



# Stressed @ Brock

Participant Newsletter - October 2012

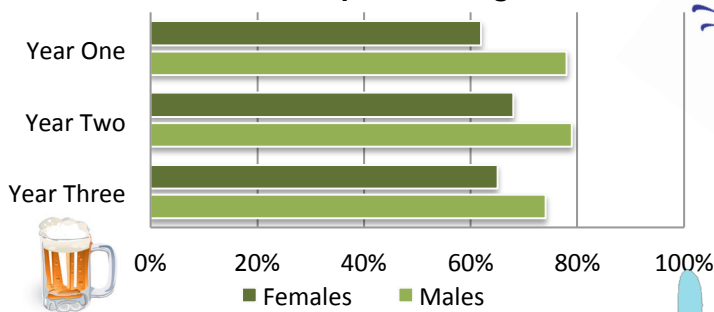
We're back with more results and another opportunity to make some cash!

Earn **\$40 CASH** by participating again this January!

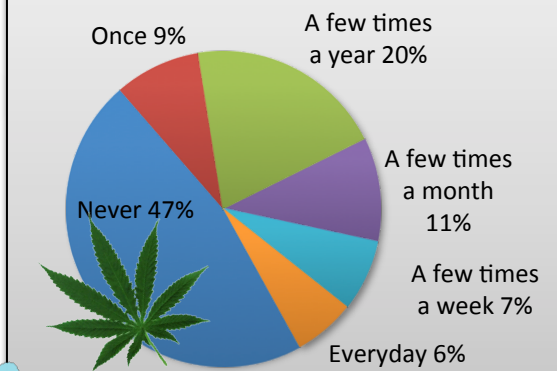
An email invitation will be coming your way!

## DRINKING AND DRUGS @ BROCK

**Binge Drinking:** Students who consumed, on average, more than 4 or 5 drinks per drinking occasion

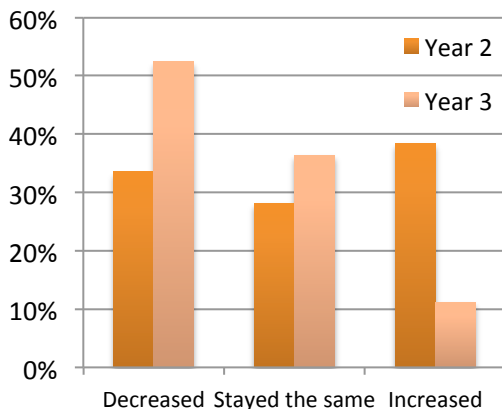


## How often did students smoke marijuana in their third year?



74% of students who smoked cigarettes last year reported that they wanted to *quit* smoking

How has cigarette consumption changed for smokers from year 2 to year 3?

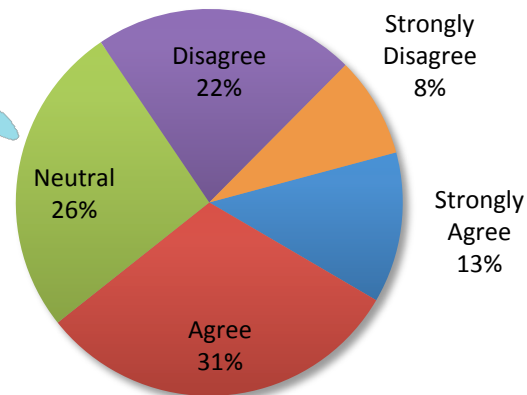


Thanks for the SPIT!

We are currently using the collected spit samples to measure stress through cortisol levels

## PROCRASTINATION @ BROCK

When I have a deadline, I wait until the last minute



Services at Brock, such as Student Health Services, have used the overall findings to help inform their programming. Please note that identifying information is *never* disclosed.

**STRESSED @ BROCK DOESN'T END AT BROCK!** Keep earning money even after graduation! Update your contact information at [Stress.Brock@gmail.com](mailto:Stress.Brock@gmail.com)

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## How has students' stress changed over the years?

### TOP 3 STRESSORS

Year One	Year Two	Year Three
1. Grades	1. Time	1. Time
2. Time	2. Money	2. Money
3. Money	3. Grades	3. Grades

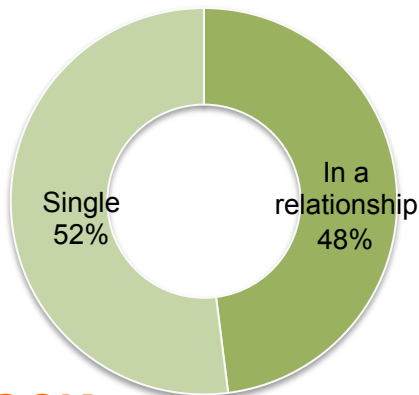
### TOP 3 STRESS RELIEVERS

Consistent across the years...

1. Do something else to think about it less
2. Try to get advice from others
3. Get emotional support from others

## SEX @ BROCK

### Relationship Status in Third Year

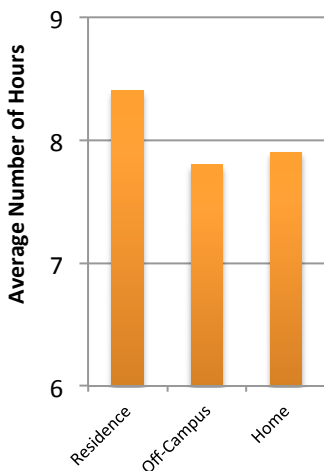


96.3% of students stated that they were comfortable with their sexual orientation



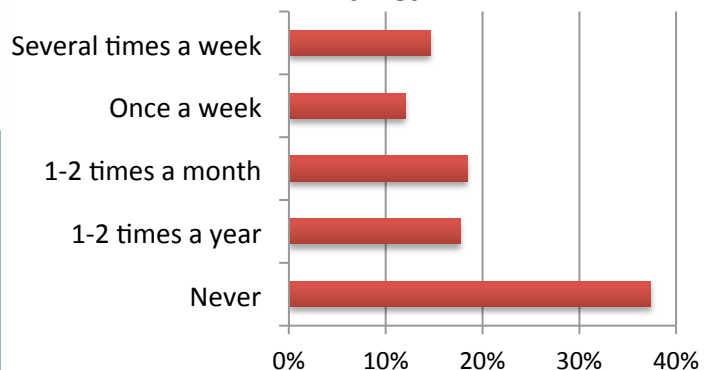
## SLEEP PATTERNS @ BROCK

### How long did you sleep in first year?



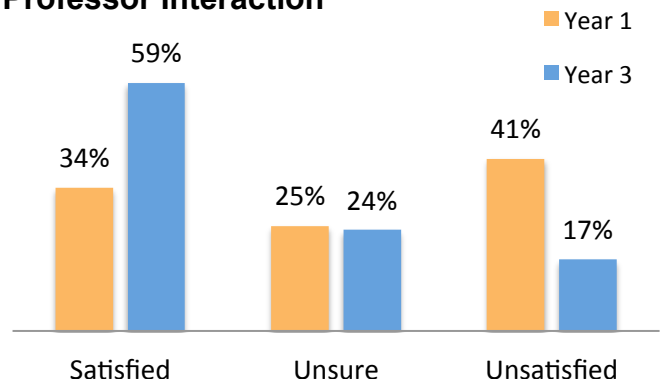
Students living at home in first year reported a more *consistent* sleep schedule between weekdays and weekends than students in residence. However, *quality* of sleep among the groups did not differ.

### Sexual Activity without Condom Use in Third Year



## LEARNING @ BROCK

### Satisfaction with the level of Student-Professor Interaction



Average Wake-Up Time

10:36 am  
9:42 am  
9:18 am

Residence  
Off Campus  
Home

Average Bedtime

1:42 am  
1:24 am  
12:54 am



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