



NQC Student Wellness Survey: Results Report

Winter 2019 Administration

February - March 2019

Prepared by Sherry Greenbank, Wellness & Accessibility, Student Services

Aspects of Wellness Assessed



Part I: The Wellness Wheel

- Physical Wellness
- Emotions and Stress
- Spirituality and Meaning
- Social Wellness
- Time and Finances

Part II: Beliefs, Awareness and Experience of Violence

- Recent history of violence
- Beliefs associated with sexual violence
- Knowledge of supports

Who was Surveyed?

The Wellness Survey is administered with the approval of the classroom teacher. All Edmonton Main Campus Winter 2019 classes at the following levels received an invitation to participate:

AU: Essential Reading/Writing and Humanities Prep

ESL: Levels 700-810

LINC: Levels 6, 7, and one class of Level 5

DHP: Winter 2019 class

9 instructors accepted the invitation:

Essential Reading/Writing: 2 classes

Humanities Prep: 2 classes

ESL: 2 classes

LINC: 2 classes

DHP: 1 class

The survey was administered to 154 students, face-to-face in a classroom setting, during February-March 2019.

Demographics

Age

- Group: 34.5 yrs
- Females: 34 yrs
- Males: 35 yrs

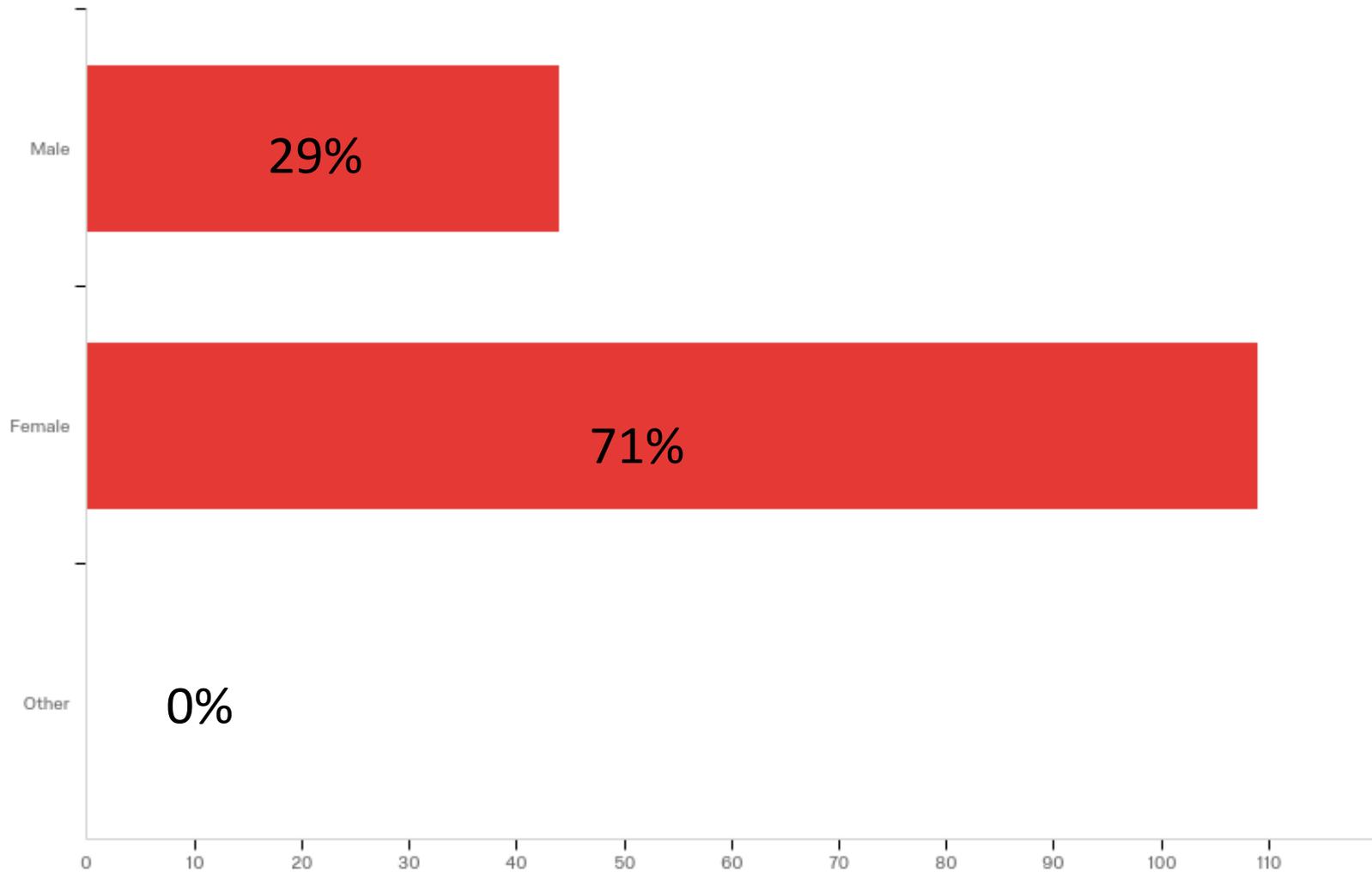
Not Born in Canada

- 76% of respondents were not born in Canada

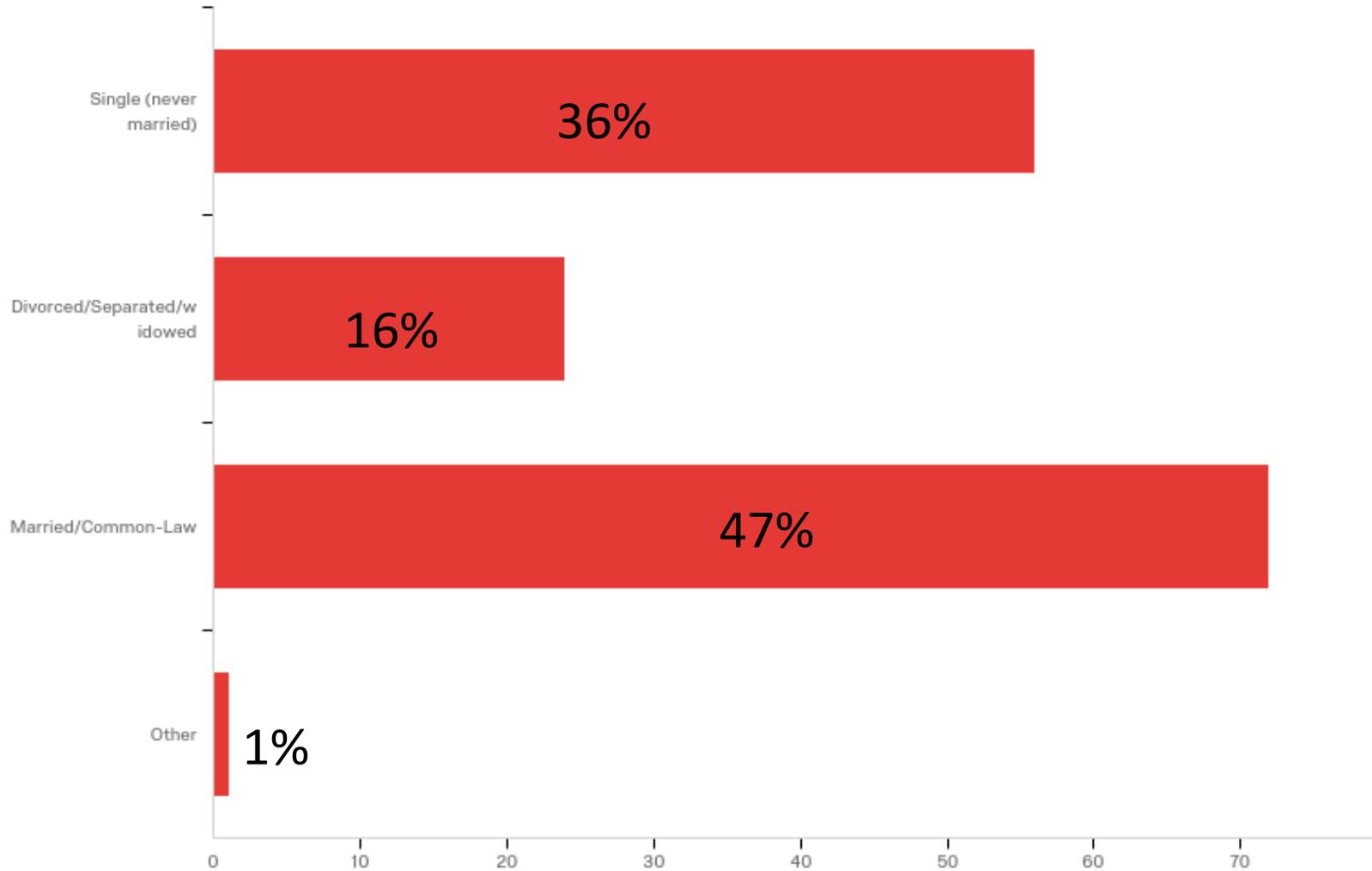
Year arrived in Canada (not born in Canada)

- Mean = 2014 ; Mode = 2016

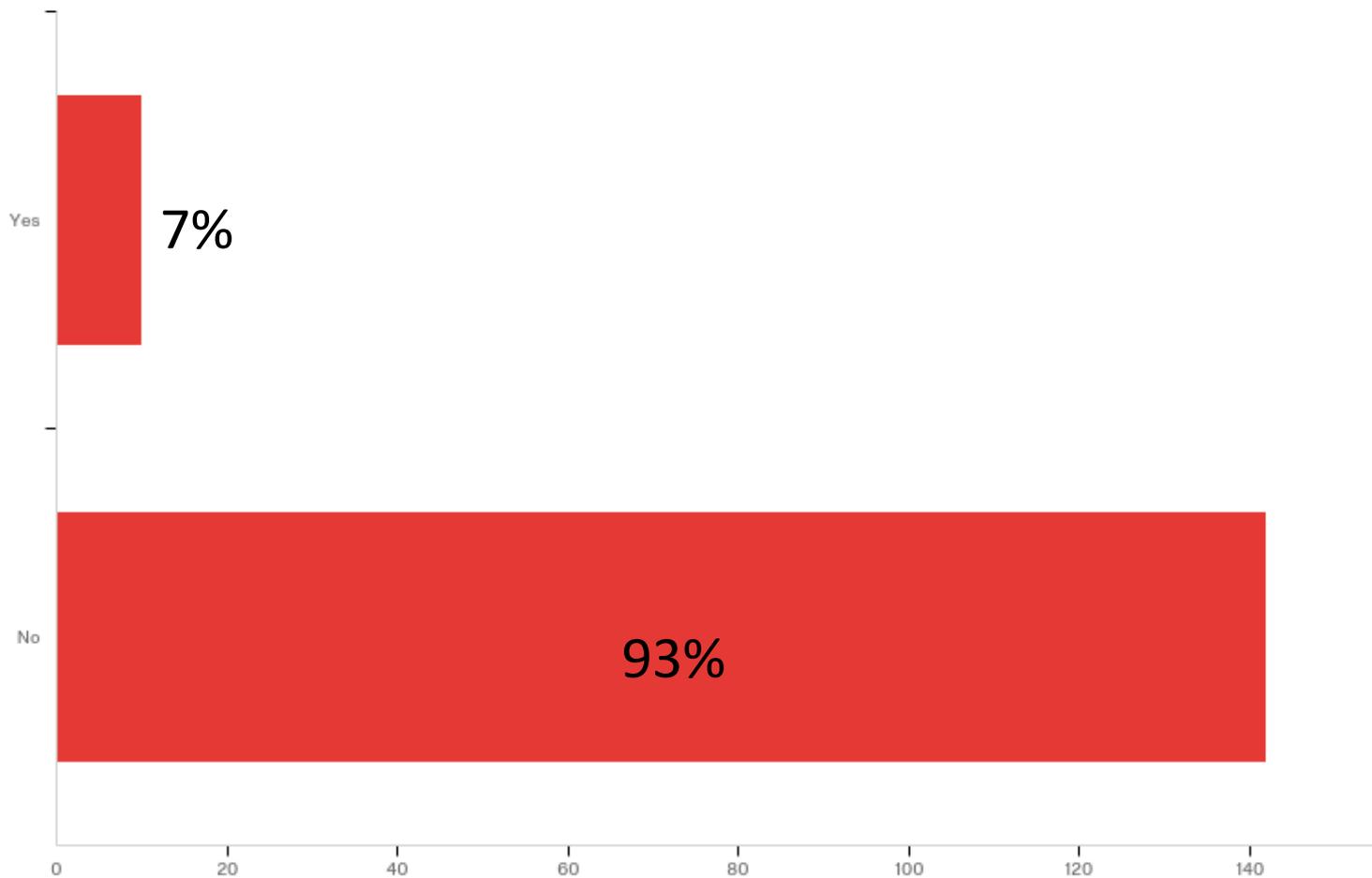
What is your gender?



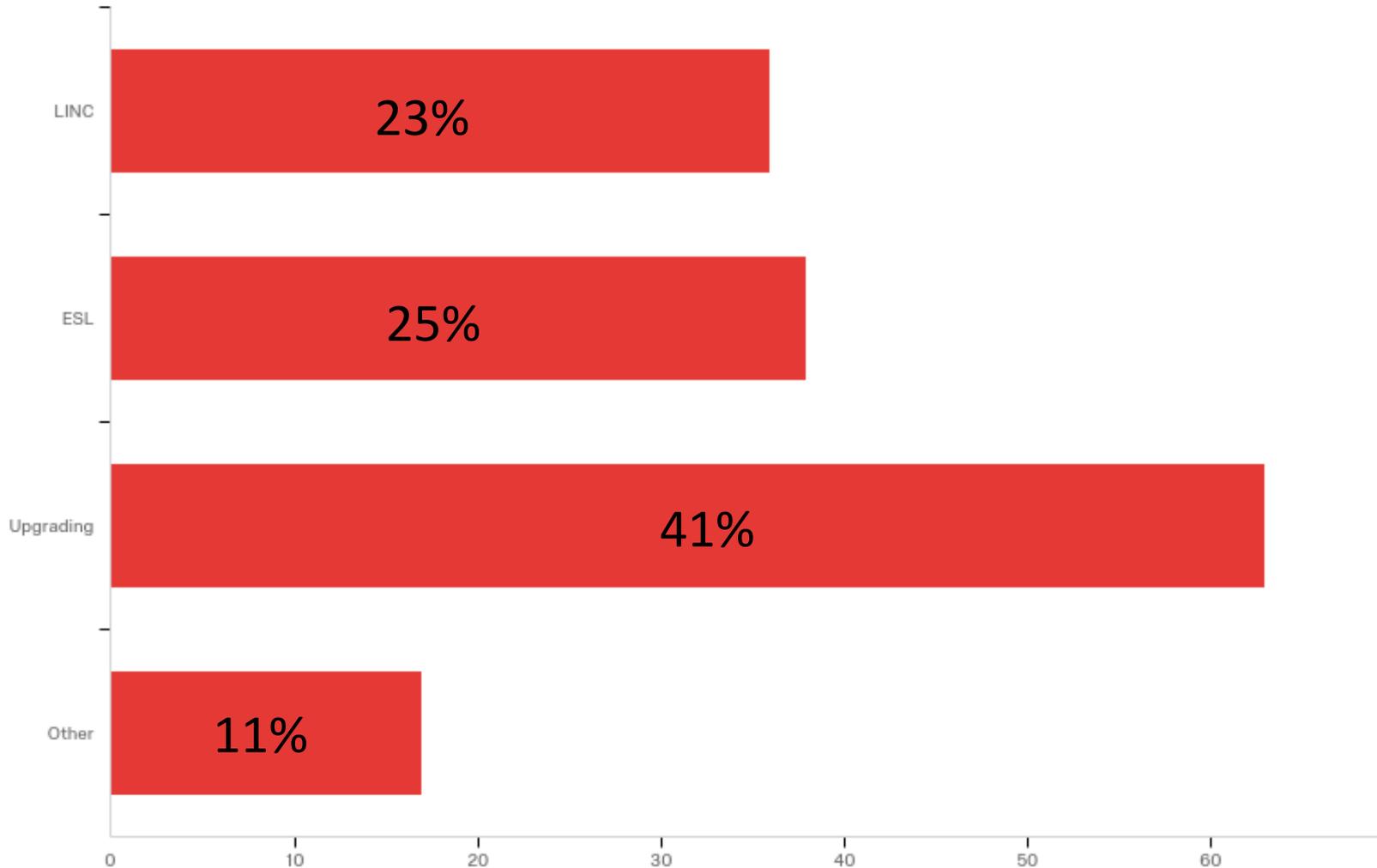
What is your marital status?



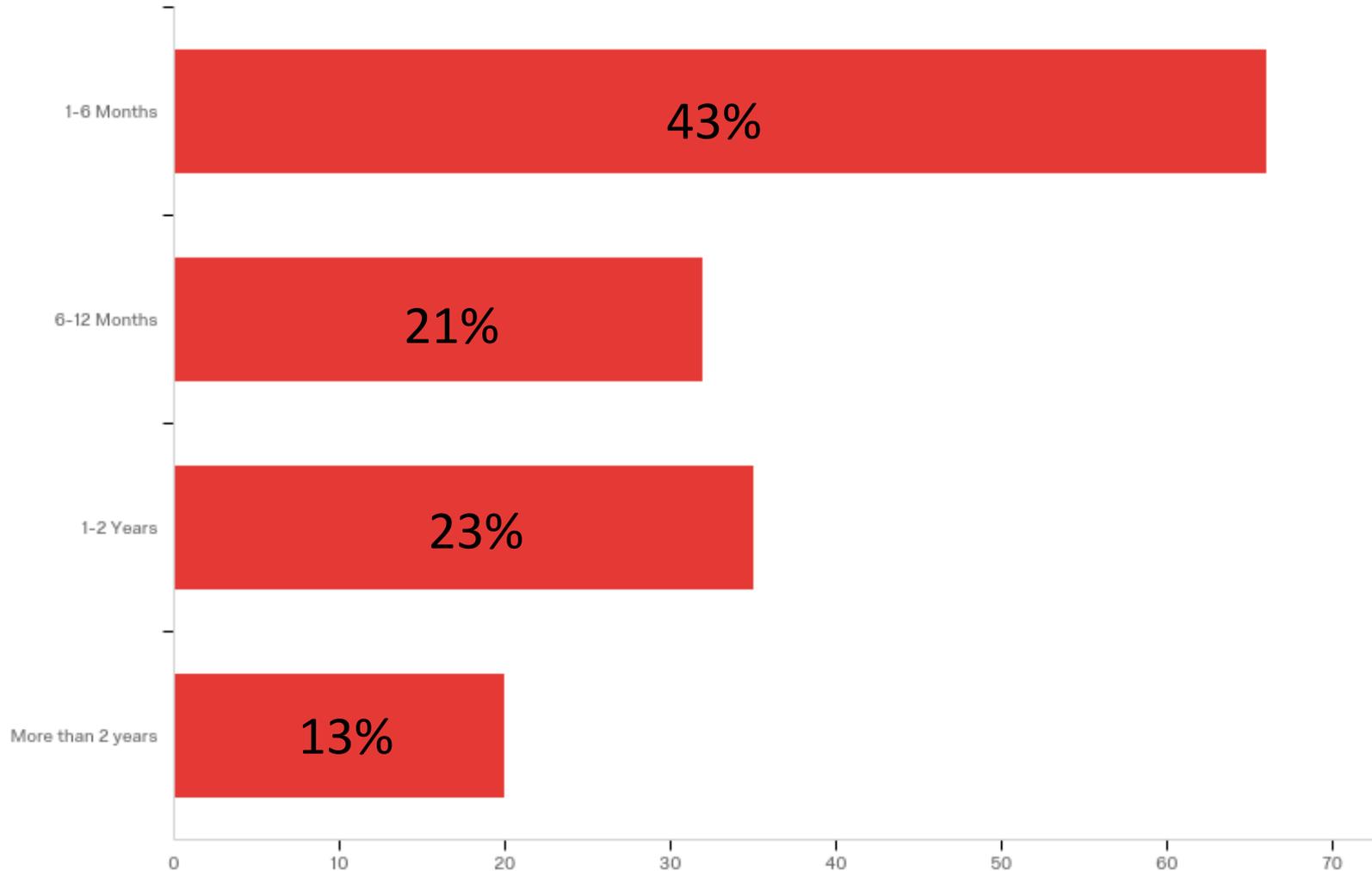
Do you have a disability?



What program are you enrolled in at NorQuest College?



How long have you been a student at NorQuest College?



What We Learned

PART 1: Wellness Wheel

Self Perception, Spirituality and Worldview:

- 97% “I am a good person”
- 94% “My life is important”
- 86% “Religion is an important part of my life”
- 87% “People are good”
- 94% “NorQuest cares about students”

Perception of Safety:

- 99% “I feel safe at NorQuest College”
- 93% “I feel safe in my house”

What We Learned

PART 1: Wellness Wheel

Sleep and Physical Wellness:

- **Sleep:** 51% report Sleep Difficulty everyday or almost everyday
- **Healthy Body:** 68% say their body is healthy
- **Healthy Eating:** 68% say they eat healthy foods
- **Alcohol Use:** 78% Never Drink Alcohol
- **Smoking Tobacco:** 9% Regularly Smoke Tobacco
- **Exercise:** 17% Exercise Regularly*
- **Health and School:** 13% say their health makes it hard to do schoolwork almost every day

What We Learned

PART 1: Wellness Wheel

Source of Worries:

- Every day or almost every day* ...
Money (54%), Family (51%) and School (40%)
- 46% don't have enough money to pay for housing and food

Emotional Wellness:

- 21% feel lonely everyday or almost every day*
- 11% feel sad everyday or almost every day
- 83% know how to calm themselves when they feel stressed
- 20% say that stress makes it hard to do school work almost every day
- 62% never, or very rarely, take time to relax and do things they enjoy
- 8% think about killing themselves*

What We Learned

PART 1: Wellness Wheel

Social Wellness and Help-seeking:

- 76% have someone to talk to when feeling stressed
- 86% have friends at school*
- 90+% know what a healthy and unhealthy relationship is
- 71% know about helpful services in the community
- 78% know where to find help for personal concerns at NorQuest College
- 30% do not tell people when they need help*

What We Learned

PART 2: Beliefs, Awareness and Experience of Violence

Perception and Understanding of Sexual Assault

- 48% think that clothing causes sexual assault*
- 28% think that men cannot be sexually assaulted*
- 25% think that sexual assault is usually done by strangers*
- 23% think that sexual assault is private and shouldn't be talked about*

What We Learned

PART 2:

Victimization in the past 12 Months

Sexual : 6.5% of Females and 0% of Males reporting*
Physical: 12% of Females and 5% of Males reporting*
Emotional: 35% of Females and 19% of Males* reporting*

Knowing What to Do

- Students are uncertain of how to get help in the event of any type of abuse(55%)

What Students Told Us: Comments and Reflections...

Feedback from students and instructors was overwhelmingly positive.

The educational component of the survey was well received and many participants chose to share reflections on the survey and its relevance to their life...

Q58 - Is there anything else you would like to share with us?

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Alberta funding is not enough for single parents because it's not easy to work even part time with little kids. there is assignments to do and kids need time too at the same time.

Actually, answering the first part of questions was healing to myself, such as asking to myself "am I a good wife or mom" "Am I happy right at this moment?" thanks

Ask norquest to treat respectfully with student. some of the students have postgraduate educational degree or even phd, not 4 year old child.

my ex husband (emotionally abused)

discrimination: In my mathematics class, when other races ask for questions people who born here make a lot of mannerisms or sometimes talk simultaneously with the teacher. it's not fair.

This survey is very important so we need more for better understanding

I live in Capital House now and I don't feel safe with these neighbors. they don't respect me. they use my parking lot and use my electric outside plug for car.

In my opinion, this kind of survey was useful. thank you for coming

Q58 - Is there anything else you would like to share with us?

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People can be rude when you ask how they are doing. and how you are not being heard

It is very important to know this information about because I was live in this situation. thank you for your sharing

Money issues. I also just found out I have cancer.

Thank you for caring. some people need it.

Great presentation!

my son has cancer, but doesn't want help from anyone. It is very hard to concentrate in school because I worry about him every day.

I'm really happy for the right information you give us today. I hope it is not the last time. thank you.

I am strongly happy for your survey. Keep it up

This survey is useful. thanks

As a student I got alot of stress from NorQuest becaus since I started study here, the program that I want to take, the NQ always increasing the requirement and this make me disappointed and sad. Even always I have stress, and I think of how can I catch the program.

Q58 - Is there anything else you would like to share with us?

Is there anything else you would like to share with us?

Thank you for taking the time to help students who are going through a rough time

I would like to know who to speak to about getting help with childcare

We should have information about LGBTQ

We should talk about sexual assault. The issue needs to be identified to rectify the problem or concerning surroundings.

I would like to know what to do if a family member or a friend tell me that they were sexually abused or assaulted

it would be good to give a hand to ESL students on how to fill out scholarship applications

give to students things which are familiar or related to the exam to reduce stress on the exam.

I think this survey is really important for students cause people do really care how we feel or where we're at.

I believe that most of us immigrant we face stress...

Q58 - Is there anything else you would like to share with us?

Is there anything else you would like to share with us?

At NorQuest college I need to reach a solution to my problems clearly, easily, and effectively

Thank you for the information and time

I never feel stressed and I don't need anyone. I don't know anything about assault and violence.

This survey was so important

I am so privileged to be in this session today. thank you for coming and show us that you care and for the information you provided.

Thank you for your time and information

thank you so much for giving us useful and interesting information

Thank you for your information. they were important information and I learn something new that I never know in Canada

keep up the great job

Q58 - Is there anything else you would like to share with us?

Is there anything else you would like to share with us?

I would like to learn more about Canadian culture, what to say or do in the situations; I am from different culture and I don't have any friends or family here. also, I have alot of stress because I feel that I have to start from begining. I could not find suitable job and I feel it is very difficult to practice my career. i need lots of money for exams and lots of training and I have to start from the begining, which is very difficult now with other responsibilities and family.

The wall is too high

Moving Forward...

Using the data:

- An evidence base to guide development of initiatives/programming
- Identification of common health-related concerns impacting academic achievement and well-being
- Identification of areas of strength
- Prompt conversations and interactions to impact college culture and overall well-being

For More Information

Sherry Greenbank

Project Lead Researcher

Counsellor, Centre for Growth and Harmony

sherry.greenbank@norquest.ca

780-644-6126

Renee Trudeau

Manager

Wellness and Accessibility

renee.trudeau@norquest.ca

780-644-5818