

CTLD Peer Associates Project
Encouraging students' use of University resources
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Informed by Self-determination Theory and Motivational Interviewing techniques, we developed and tested a questionnaire that asked students to reflect on their success needs and that was designed to increase students' use of MSU Denver resources.

In a pilot test, we found that the questionnaire tended to increase students' sense of importance and confidence for using MSU Denver resources. The survey is included below.

Introduction:

In this class, we are on a collaborative mission to advance everyone's skills, knowledge, and even opportunities in life. As part of this mission, we are inviting you to take part in research about what college students need and about the usefulness of MSU Denver's student resources. To structure the conversation, we've made some assumptions about what students need. Your ideas and feedback on these assumptions are needed. If you might be onboard with participating in the research, please review the informed consent I'm passing out and, if you decide to, take part in the survey. Feel free to ask me any questions about participating in this research. Please know there are no benefits or draw backs to participating or not participating in this research. Your grade or class standing will not be affected. The survey is anonymous. If you decide not to participate, please simply turn in a blank survey.

On a scale from 1 to 10, 1 being not at all important and 10 being extremely important, how *important* do you think it is for you to, before the semester's end, use a new to you University resource to advance your college experience and/or future career opportunities? Please mark a box.

<i>Not at all important</i>								<i>Extremely important</i>	
1	2	3	4	5	6	7	8	9	10

On a scale from 1 to 10, 1 being not at all confident and 10 being extremely confident, how *confident* are you that, before the semester's end, you will use a new to you University resource to advance your college experience and/or future career opportunities? Please mark a box.

<i>Not at all confident</i>								<i>Extremely confident</i>	
1	2	3	4	5	6	7	8	9	10

On a scale from 1 to 10, 1 being not at all ready and 10 being extremely ready, how *ready* are you to use, at any time, University resources to advance your college experience and/or future career opportunities? Please mark a box.

<i>Not at all ready</i>								<i>Extremely ready</i>	
1	2	3	4	5	6	7	8	9	10

Environment:

To advance my student experience,	I'd very much like to grow this.		I'd sort of like to grow this.		I do not need to grow this.	
	5	4	3	2	1	
I have the tools I need to function well as a student (computer, fast internet, office supplies, desk, a welcoming study space/place, transportation, etc.)	5	4	3	2	1	
I have the resources needed for staying healthy (healthy food, medical care, mental health care, medications, resources for physical activity, sleep, etc.)	5	4	3	2	1	
I have supportive relationships with friends, family, peers, mentors, and professors who encourage me and whom I support and encourage as well.	5	4	3	2	1	
Worry about money does not affect my studies because I have enough for now.	5	4	3	2	1	

Confidence & Identity:

To advance my student experience,	I'd very much like to grow this.		I'd sort of like to grow this.		I do not need to grow this.	
	5	4	3	2	1	
I am confident that the time, energy, and money I'm investing in this degree path will eventually pay off in terms of the type of work I will get to do and the opportunities for advancement I will have.	5	4	3	2	1	
While I am many things and have many different roles in life, one of my main roles is 'student' and I embrace that label or identity.	5	4	3	2	1	
While I have much to learn, I can easily see myself becoming a professional, making a difference in my field, and enjoying a productive career.	5	4	3	2	1	
I am guided and motivated by knowing what work I enjoy, my strengths, values, and my life purpose.	5	4	3	2	1	
For the most part, I feel like I belong at this University. My clothes, body, access needs, social situation, culture, gender, financial status, grades, intellect, ideas, etc. 'fit' here.	5	4	3	2	1	

Approaches & knowledge:

To advance my student experience,	I'd very much like to grow this.		I'd sort of like to grow this.		I do not need to grow this.	
While imperfect, generally, I have enough time for all that needs to be done (productive self-care, homework, making a living, taking care of others, etc.).	5	4	3	2	1	
I have skills and resources for adjusting and keeping going in the face of challenges (poor grades, imposter syndrome, setbacks, hardships, perfectionism, etc.).	5	4	3	2	1	
I make use of University resources (professors, departments, tutors, teach assistants, student services, student clubs, career services, etc.) because I know about them, feel most of them are high-quality/useful, and am okay with using resources to get what I want and need.	5	4	3	2	1	
I feel confident that I'm on top of what classes I need to take each semester and experiences (volunteer, paid, research, leadership, etc.) I need get each semester.	5	4	3	2	1	

What questions in the list above, if any, are irrelevant (you don't need it and you don't think anyone needs it)?

What, if anything, did we miss? What factors (that help students progress in confident, productive, contented ways toward their college and career goals) did we miss in the list above?

Below is a list of University resources. Which, if any, might you tap into in the next two weeks? Please mark the 'new to you' University resources you might use before the semester's end? Please mark all that apply.

University Resources:

- *Your professor, advisor, and mentor, Professor Dormer cdormer@msudenver.edu*
- *Your teaching assistant, peer advisor, and mentor, Gabby Mallozzi gmallozz@msudenver.edu*
- *The student club for nutrition majors: [Auraria Campus Student Dietetic Association](#). acsda@msudenver.edu*
- *Your department (most departments have academic advisors, professor mentors, free tutoring, connections to student clubs or other forms of social support, presentations, and resources for supporting your progress and helping when you run into degree progress barriers). Nutrition@msudenver.edu*
- [Academic Advising](#) - *Connect with major specific advisors to troubleshoot schedules, receive academic resources, or review academic standing.*
- [Access Center](#) - *Disability support services*
- [Brother 2 Brother](#) - *A male mentoring program focused on academic and social support.*

- [Campus Recreation](#) - A place to build community through healthy living outlets such as working out, group fitness classes, personal training, sports leagues, open recreation, outdoor pursuits and leadership programs.
- [Career Services](#) - Provides career advising and information, resume reviews, job search assistance and events to help students network with employers.
- [Center for Advanced STEM Education](#) - Assists STEM majors through academic, financial, and peer mentor supports.
- [Center for Equity and Student Achievement \(CESA\)](#) - Provides student support with an emphasis on addressing inequalities experienced by students. Houses multiple programs including Center for Multicultural Engagement & Inclusion, LGBTQ Student Resource Center, Veteran and Military Student Services, and more.
- [Classroom to Career Hub](#) - Provides relevant and impactful career development for the full student body.
- [College Assistance Migrant Program \(CAMP\)](#) - Designed to meet the academic, financial, and social needs of migrant/seasonal farmworkers and their children in pursuing higher education.
- [College Completion](#) - Helps all students find their best path to graduation, specifically those with 90 credits or above.
- [Counseling Center](#) - Individual and group therapy, crisis intervention and outreach to students.
- [EPIC Scholars Program](#) - Supports independent students coming from foster care, kinship care, adoption, or group homes.
- [Fraternities and Sororities](#) - Social groups on campus with shared values of Academic Excellence, Brotherhood/Sisterhood, Campus Involvement, Leadership, Inclusivity, Ethics, Lifetime Loyalty, and Service.
- [Health Center at Auraria](#) - Medical and Mental Health services for students
- [Healthy Pursuits](#) - Free Group Fit and Mind Body Fitness Classes
- [Honors Program](#) - A community of students working to apply critical and creative thinking as well as conduct high-quality research and creative work.
- [Immigrant Services](#) - Refugee, immigrant students, ASSET, DACA, and English Language Learner support.
- [International Studies](#) - Study abroad opportunities, Exchange Programs, Fullbright Student Award, Erasmus Scholarships.
- [Internship Program](#) - Assists students in finding paid or unpaid internship opportunities and gaining academic credit for the experience.
- [LGBTQ Student Resource Center](#) - A community and resource for those experiencing issues with sexuality, gender identity, and discrimination or harassment.
- [Phoenix Center at Auraria](#) - Interpersonal violence prevention, awareness, and support
- [Rowdy's Corner Food Pantry](#) - Provides food resources and community referrals for current MSU Denver students.
- [Roadways Into Developing English Skills \(RIDES\)](#) - Intensive writing support for multilingual students.
- [Scholarship Support and Retention](#) - Fosters a community of scholars through leadership activities, proactive coaching, scholar events, and professional development.
- [Student Conflict Resolution Services](#) - Provides mediation, conflict coaching, group dynamics services, and the Dialogues Program.
- [Student Emergency Fund](#) - Application process for students encountering unforeseen financial crisis.
- [Student Organizations](#) - Online search engine for campus organizations and events.
- [Student Travel Program](#) - Grant funding available for students to travel to professional conferences and meetings.
- [Roadways Advising](#) - Can help you find the perfect major, troubleshoot roadblocks to completing college, and help you get back on track if your degree journey takes an unexpected turn.
- [Supplemental Instruction](#) - A voluntary program that offers free, regularly scheduled study sessions for traditionally difficult course.
- [TRiO Student Support Services](#) - Support for first-generation, low-income students, and students with disabilities
- [Tutoring](#) - Provides individualized support to students in overcoming academic obstacles or barriers.
- [Transfer Student Success](#) - Helps students create a foundation for success by aiding them in their transition to MSU Denver and connecting them to appropriate resources and departments.
- [Undergraduate Research Program](#) - Resource for students wanting to engage in research activities, presenting and grant opportunities
- [Veteran/Military Student Center](#) - Designed to support student veterans, provide information on enrollment process through graduation, and assist with the transition from military to student life.
- [Writing Center](#) - One on one writing tutoring and support for all students

To gauge whether this questionnaire impacted your thoughts on using resources, please answer these questions again.

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On a scale from 1 to 10, 1 being this was a terrible use of class time and 10 being this is an excellent use of class time, how useful do you think considering this questionnaire was? Please mark a box.

<i>Not at all useful</i>					<i>Extremely useful</i>				
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What feedback do you have about this questionnaire? Should Dormer and Gabby keep pursuing this? Are you at all interested in getting involved in this research?

Within the previous month, have you used a 'new to you' University resource to advance your college experience and/or future career opportunities?

_____ yes

_____ sort of (If you care to, please briefly explain below why you've "sort of" used a new to you University resource.)

_____ no