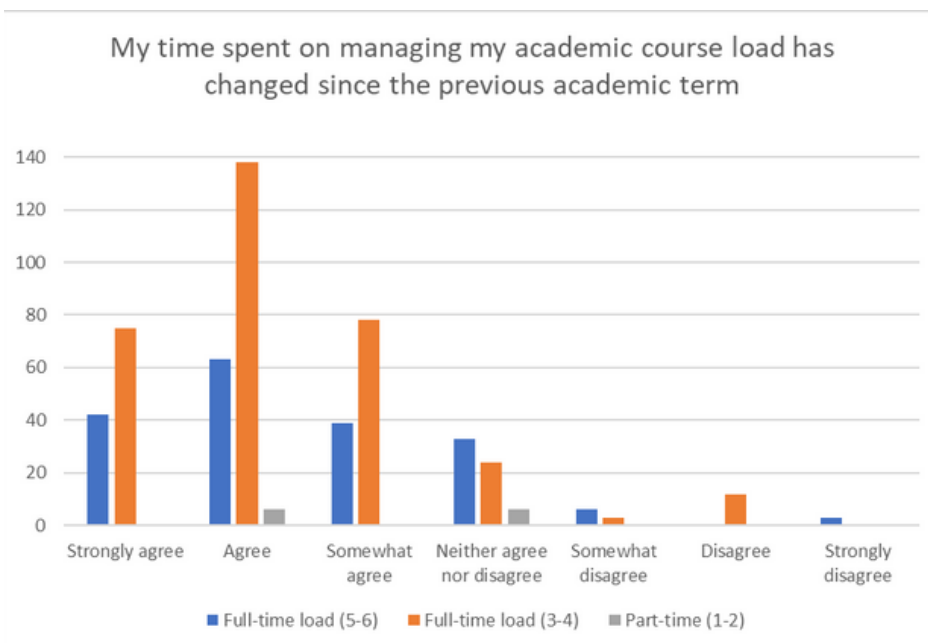
Workload and Stream



Balanced Workload

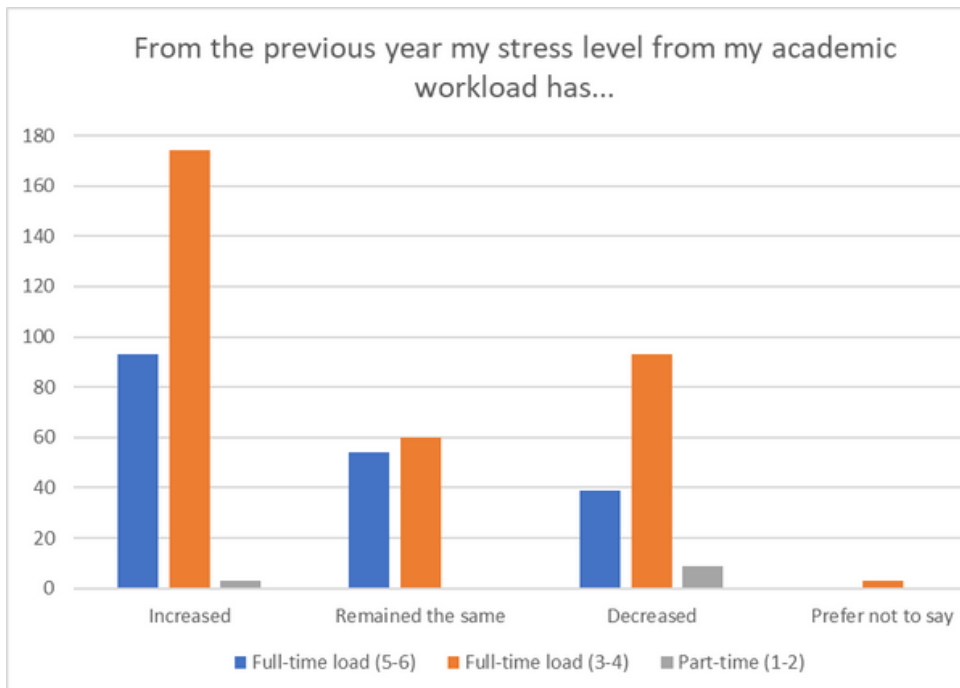


Based on the data collected, most respondents are struggling to manage their academic workload. This finding suggests that there may be increased distress when it comes to workload management and academics.



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

Stress Assessment



Out of 447 respondents, 60.7% or 270 respondents shared that their stress level has increased due to the current academic workload.



Stress Assessment

Causes of stress for full time students (5-6 classes)

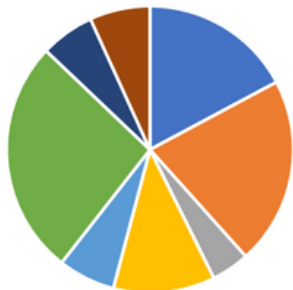


- Job
- Extracurriculars
- Trouble finding housing
- Volunteering
- The number of classes I'm in
- The difficulty of my classes
- Graduation Issues
- No one to connect to



In addition, the majority of respondents shared that they noticed an increase in stress due to external factors such as extracurriculars, jobs, and the difficulty of their classes. The data shows that students are stressed during this academic term.

Causes of stress for full time students (3-4 classes)



- Job
- Extracurriculars
- Trouble finding housing
- Volunteering
- The number of classes I'm in
- The difficulty of my classes
- Graduation Issues
- No one to connect to

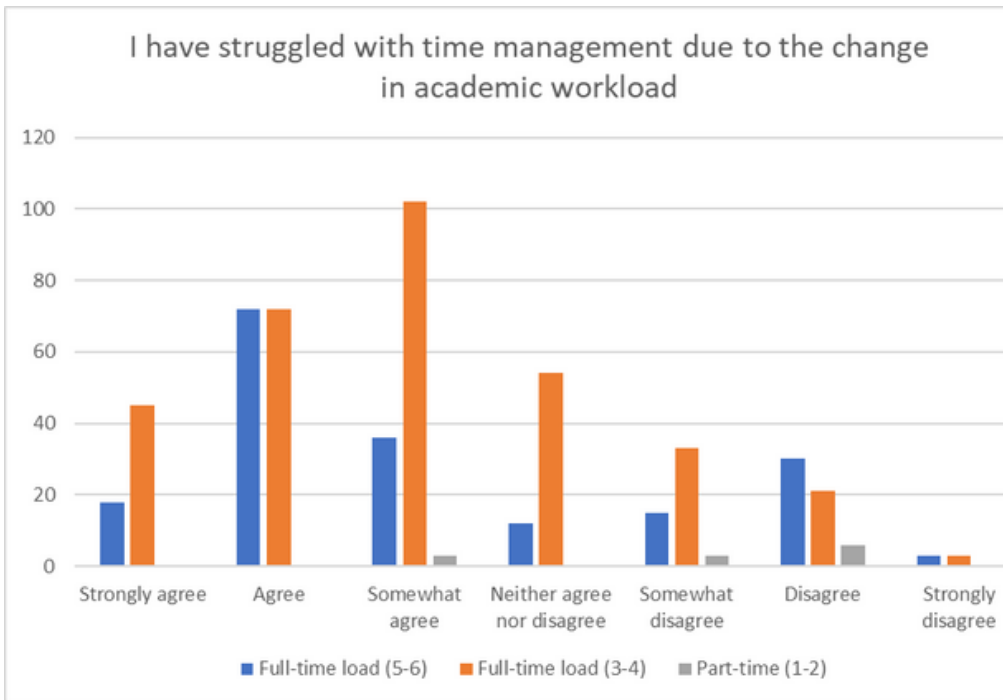
Causes of stress for part time students (1-2 classes)



- Job
- Extracurriculars
- Trouble finding housing
- Volunteering
- The number of classes I'm in
- The difficulty of my classes
- Graduation Issues
- No one to connect to



Time Management



Kinesiology undergraduate students have struggled this academic term, especially with time management due to the changes in the workload.



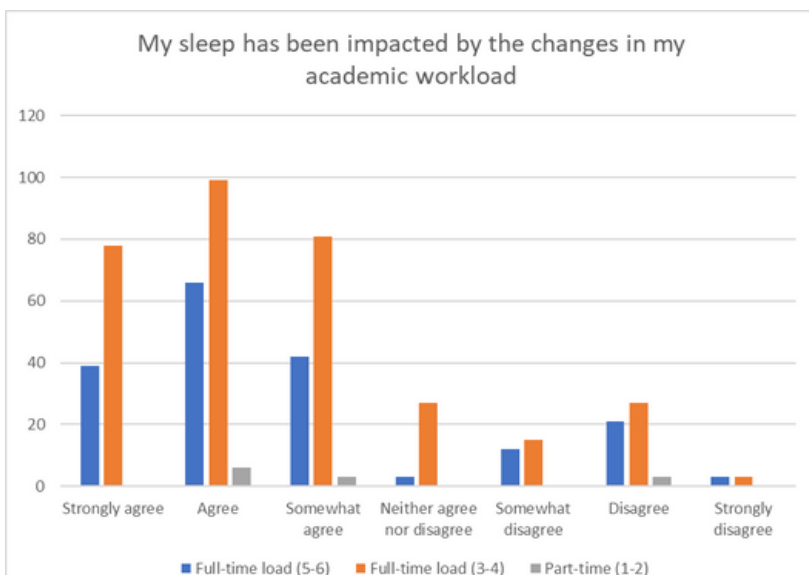
Sleep Analysis



The majority of respondents shared that at the midpoint in the semester, they are not able to get enough sleep to promote restfulness (due to many factors).

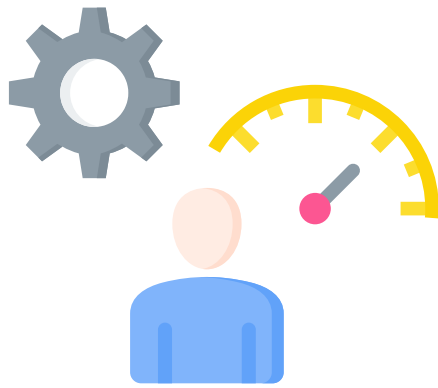


In addition, the data shows that the majority of respondents sleep 6-8 hours a day (78.5%).

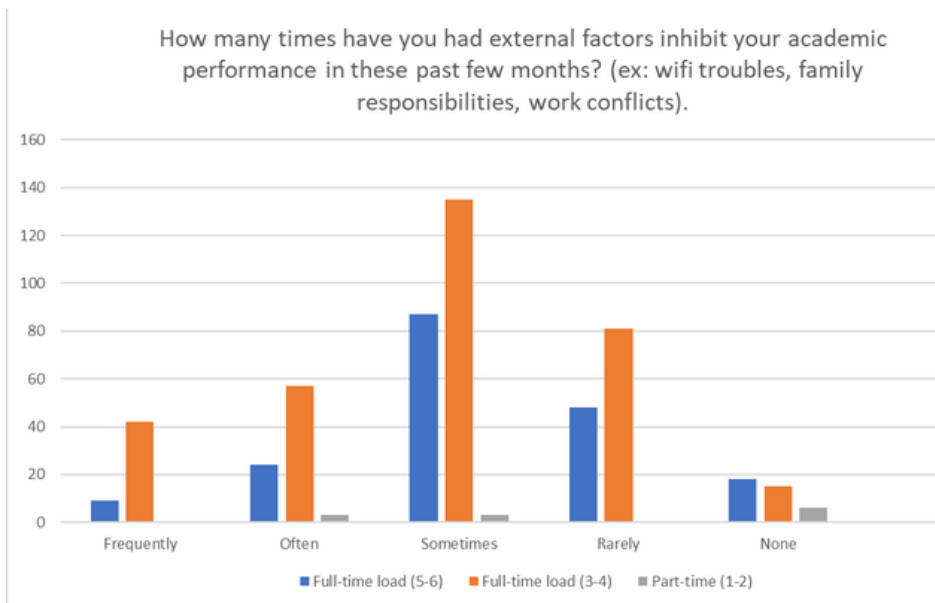


When reflecting on why their sleep has been impacted a majority of them (91.2%) stated that it was impacted on the changes in academic workload.

Impacts on Academic Workload

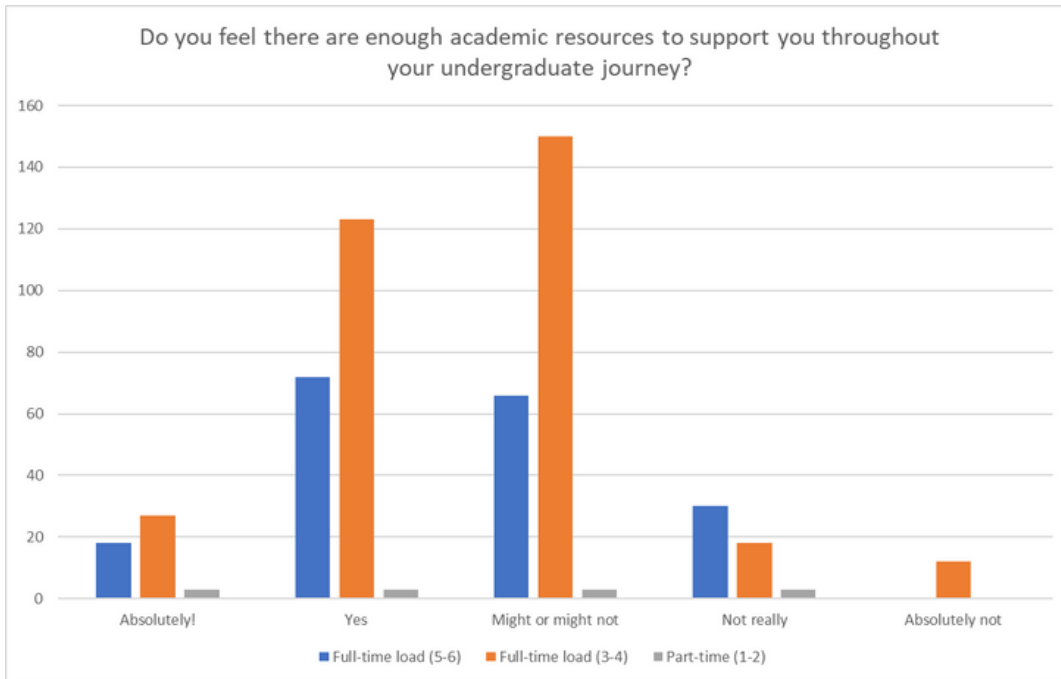


Kinesiology students shared that external factors have often affected their ability to perform at their best academically during the past term. This suggests that more resources are needed to support students.

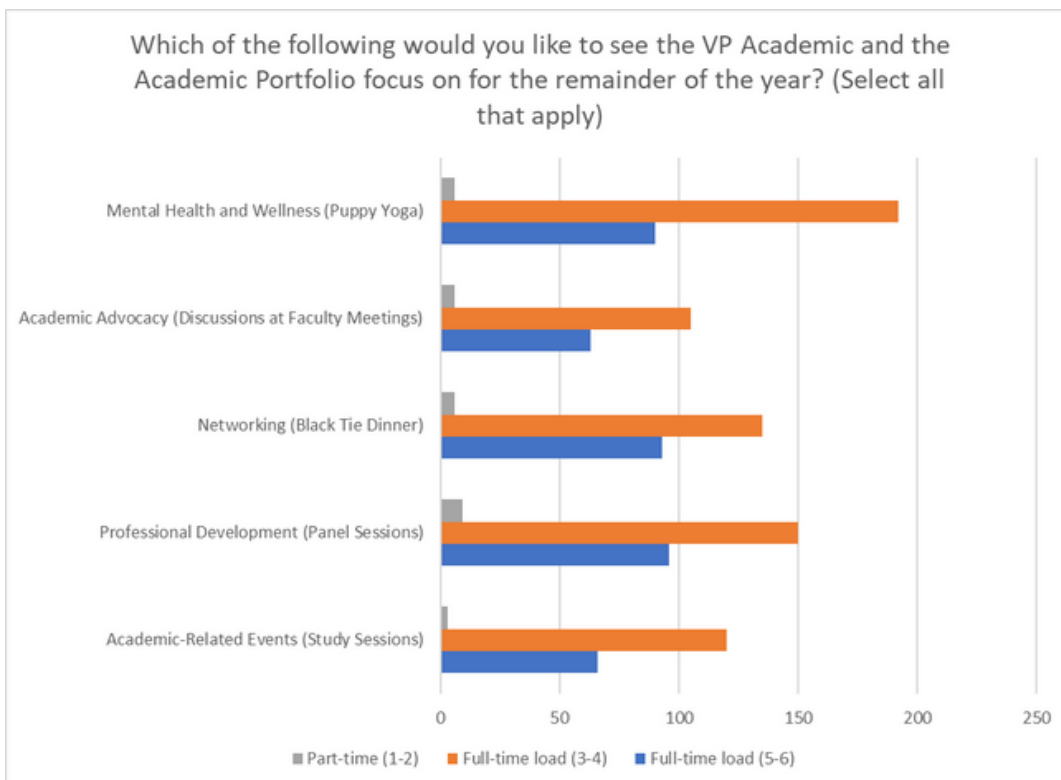


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Asks From Students

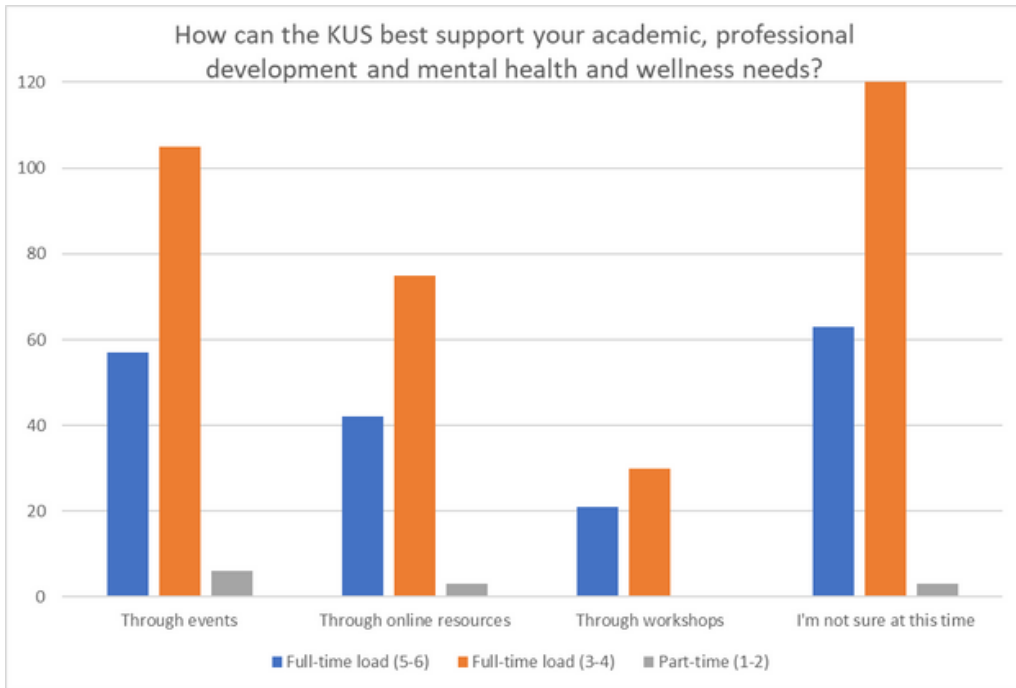


Most students are not aware of all the academic resources that are being offered for them, suggesting an issue with marketing them to students.

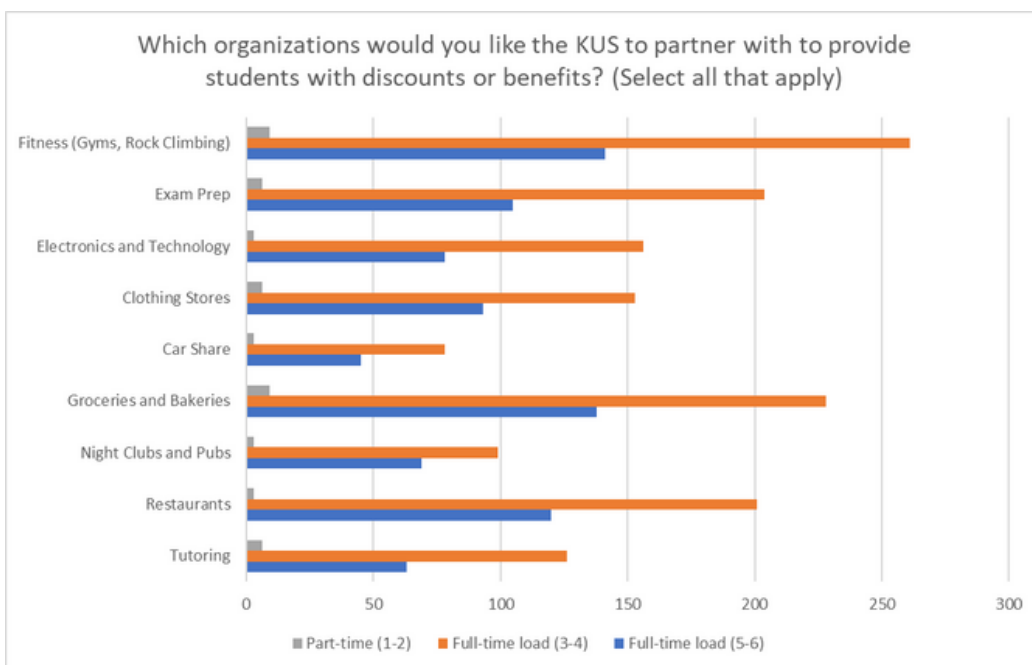


It is clear that students are looking for the KUS Academic team to focus on mental health and wellness, professional development and networking.

Asks From Students



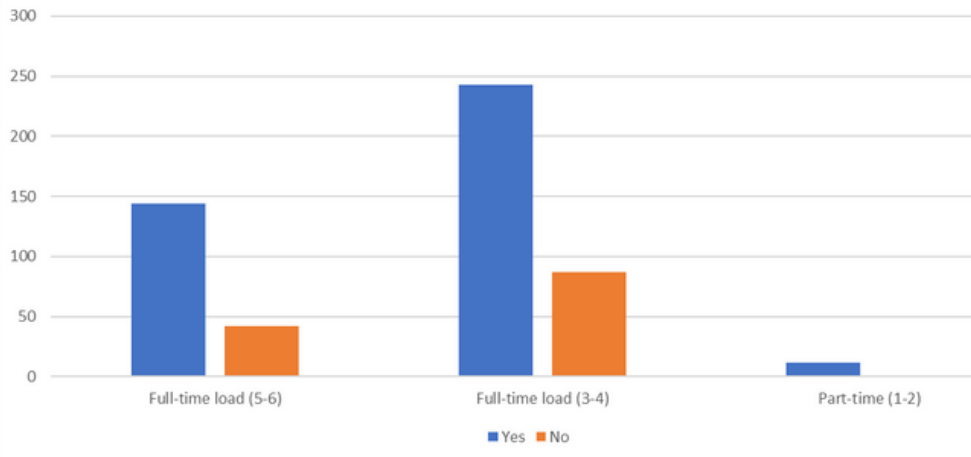
The majority of students are either unsure as to how the Kinesiology Undergraduate Society can support them, or would like it to be done through events.



In addition, students are looking for more fitness and grocery store/bakeries collaborations to be made by the Kinesiology Undergraduate Society.

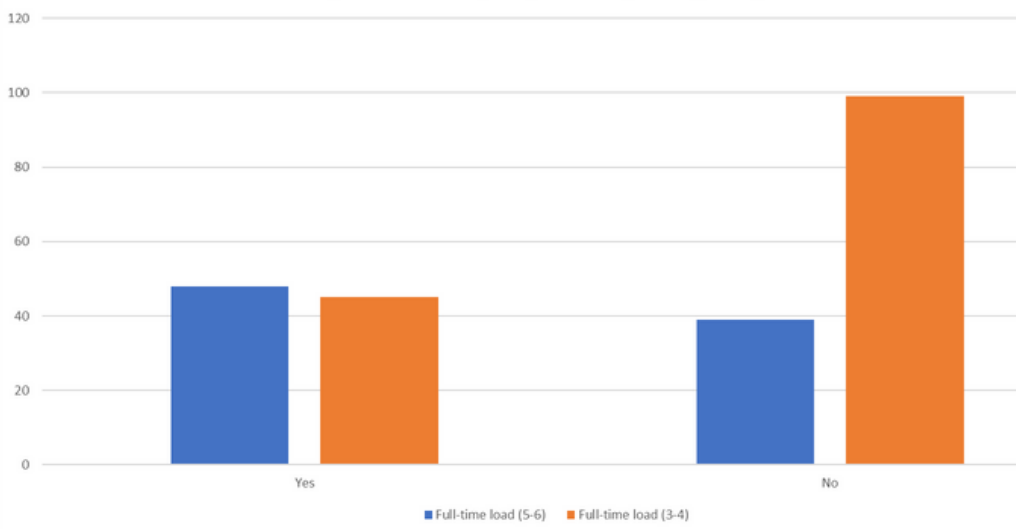
Employment

Do you have a job at this time (paid or unpaid, internship, volunteer opportunity, RA)



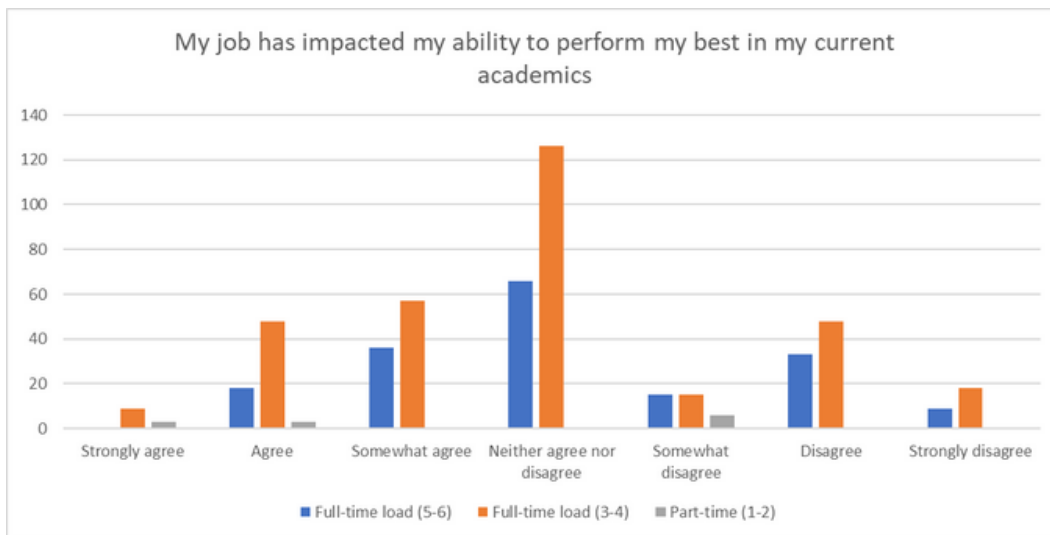
The majority of respondents shared that they currently hold a job, (job = a paid/not paid opportunity, internship, volunteering or essential worker).

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

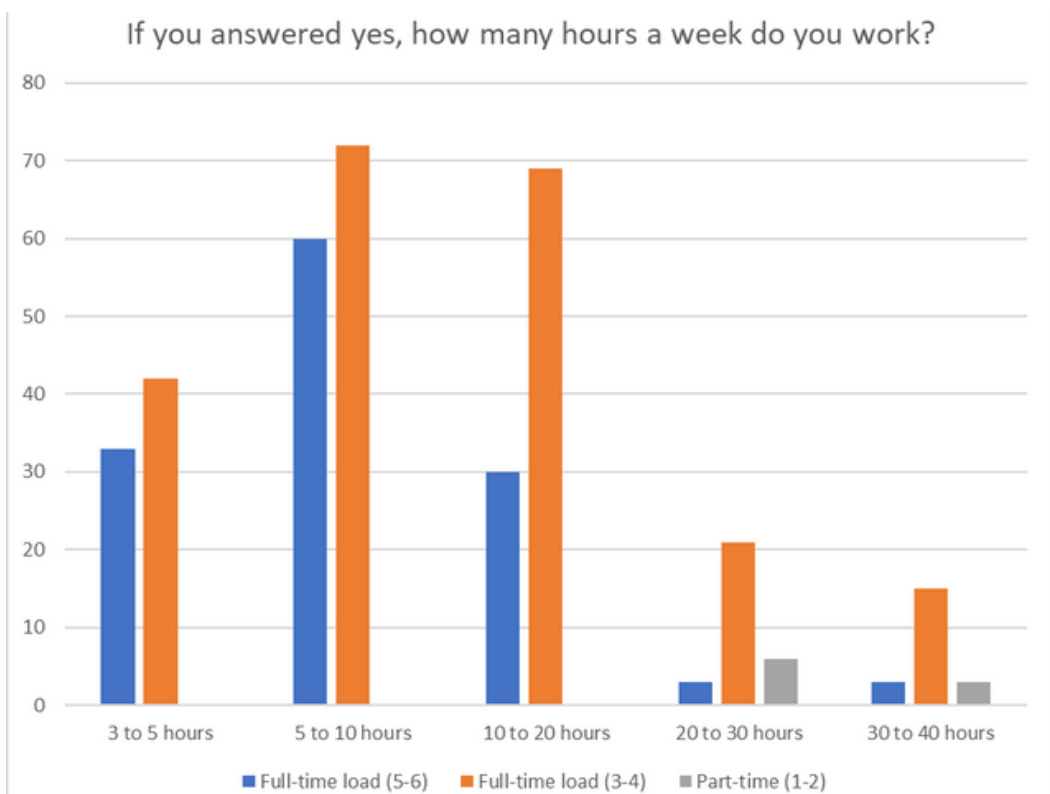


Of the individuals who do not have a job, the majority of them are not actively looking for one.

Employment



Of those who have a job, a large number of them feel that it has not impact of on their academics.



Most students work less than 10 hours a week.

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>

Resources

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

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/>

