

THE THRIVING QUOTIENT™

Please rate your agreement with each of the items by using a 1 to 6 scale, with 1 indicating "strongly disagree" and 6 indicating "strongly agree."

[Note: The items are arranged in scales solely for research purposes. In the actual online instrument, the items are randomly arranged with no indication of scales. Coefficient alpha reliability for the items measuring thriving (1-24) is $\alpha = .89$]

Engaged Learning: ($\alpha = .87$)

1. I feel as though I am learning things in my classes that are worthwhile to me as a person.
2. I can usually find ways of applying what I'm learning in class to something else in my life.
3. I find myself thinking about what I'm learning in class even when I'm not in class.
4. I feel energized by the ideas I am learning in most of my classes.

Academic Determination: ($\alpha = .82$)

5. I am confident I will reach my educational goals.
6. Even if assignments are not interesting to me, I find a way to keep working at them until they are done well.
7. I know how to apply my strengths to achieve academic success.
8. I am good at juggling all the demands of college life.
9. Other people would say I'm a hard worker.
10. When I'm faced with a problem in my life, I can usually think of several ways to solve it.

Social Connectedness: ($\alpha = .83$)

11. Other people seem to make friends more easily than I do. (reverse scored)
12. I don't have as many close friends as I wish I had. (reverse scored)
13. It's hard to make friends at this institution. (reverse scored)
14. I feel like my friends really care about me.
15. I feel content with the kinds of friendships I currently have.
16. I often feel lonely because I have few close friends with whom to share my concerns. (reverse scored)

Diverse Citizenship: ($\alpha = .79$)

17. I spend time making a difference in other people's lives.
18. I know I can make a difference in my community.
19. It's important for me to make a contribution to my community.
20. I value interacting with people whose viewpoints are different from my own.
21. My knowledge or opinions have been influenced or changed by becoming more aware of the perspectives of individuals from different backgrounds
22. It is important to become aware of the perspectives of individuals from different backgrounds.

Positive Perspective: ($\alpha = .78$)

23. My perspective on life is that I tend to see the glass as "half full" rather than "half empty."
24. I look for the best in situations, even when things seem hopeless.

Additional Scales:**Sense of Community: ($\alpha = .85$)**

25. Being a student here fills an important need in my life.
 26. I feel proud of the college or university I have chosen to attend.
 27. I feel like I belong here.
 28. There is a strong sense of community at this institution.

Spirituality: ($\alpha = .93$)

29. My spiritual or religious beliefs provide me with a sense of strength when life is difficult.
 30. My spiritual or religious beliefs are the foundation of my approach to life.
 31. My spiritual or religious beliefs give meaning/purpose to my life.

Institutional Integrity ($\alpha = .84$)

32. Overall, the actions of faculty, staff, and administrators at this institution are consistent with the mission of the institution.
 33. My experiences at this institution so far have met my expectations.
 34. This institution was accurately portrayed during the admissions process.

Outcomes Measures:

35. I am confident that the amount of money I'm paying for college is worth it in the long run.
 36. I intend to graduate from this institution.
 37. Given my current goals, this institution is a good fit for me.
 38. If I had it to do over again, I would choose a different college/university to attend (reverse-scored).

OTHER INFORMATION THAT IS PART OF THE ONLINE SURVEY:**How often this year have you:**

Connected with your academic advisor	1	2	3	4	5	6
Discussed career or grad school plans with a professor	1	2	3	4	5	6
Discussed academic issues with a professor	1	2	3	4	5	6
Done research with a professor	1	2	3	4	5	6
Interacted with your instructors outside of class	1	2	3	4	5	6
Participated in campus organizations	1	2	3	4	5	6

Please rate your satisfaction with each of the following:

	Very Dissatisfied			Very Satisfied		
The amount you are learning in your classes.	1	2	3	4	5	6
The amount of contact you have had with professors this year.	1	2	3	4	5	6
The academic advising you have received this year.	1	2	3	4	5	6
The kinds of interaction you have had with other students at this institution this year.	1	2	3	4	5	6
The quality of the interaction you have with your instructors so far this year.	1	2	3	4	5	6
The interactions you have had this year with students of different ethnic backgrounds.	1	2	3	4	5	6

Professors' sensitivity to the needs of diverse students.	1	2	3	4	5	6
Professors' encouragement for students to contribute diverse perspectives in class discussions.	1	2	3	4	5	6
The degree to which your instructors include diverse perspectives in the curriculum.	1	2	3	4	5	6
The level of compassion your instructors have shown this year as you have faced challenges.	1	2	3	4	5	6
Your living situation.	1	2	3	4	5	6
Your physical health.	1	2	3	4	5	6
Your mental health.	1	2	3	4	5	6
Your overall experiences at this university.	1	2	3	4	5	6

Items specific to the Council for Christian Colleges & Universities:

To what extent has each of the following changed during your time on this campus? Please rate each item by using a 1 to 6 scale, with 1 indicating "significantly decreased" and 6 indicating "significantly increased."

	SD					SI
My ability to discern God's leading in my life.	1	2	3	4	5	6
My participation in personal times of Bible study.	1	2	3	4	5	6
My repentance in response to my own sin.	1	2	3	4	5	6
My commitment to serve others.	1	2	3	4	5	6
My ability to integrate my faith into daily life decisions.	1	2	3	4	5	6
My commitment to involvement in Christian community, such as the local church.	1	2	3	4	5	6
My quality of relationships with others.	1	2	3	4	5	6
My participation in personal times of prayer.	1	2	3	4	5	6
My commitment to a biblical worldview.	1	2	3	4	5	6
My ability to share my faith with others.	1	2	3	4	5	6
My compassion for people in need.	1	2	3	4	5	6
My ability to live out Christian faith in a pluralistic world.	1	2	3	4	5	6
My ability to relate to those who are different from me.	1	2	3	4	5	6

Finally, please tell us a little about yourself. Your answers will be grouped with those of other students to help us understand our students better. No individual information will be reported for any reason.

Did either of your parents attend college? ___ yes ___ no

Gender: ___ female ___ male ___ non-binary ___ prefer not to respond [optional for the CCCU]

Which of the following best describes your sexual orientation? [optional for the CCCU]

- ___ straight/heterosexual
- ___ gay/lesbian
- ___ bisexual
- ___ other
- ___ prefer not to respond

Age: ___ 17 or younger ___ 18-20 ___ 21-23 ___ 24-26 ___ 27-30 ___ 31-34 ___ 35-38
___ 39-42 ___ 43-46 ___ 47-50 ___ over 50

Class Level: ___ First-year ___ Sophomore ___ Junior ___ Senior ___ Other

Did you transfer into this institution? ___ yes ___ no

How would you describe your grades in high school?

- ___ mostly A's
- ___ mostly A's and B's
- ___ mostly B's
- ___ mostly B's and C's
- ___ mostly C's
- ___ below a C average

Are you enrolled in an academic program that is delivered entirely online?

___ Yes [skip-logic here for those who choose this response]

What percentage of your courses incorporate videoconferencing (e.g., Zoom, Google Meet, or other synchronous learning online) for instruction and classroom experiences? ___ None ___ Less than 25% ___ 25-49% ___ 50-74% ___ 75-100%

___ No (you are enrolled in a traditional program that primarily offers classes in person)

Given the choice, would you prefer:

- ___ None of your classes to be online
- ___ Fewer of your classes to be online
- ___ More of your classes to be online
- ___ All of your classes to be online

What is the HIGHEST degree you intend to pursue in your lifetime?

- ___ none ___ bachelor's ___ teaching credential ___ master's degree
- ___ doctorate ___ medical or law degree ___ other graduate degree (specify)

What is your best guess about your household income level?

- ___ less than \$30,000 a year
- ___ \$30,000 to \$59,999
- ___ \$60,000 to \$89,999
- ___ \$90,000 to 119,999
- ___ \$120,000 and over

Where are you living this semester?

- ___ on campus ___ with family ___ with friends ___ on my own

How many hours per week do you work for pay? ___ none ___ 1-5 ___ 6-10 ___ 11-15 ___ 16-20 ___ 21-25 ___ 26-30 ___ 31-35 ___ 36-40 ___ more than 40 hours

Collecting information about race and ethnicity assists colleges to understand the varying needs of students on campus. Which category best describes you?

- ___ African-American / Black
- ___ American Indian / Alaskan Native
- ___ Asian/Pacific Islander
- ___ White/European
- ___ Latinx/Hispanic

- Multiethnic
- Other (Specify:)
- Prefer not to respond

Are you an international student? yes no

When you chose to enroll in this institution, was it your first choice? yes no

How sure are you of your major?

- Very Unsure
- Unsure
- Somewhat Unsure
- Somewhat Sure
- Sure
- Very Sure

Considering the financial aid you've received and the money you and your family have, how much difficulty have you had so far in paying for your school expenses?

- no difficulty
- a little difficulty
- some difficulty
- a fair amount of difficulty
- great difficulty

How would you describe your grades in college so far?

- mostly A's
- mostly A's and B's
- mostly B's
- mostly B's and C's
- mostly C's
- below a C average

We are interested in what helps students thrive in college. Thriving is defined as getting the most out of your college experience, so that you are intellectually, socially, and psychologically engaged and enjoying the college experience. Given that definition, to what extent do you think you are THRIVING as a college student this semester?

- not even surviving
- barely surviving
- surviving
- somewhat thriving
- thriving most of the time
- consistently thriving

What has happened this semester that has led to your perception of whether you are thriving or not?

THANK YOU for completing this survey!