Survey

Start of Block: Demographics

Q29 **IRB Study #1905168368** INDIANA UNIVERSITY STUDY INFORMATION SHEET**Black Students’ Experiences in Academic Settings** You are invited to participate in an online survey about your lived experiences as a Black student attending a college/university. You were asked to participate because you are a Black student attending a college/university and are at least 18 years old. We ask that you read this form very carefully. The study is being conducted by Nelson Zounlome under the faculty supervision of Dr. Joel Wong, members of the Department of Counseling & Educational Psychology. **STUDY PURPOSE** Today you will be participating in an online survey that assess your views and perceptions surrounding your experiences while in school as well as the ways you have attempted to overcome issues that have arose.   **NUMBER OF PEOPLE TAKING PART IN THE STUDY:** If you agree to participate, you will be one of around 400 individuals who will be participating throughout the entirety of the study.   **PROCEDURES FOR THE STUDY:**If you agree to be in the study, you will do the following: You will be asked to think about experiences you have had as a Black student while in college and/or graduate school. You will be asked to answer a series of questions assessing these experiences. You will then read some written materials and asked your views on them. Please note that participants have been randomly assigned to see different written materials; therefore these materials might be different from those other participants see. After reading the materials, you will answer some questions about them. Some of you will also be asked to write a 250-300 word letter and assigned to create a brief video message for other students on a topic related to the materials you read. Afterwards, you will be asked a few more questions about your experience in school. This entire process should take you approximately 30-40 minutes to complete.  About 1 month later, we will email you another, shorter survey for you to complete. This survey should take you approximately 10-15 minutes to complete. We are not able to provide you with all the details regarding the full purpose of the study at this time, but willprovide additional information at the conclusion of the study. **RISKS OF TAKING PART IN THE STUDY:**Completing the survey should not be harmful to you.  However, some of the information you receive while participating in the experiment may be mildly irritating to you, but this information should not be more harmful to you than irritating information you may encounter in everyday life.   **BENEFITS OF TAKING PART IN THE STUDY:** There are no direct benefits to you, however, this research has the potential to inform a very important but overlooked aspect of research on the experiences of Black students in college/graduate school. The information that is acquired from this study may give us some insight into the impact the different encounters Black students experience in school has on them. If we can better identify these, we may be able to increase support for Black students which could help them better navigate their environments and increase their psychological well-being and academic success. **PAYMENT**There is no payment for participating in this study.  **CONFIDENTIALITY** The responses participants provide are confidential. Your identity will be held in confidence in reports in which the study may be published. Your video will only be used for research and educational purposes.  For example, we may show your video to other students. Organizations that may inspect and/or copy your research records for quality assurance and data analysis include groups such as the study investigator and his/her/their research associates, the IUB Institutional Review Board or its designees, and (as allowed by law) state or federal agencies, specifically the Office for Human Research Protections (OHRP) who may need to access your research records.**FUTURE USE**Information collected from you for this study may be used for future research studies or shared with other researchers for future research.  If this happens, information which could identify you will be removed before any information or specimens are shared.  Since identifying information will be removed, we will not ask for your additional consent. **CONTACTS FOR QUESTIONS OR PROBLEMS** For questions about the study or a research-related injury, you may contact the researcher, Nelson Zounlome, email: nzounlom@indiana.edu.  You may also contact the faculty supervisors for this study Dr. Joel Wong (812) 856-8293. (email: joelwong@indiana.edu).   For questions about your rights as a research participant or to discuss problems, complaints or concerns about a research study, or to obtain information, or offer input, contact the IU Human Subjects Office at (812) 856-4242 or by email at irb@iu.edu**VOLUNTARY NATURE OF STUDY** Taking part in this study is voluntary. You may choose not to take part or may leave the study at any time.  Leaving the study will not result in any penalty or loss of benefits to which you are entitled.  Your decision whether or not to participate in this study will not affect your current or future relations with the investigator(s).

* Yes, I consent to participate in this study. (1)
* No, I do not provide consent. (2)

Skip To: End of Survey If IRB Study #1905168368  INDIANA UNIVERSITY STUDY INFORMATION SHEET   Black Students’ Experiences i... = No, I do not provide consent.

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Q83 Click to write the question text

* Click to write Choice 1 (1)
* Click to write Choice 2 (2)
* Click to write Choice 3 (3)

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Q3 What is your age?

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Q5 Gender identification:

* Female (1)
* Trans-Woman (2)
* Male (3)
* Trans-man (4)
* Prefer to self-identify (5) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Prefer to not disclose (6)

Q34 Sexuality:

* Heterosexual (1)
* Gay (2)
* Bisexual (3)
* Lesbian (4)
* Queer (5)
* Prefer to self-identify (6) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Prefer to not disclose (7)

Q7 Please select your appropriate status:

* International Student (1)
* U.S. Citizen/Permanent Resident (2)
* Deferred Action for Childhood Arrivals (DACA) (3)
* Alternative Status (4) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Display This Question:

If Please select your appropriate status: = International Student

Q9 What is your country of origin?

▼ Afghanistan (1) ... Other (199)

Q11 What is your racial/ethnic identification? (**Please select all the responses that are applicable**)

* Black/African American (1)
* White/Caucasian (2)
* Asian/Asian American (3)
* Native Hawaiian/Pacific Islander (4)
* Hispanic/Latino(a)/Latinx (5)
* Native/American Indian/Native American/Indigenous (6)
* Alternative Identification (7) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Skip To: End of Survey If What is your racial/ethnic identification? (Please select all the responses that are applicable) != Black/African American

Q13 Please select the degree of the program in which you are **currently** enrolled?

* Bachelor's (1)
* Master (2)
* Doctorate (3)
* Professional Schools (e.g., MD, JD,MBA, etc) (4)
* Other (5) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q15 What field of study are you in? (e.g., Biology, Public Health, Psychology, etc)

▼ Accounting (1) ... Other (76)

Display This Question:

If What field of study are you in? (e.g., Biology, Public Health, Psychology, etc) = Other

Q17 You selected "Other." In the space below, please provide your current field of study?

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Q19 **Please select the box that corresponds to the classification of your *CURRENT* university.**  
   
 Definitions:  
 1. **Predominantly White Institution (PWI)** is the term used to describe institutions of higher learning in which White individuals account for 50% or greater of the student enrollment.  
    
 2. **Historically Black Colleges and Universities** (**HBCUs**) are institutions of higher education in the United States that were established before 1964 with the intention of primarily serving theAfrican American community due to the overwhelming majority of predominantly White institutions of higher-learning banning qualified African Americans from enrollment.  
    
 3. **Tribal College/University** are institutions that qualify for funding under the Tribally Controlled Colleges and Universities Assistance Act of 1978 (25 U.S.C. 1801 et seq.) or the Navajo Community College Act (25 U.S.C. 640a note); or is cited in section 532 of the Equity in Educational Land-Grant Status Act of 1994 (7 U.S.C. 301 note). The educational institutions are distinguished by being controlled and operated by American Indian/Native American tribes.   
    
 4. **Hispanic-Serving Institution (HSI)** are institutions participating in a federal program designed to assist colleges or universities in the United States that attempt to assist first-generation, majority low-income Hispanic students

* Predominantly White Institution (PWI) (1)
* Historically Black College & University (HBCU) (2)
* Tribal College/University (3)
* Hispanic Serving Institution (HSI) (4)

Q21 What is the number of years that you have completed in your program?

▼ Less than 1 year, just started program (1) ... More than 10 (11)

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Q23 What year do you plan to complete your current degree?

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Q25 Are you married or in a committed relationship?

* Yes (1)
* No (2)

Q27 Do you have children?

* Yes (1)
* No (2)

Q35 What is your current **overall** GPA?

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Q29 On a scale of 1 to 10 (1 = very dissatisfied and 10 = very satisfied), how would you rate your current satisfaction with your academic program and/or major?

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|  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

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| Slide the bar to the appropriate rating on your current satisfaction with your academic program. () |  |

Q31 Using a percentage (0% = very improbable and 100% = absolute certainty), what is the probability that you will complete your current degree?

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|  | 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |

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| Indicate the appropriate rating on the probability that you will complete your current degree. () |  |

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Q33 In the following pages of the survey, you will be asked to briefly write about issues you've faced as a **Black college and/or graduate student** while in school.

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End of Block: Demographics

Start of Block: Private Regard

Q69 **Instructions**: Rate each item as it pertains to you personally. There are no right or wrong answers. Base your ratings on how you feel most of the time. Try to be as honest as you can.

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|  | Strongly Disagree (1) | Moderately Disagree (2) | Disagree (12) | Unsure (13) | Agree (14) | Moderately Agree (15) | Strongly Agree (16) |
| I feel good about Black people. (1) |  |  |  |  |  |  |  |
| I am happy that I am Black. (18) |  |  |  |  |  |  |  |
| I feel that Black people have made major accomplishments and advancements. (19) |  |  |  |  |  |  |  |
| I often regret that I am Black. (20) |  |  |  |  |  |  |  |
| I am proud to be Black. (21) |  |  |  |  |  |  |  |
| I feel that the Black community has made valuable contributions to this society. (22) |  |  |  |  |  |  |  |

End of Block: Private Regard

Start of Block: Public Regard

Q70 **Instructions**: Rate each item as it pertains to you personally. There are no right or wrong answers. Base your ratings on how you feel most of the time. Try to be as honest as you can.

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|  | Strongly Disagree (1) | Moderately Disagree (2) | Disagree (12) | Unsure (13) | Agree (14) | Moderately Agree (15) | Strongly Agree (16) |
| Overall, Black people are considered good by others. (1) |  |  |  |  |  |  |  |
| In general, others respect Black people. (24) |  |  |  |  |  |  |  |
| Most people consider Blacks, on average, to be more ineffective than other racial groups. (25) |  |  |  |  |  |  |  |
| Black people are not respected by the broader society. (26) |  |  |  |  |  |  |  |
| In general, other groups view Black people in a positive manner. (27) |  |  |  |  |  |  |  |
| Society views Black people as an asset. (28) |  |  |  |  |  |  |  |

End of Block: Public Regard

Start of Block: Internalized Oppression

Q71 **Instructions**:NEED TO ADD INSTRUCTIONS AS WELL AS CHECK SCALE RANGE

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|  | Strongly Disagree (1) | Moderately Disagree (2) | Disagree (12) | Unsure (13) | Agree (14) | Moderately Agree (15) | Strongly Agree (16) |
| Because of my race, I feel useless at times. (1) |  |  |  |  |  |  |  |
| I wish I were not a member of my race. (30) |  |  |  |  |  |  |  |
| Whenever I think a lot about being a member of my racial group, I feel depressed. (31) |  |  |  |  |  |  |  |
| Whites are better at a lot of things than people of my race. (37) |  |  |  |  |  |  |  |
| People of my race don't have much to be proud of. (32) |  |  |  |  |  |  |  |
| It is a compliment to be told "You don't act like a member of your race." (33) |  |  |  |  |  |  |  |
| When I look in the mirror, sometimes I do not feel good about what I see because of my race. (34) |  |  |  |  |  |  |  |
| I feel that being a member of my racial group is a shortcoming. (35) |  |  |  |  |  |  |  |

End of Block: Internalized Oppression

Start of Block: Culturally Informed

Q79 Below you will be presented with 3 short letters written by **current Black college/graduate students**. After you are finished, you will be asked questions about the letters, so please make sure to read each one carefully.

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Q76   
**LETTER 1**   
    
Remember you can do this. You’re here for a reason. Your voice and presence are important. You matter. Don’t forget that.   
 

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Q131 According to the letter you just read, the student advised you to you your voice.

* True (1)
* False (2)

Q81 How encouraging was the letter you just read?

* Not Encouraging At All (1)
* Somewhat Encouraging (2)
* Encouraging (4)
* Very Encouraging (3)

Q83 Please summarize the letter you just read. Feel free to use key words and/or bullet points.

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Q88 Please list the names of at least 1 or 2 people (real or fictional) that you feel embody the message in the letter you just read.

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Q77   
**LETTER 2**   
    
Take mental health days. Especially in this current social-political climate, between 45 in office, police murdering Black folks, DeVos trying to roll back Title XI stuff, shit is REAL right now. What's most important, above all of your obligations, tasks, and opportunities is YOU and your mental stability. If you're not good, you can't be effective. Whatever that means-- sleeping all day, going to Indy for the day, going home-- whatever it may be, do that. And do it as necessary. 

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Q132 According to the letter you just read, the student advised you to you your voice.

* True (1)
* False (2)
* False (4)

Q80 How encouraging is the letter you just read?

* Not Encouraging At All (1)
* Somewhat Encouraging (2)
* Encouraging (4)
* Very Encouraging (3)

Q86 Please summarize the letter you just read. Feel free to use key words and/or bullet points.

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Q84 Please list the names of at least 1 or 2 people (real or fictional) that you feel embody the message in the letter you just read.

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Q78   
**LETTER 3**   
    
You can get knocked down, but get back up. Prove those who doubt you wrong. Show the world that women of color are not to be pushed into our stereotypical boxes. We can do whatever we set our minds to. We are strong. We are unified. We will not back down.

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Q133 According to the letter you just read, the student advised you to you your voice.

* True (1)
* False (2)

Q82 How encouraging is the letter you just read?

* Not Encouraging At All (1)
* Somewhat Encouraging (2)
* Encouraging (4)
* Very Encouraging (3)

Q85 Please summarize the letter you just read. Feel free to use key words and/or bullet points.

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Q87 Please list the names of at least 1 or 2 people (real or fictional) that you feel embody the message in the letter you just read.

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Display This Question:

If What is your racial/ethnic identification? (Please select all the responses that are applicable) = Black/African American

Q60 **Instructions**: We are interested in the obstacles you've faced as a **Black student** while in college/graduate school.  In the space below, please describe **1 or 2** of the **biggest obstacles** you’ve facedas a **Black college/graduate** **student**. We recognize that you may have encountered several challenges, however, we are interested in the **most difficult obstacles** you've faced. Feel free to reflect upon your experiences before writing.

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Display This Question:

If What is your racial/ethnic identification? (Please select all the responses that are applicable) = Black/African American

Q64 How have you attempted to address or overcome the obstacle/s you wrote about in the previous question? In your response, please be as detailed as possible.

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Display This Question:

If What is your racial/ethnic identification? (Please select all the responses that are applicable) = Black/African American

Q65 **Instructions**: Based on the advice you’ve provided, we would like you to write a letter of encouragement to another Black student facing a similar issue as you. The purpose of this letter is to **inspire** them as well as instill **courage**, **perseverance**, **confidence**, and **hope** that they can **persist** through the challenge they are facing.   
  
  
Towards this end, we ask that you first briefly state the biggest issue/s that you’ve faced as a **Black college/graduate  student** and then provide your advice on how to overcome it. We ask that your encouragement letter be between **250-300 words**.

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Q89  We would like for you to use a device (phone, camera, computer) to record yourself reading the letter you wrote. Please take this activity seriously because, as was mentioned earlier, we hope to show the video messages prepared by participants in this study to other **Black students**. Your encouragement and advice to these Black students would be really important because they might view you as a role model and because they may be going through similar issues as you. Ideally, you want to come across as passionate about the encouragement and advice you’re giving them. Be a strong advocate for the message you’re sharing.  
  
  
Please upload your video below once you are done with it.

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| Page Break |  |

Q91 In this last section of the survey, you will be asked some questions related to your time as a college/graduate student.

End of Block: Culturally Informed

Start of Block: Generic

Q94 Below you will be presented with 3 short letters written by **current college/graduate students**. After you are finished, you will be asked questions about the letters, so please make sure to read each one carefully.

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Q95   
**LETTER 1**   
    
Remember you can do this. You’re here for a reason. Your voice and presence are important. You matter. Don’t forget that.   
 

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| Page Break |  |

Q135 According to the letter you just read, the student advised you to you your voice.

* True (1)
* False (2)

Q96 How encouraging was the letter you just read?

* Not Encouraging At All (1)
* Somewhat Encouraging (2)
* Encouraging (4)
* Very Encouraging (3)

Q97 Please summarize the letter you just read. Feel free to use key words and/or bullet points.

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Q98 Please list the names of at least 1 or 2 people (real or fictional) that you feel embody the message in the letter you just read.

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Q99   
**LETTER 2**   
    
Take mental health days. Especially in this current social-political climate, between 45 in office, police murdering Black folks, DeVos trying to roll back Title XI stuff, shit is REAL right now. What's most important, above all of your obligations, tasks, and opportunities is YOU and your mental stability. If you're not good, you can't be effective. Whatever that means-- sleeping all day, going to Indy for the day, going home-- whatever it may be, do that. And do it as necessary. 

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| Page Break |  |

Q136 According to the letter you just read, the student advised you to you your voice.

* True (1)
* False (2)

Q100 How encouraging is the letter you just read?

* Not Encouraging At All (1)
* Somewhat Encouraging (2)
* Encouraging (4)
* Very Encouraging (3)

Q101 Please summarize the letter you just read. Feel free to use key words and/or bullet points.

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Q102 Please list the names of at least 1 or 2 people (real or fictional) that you feel embody the message in the letter you just read.

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Q103   
**LETTER 3**   
    
You can get knocked down, but get back up. Prove those who doubt you wrong. Show the world that women of color are not to be pushed into our stereotypical boxes. We can do whatever we set our minds to. We are strong. We are unified. We will not back down.

|  |  |
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| Page Break |  |

Q137 According to the letter you just read, the student advised you to you your voice.

* True (1)
* False (2)

Q104 How encouraging is the letter you just read?

* Not Encouraging At All (1)
* Somewhat Encouraging (2)
* Encouraging (4)
* Very Encouraging (3)

Q105 Please summarize the letter you just read. Feel free to use key words and/or bullet points.

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Q106 Please list the names of at least 1 or 2 people (real or fictional) that you feel embody the message in the letter you just read.

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Display This Question:

If What is your racial/ethnic identification? (Please select all the responses that are applicable) = Black/African American

Q107 **Instructions**: We are interested in the obstacles you've faced as a student while in college/graduate school.  In the space below, please describe **1 or 2** of the **biggest obstacles** you’ve facedas a **college/graduate** **student**. We recognize that you may have encountered several challenges, however, we are interested in the **most difficult obstacles** you've faced. Feel free to reflect upon your experiences before writing.

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Display This Question:

If What is your racial/ethnic identification? (Please select all the responses that are applicable) = Black/African American

Q108 How have you attempted to address or overcome the obstacle/s you wrote about in the previous question? In your response, please be as detailed as possible.

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Display This Question:

If What is your racial/ethnic identification? (Please select all the responses that are applicable) = Black/African American

Q109 **Instructions**: Based on the advice you’ve provided, we would like you to write a letter of encouragement to another student facing a similar issue as you. The purpose of this letter is to **inspire** them as well as instill **courage**, **perseverance**, **confidence**, and **hope** that they can **persist** through the challenge they are facing.   
  
  
Towards this end, we ask that you first briefly state the biggest issue/s that you’ve faced as a **college/graduate  student** and then provide your advice on how to overcome it. We ask that your encouragement letter be between **250-300 words**.

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Q110  We would like for you to use a device (phone, camera, computer) to record yourself reading the letter you wrote. Please take this activity seriously because, as was mentioned earlier, we hope to show the video messages prepared by participants in this study to other **Black students**. Your encouragement and advice to these Black students would be really important because they might view you as a role model and because they may be going through similar issues as you. Ideally, you want to come across as passionate about the encouragement and advice you’re giving them. Be a strong advocate for the message you’re sharing.  
  
  
Please upload your video below once you are done with it.

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Q111 In this last section of the survey, you will be asked some questions related to your time as a college/graduate student.

End of Block: Generic

Start of Block: Control

Q112 Below you will be presented with some tips on how to do well in school. After you are finished, you will be asked questions about the tips, so please make sure to read each one carefully.

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Q113   
**Tips to Help You Succeed in College/Graduate School**   
  
   
 

Q130 Timing

First Click (1)

Last Click (2)

Page Submit (3)

Click Count (4)

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Q114 How encouraging were the tips you just read?

* Not Encouraging At All (1)
* Somewhat Encouraging (2)
* Encouraging (4)
* Very Encouraging (3)

Q115 Please summarize the tips you just read. Feel free to use key words and/or bullet points.

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Q116 Please list the names of at least 1 or 2 people (real or fictional) that you feel embody the message in the tips you just read.

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Q123 According to the information provided to you, simply memorizing course material is one way to do well in school.

* True (4)
* False (5)

Q128 According to the information provided to you, you should not be late for or miss appointments.

* True (4)
* False (5)

Q129 According to the information provided to you, you should pack up to leave before class is over.

* True (4)
* False (5)

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Q129 In this last section of the survey, you will be asked some questions related to your time as a college/graduate student.

End of Block: Control

Start of Block: Perseverance

Q72 **Instructions**:Reflecting on your experiences as a student of color in college/graduate school, please indicate the extent to which you agree with each of the following statements.  

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Strongly Disagree (1) | Disagree (2) | Somewhat Disagree (12) | Somewhat Agree (13) | Agree (14) | Strongly Agree (15) |
| I remind myself of my self-worth. (1) |  |  |  |  |  |  |
| I believe in myself. (38) |  |  |  |  |  |  |
| I engage in practices that support my well-being. (39) |  |  |  |  |  |  |
| Others’ negativity will not stop me from succeeding. (40) |  |  |  |  |  |  |
| I will persist despite the odds. (41) |  |  |  |  |  |  |
| I use my inner strength to guide me towards my success. (42) |  |  |  |  |  |  |
| I will not allow myself to quit. (43) |  |  |  |  |  |  |
| I am determined to be successful. (44) |  |  |  |  |  |  |

End of Block: Perseverance

Start of Block: State Self-Esteem

Q75 **Instructions**:This is a questionnaire designed to measure what you've been thinking over the **past two weeks**. There is, of course, no right answer for any statement. The best answer is what you feel is true of yourself over the **past two week**s. Be sure to answer all of the items, even if you are not certain of the best answer. Again, answer these questions as they are true for you over the **past two weeks**.  

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Not At All (1) | A Little Bit (2) | Somewhat (12) | Very Much (13) | Extremely (14) |
| I feel confident about my abilities. (1) |  |  |  |  |  |
| I feel frustrated or rattled about my performance. (38) |  |  |  |  |  |
| I feel that I am having trouble understanding things that I read. (39) |  |  |  |  |  |
| I feel as smart as others. (40) |  |  |  |  |  |
| I feel confident that I understand things. (41) |  |  |  |  |  |
| I feel that I have less scholastic ability right now than others. (42) |  |  |  |  |  |
| I feel like I'm not doing well. (43) |  |  |  |  |  |
| I am worried about whether I am regarded as a success or failure. (44) |  |  |  |  |  |
| I feel self-conscious. (45) |  |  |  |  |  |
| I feel displeased with myself. (46) |  |  |  |  |  |
| I am worried about what other people think of me. (47) |  |  |  |  |  |
| I feel inferior to others at this moment. (48) |  |  |  |  |  |
| I feel concerned about the impression I am making. (49) |  |  |  |  |  |
| I am worried about looking foolish. (50) |  |  |  |  |  |

End of Block: State Self-Esteem

Start of Block: DASS

Q73 Please respond to the following items based on how you felt in the **past 2 weeks**. There is no right or wrong answer.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Did not apply to me at all (1) | Applied to me to some degree, or some of the time (4) | Applied to me to a considerable degree, or a good part of time (5) | Applied to me very much, or most of the time (6) |
| I found it hard to wind down. (1) |  |  |  |  |
| I was aware of dryness of my mouth. (4) |  |  |  |  |
| I couldn't seem to experience any positive feeling at all. (5) |  |  |  |  |
| I experienced breathing difficulty (e.g., excessively rapid breathing, breathlessness in the absence of physical exertion). (6) |  |  |  |  |
| I found it difficult to work up the initiative to do things. (7) |  |  |  |  |
| I tended to over-react to situations. (8) |  |  |  |  |
| I experienced trembling (e.g., in the hands). (9) |  |  |  |  |
| I felt that I was using a lot of nervous energy. (10) |  |  |  |  |
| I was worried about situations in which I might panic and make a fool of myself. (11) |  |  |  |  |
| I felt that I had nothing to look forward to. (12) |  |  |  |  |
| I found myself getting agitated. (13) |  |  |  |  |
| I found it difficult to relax. (14) |  |  |  |  |
| I felt down-hearted and blue. (15) |  |  |  |  |
| I was intolerant of anything that kept me from getting on with what I was doing. (16) |  |  |  |  |
| I felt I was close to panic. (17) |  |  |  |  |
| I was unable to become enthusiastic about anything. (18) |  |  |  |  |
| I felt I wasn't worth much as a person. (19) |  |  |  |  |
| I felt that I was rather touchy. (20) |  |  |  |  |
| I was aware of the action of my heart in the absence of physical exertion (e.g., sense of heart rate increase, heart missing a beat). (21) |  |  |  |  |
| I felt scared without any good reason. (22) |  |  |  |  |
| I felt that life was meaningless. (23) |  |  |  |  |

End of Block: DASS

Start of Block: RBFIS

Q74 Reflecting on your experiences as a student of color, please indicate the extent to which you agree with each of the following statements.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Strongly Disagree (1) | Disagree (2) | Somewhat Disagree (3) | Somewhat Agree (4) | Agree (5) | Strongly Agree (6) |
| Dealing with negative racial encounters causes discomfort. (41) |  |  |  |  |  |  |
| Dealing with racially-charged situations frustrate me. (43) |  |  |  |  |  |  |
| Dealing with racially-charged situations increases my stress. (105) |  |  |  |  |  |  |
| Negative race-related experiences leave me feeling on edge. (106) |  |  |  |  |  |  |
| Negative race-related experiences leave me feeling mentally exhausted. (107) |  |  |  |  |  |  |
| I notice that the impact of racially-charged interactions stick with me long after the encounter occurs. (45) |  |  |  |  |  |  |
| I question my ability to succeed because of people's expectations of my racial group. (47) |  |  |  |  |  |  |
| Seeing White people benefit from their privilege leaves me feeling hopeless about my future success. (113) |  |  |  |  |  |  |
| Negative racial encounters make me worry about others' perceptions of my academic abilities. (116) |  |  |  |  |  |  |
| Dealing with racially-charged situations leave me feeling hopeless about my future success. (114) |  |  |  |  |  |  |
| People’s negative perceptions of my ethnic group lead me to question my intellectual ability. (115) |  |  |  |  |  |  |

End of Block: RBFIS

Start of Block: Academic Self-Efficacy

Q77 **Instructions**: How much confidence do you have in your ability to complete the following tasks as a college or graduate student?

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 0=No confidence (1) | 1 (2) | 2 (3) | 3 (4) | 4 (5) | 5 (6) | 6 (7) | 7 (8) | 8 (9) | 9=Complete confidence (10) |
| Remain enrolled in your major/program over the next semester. (1) |  |  |  |  |  |  |  |  |  |  |
| Remain enrolled in your major/program over the next two semesters. (4) |  |  |  |  |  |  |  |  |  |  |
| Excel in your major/program over the next semester. (5) |  |  |  |  |  |  |  |  |  |  |
| Excel in your major/program over the next two semesters. (6) |  |  |  |  |  |  |  |  |  |  |
| Complete the upper level required courses in your major/program with overall grade point average of B or better. (8) |  |  |  |  |  |  |  |  |  |  |
| Cope with a lack of support from professors or your advisor. (18) |  |  |  |  |  |  |  |  |  |  |
| Complete a degree despite financial pressures. (19) |  |  |  |  |  |  |  |  |  |  |
| Continue on in your major/program even if you did not feel well-liked by your classmates or professors. (20) |  |  |  |  |  |  |  |  |  |  |
| Find ways to overcome communication problems with professors or teaching assistants in your courses. (21) |  |  |  |  |  |  |  |  |  |  |
| Balance the pressures of studying with the desire to have free time for fun and other activities. (22) |  |  |  |  |  |  |  |  |  |  |
| Continue on in your major/program even if you felt that, socially, the environment was not very welcoming to you. (23) |  |  |  |  |  |  |  |  |  |  |
| Find ways to study effectively for your courses despite having competing demands for your time. (24) |  |  |  |  |  |  |  |  |  |  |

End of Block: Academic Self-Efficacy

Start of Block: End

Q32 Thank you for your participation in our study, we really appreciate your time!

End of Block: End