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RESPONDENTS: 10 of 10

QUESTION SUMMARIES

INSIGHTS AND DATA TRENDS

INDIVIDUAL RESPONSES

Page 1

Q1

What is your assigned ID number?

Answered: 10 Skipped: 0

RESPONSES (10)

WORD CLOUD TAGS (0)



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Search responses

Showing 10 responses



6

3/13/2020 3:36 PM

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10

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9

3/13/2020 3:34 PM

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4

3/13/2020 3:32 PM

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Q2



Customiz

What is your gender?

Answered: 10 Skipped: 0

Male

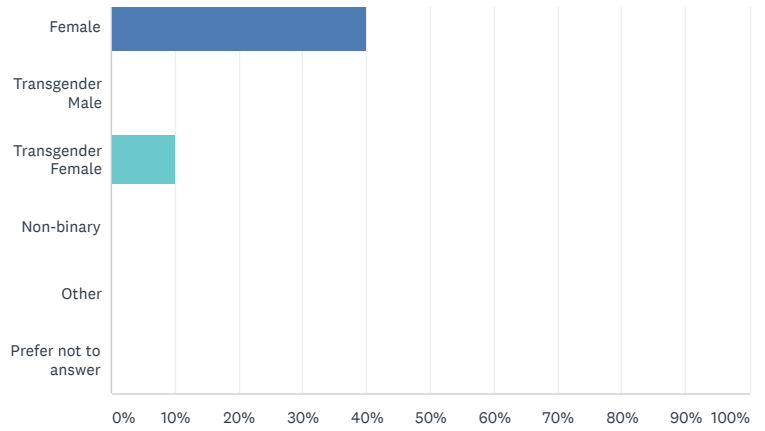


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| ANSWER CHOICES | RESPONSES |
|----------------------|-----------|
| Male | 50.00% |
| Female | 40.00% |
| Transgender Male | 0.00% |
| Transgender Female | 10.00% |
| Non-binary | 0.00% |
| Other | 0.00% |
| Prefer not to answer | 0.00% |
| TOTAL | |

Q3

Please answer the following:

Answered: 10 Skipped: 0

| ANSWER CHOICES | RESPONSES |
|--|-----------------------------------|
| Which year of study are you officially in? | Responses 100.00% |

RESPONSES (10) [WORD CLOUD](#) [TAGS \(0\)](#)

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- Sociology [View respondent's answers](#)
3/13/2020 3:36 PM

- 3 [View respondent's answers](#)
3/13/2020 3:35 PM

- 1 [View respondent's answers](#)
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| ANSWER CHOICES | RESPONSES |
|----------------|-----------|
|----------------|-----------|

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4
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Which faculty are you in? Responses 100.00%

RESPONSES (10) WORD CLOUD TAGS (0)

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Arts
3/13/2020 3:36 PM [View respondent's answers](#)

Arts
3/13/2020 3:35 PM [View respondent's answers](#)

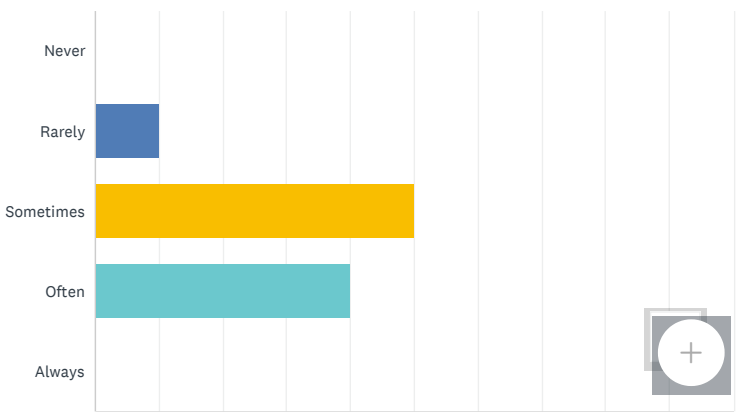
Arts
3/13/2020 3:34 PM [View respondent's answers](#)

Sauder
3/13/2020 3:32 PM [View respondent's answers](#)

Q4 [Customize](#)

“I am struggling to meet my workload requirements and pursue/engage in other interests.” During the school term, how do you feel like this?

Answered: 10 Skipped: 0



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🔗

ANSWER CHOICES

RESPONSES

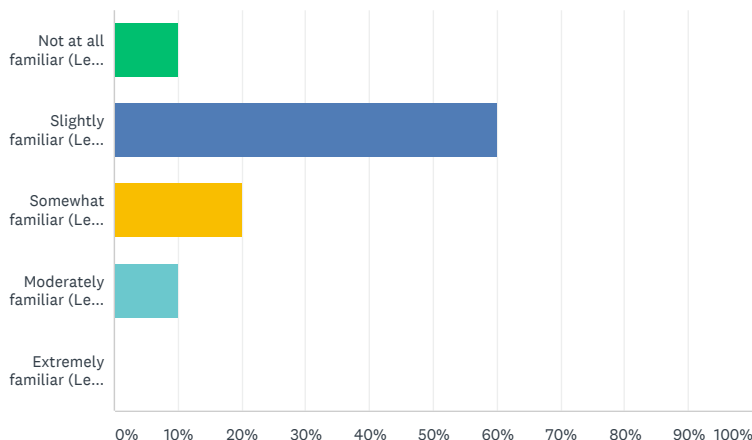
| | |
|--------------|--------|
| Never | 0.00% |
| Rarely | 10.00% |
| Sometimes | 50.00% |
| Often | 40.00% |
| Always | 0.00% |
| TOTAL | |

Q5

Customiz

Which of the following best describes your familiarity with mindfulness? (Note: Levels ranked out of 10.)

Answered: 10 Skipped: 0



ANSWER CHOICES

RESPONSES

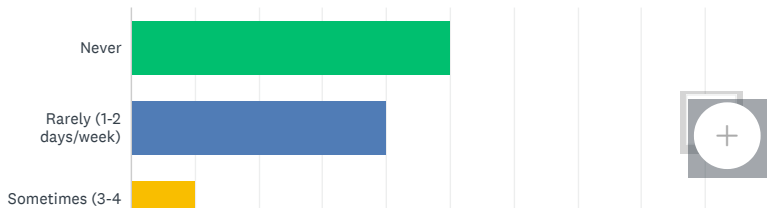
| | |
|-------------------------------|--------|
| Not at all familiar (Level 0) | 10.00% |
| Slightly familiar (Level 3) | 60.00% |
| Somewhat familiar (Level 5) | 20.00% |
| Moderately familiar (Level 8) | 10.00% |
| Extremely familiar (Level 10) | 0.00% |
| TOTAL | |

Q6

Customiz

On a weekly basis, how frequently do you practice mindfulness?

Answered: 10 Skipped: 0

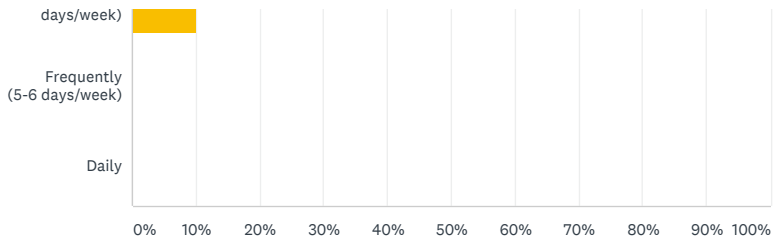


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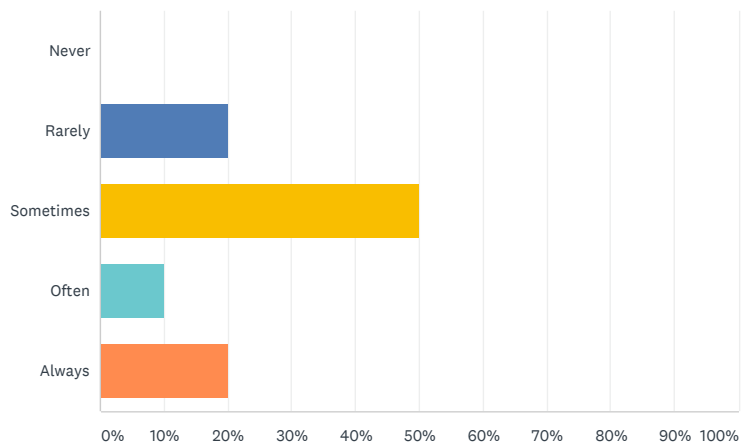
| ANSWER CHOICES | RESPONSES |
|------------------------------|-----------|
| ▼ Never | 50.00% |
| ▼ Rarely (1-2 days/week) | 40.00% |
| ▼ Sometimes (3-4 days/week) | 10.00% |
| ▼ Frequently (5-6 days/week) | 0.00% |
| ▼ Daily | 0.00% |
| TOTAL | |

Q7

[Customize](#)

“I am aware of my physical surroundings.” How often is this true for you?

Answered: 10 Skipped: 0



| ANSWER CHOICES | RESPONSES |
|----------------|-----------|
| ▼ Never | 0.00% |
| ▼ Rarely | 20.00% |
| ▼ Sometimes | 50.00% |
| ▼ Often | 10.00% |
| ▼ Always | 20.00% |
| TOTAL | |

Q8

[Customize](#)

“I am aware of my feelings.” How often is this true for you?

Answered: 10 Skipped: 0

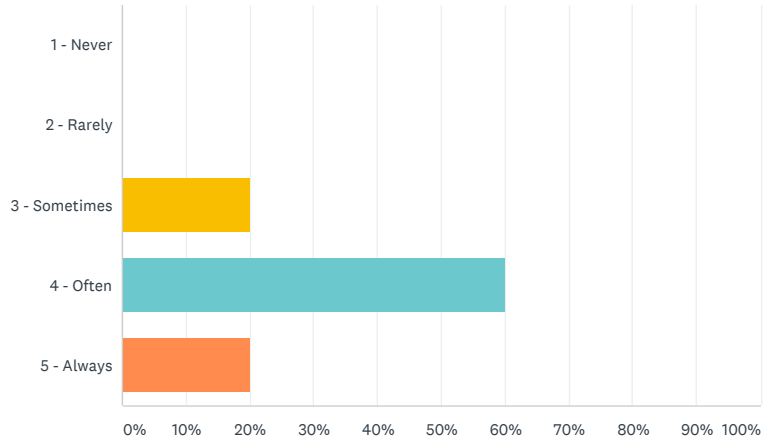


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ANSWER CHOICES

- ▼ 1 - Never
- ▼ 2 - Rarely
- ▼ 3 - Sometimes
- ▼ 4 - Often
- ▼ 5 - Always

RESPONSES

- 0.00%
- 0.00%
- 20.00%
- 60.00%
- 20.00%

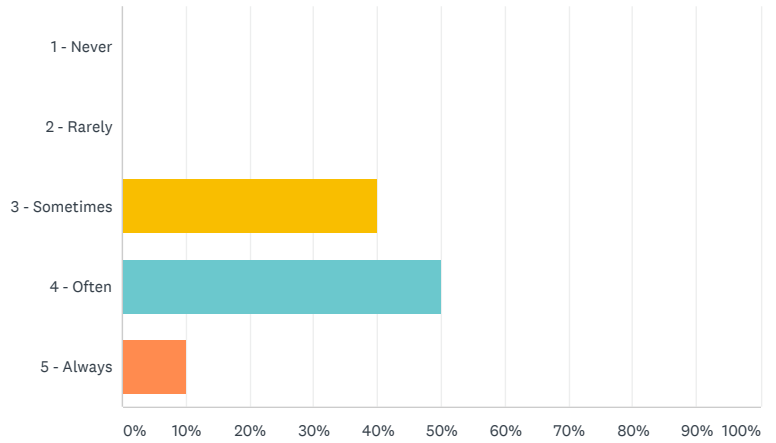
TOTAL

Q9

[Customiz](#)

“I am aware of my thoughts.” How often is this true for you?

Answered: 10 Skipped: 0



ANSWER CHOICES

- ▼ 1 - Never
- ▼ 2 - Rarely
- ▼ 3 - Sometimes
- ▼ 4 - Often
- ▼ 5 - Always

RESPONSES

- 0.00%
- 0.00%
- 40.00%
- 50.00%
- 10.00%

TOTAL



Q10

[Customiz](#)



EXPORTS



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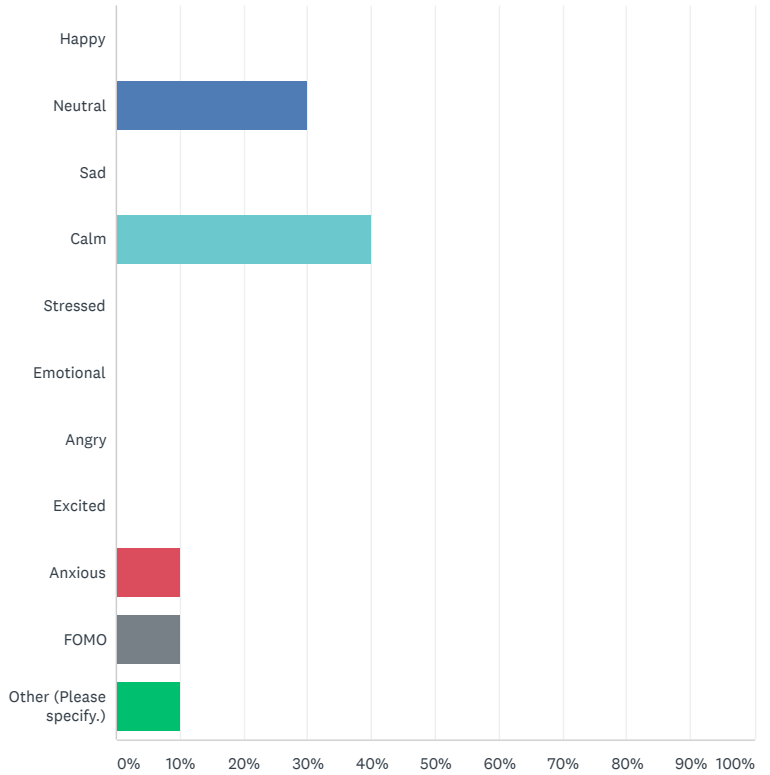
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Which of the following best describes your current emotional

Choose as many as applicable.

Answered: 10 Skipped: 0



ANSWER CHOICES

RESPONSES

| | |
|-------------------------|--------|
| Happy | 0.00% |
| Neutral | 30.00% |
| Sad | 0.00% |
| Calm | 40.00% |
| Stressed | 0.00% |
| Emotional | 0.00% |
| Angry | 0.00% |
| Excited | 0.00% |
| Anxious | 10.00% |
| FOMO | 10.00% |
| Other (Please specify.) | 10.00% |

RESPONSES (1) WORD CLOUD TAGS (0)

Sentiments: 1

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Stressed, anxious, emotional, mood swings, fomo RESPONSES

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TOTAL

