

# Memo

To: Academic Advising Council  
From: Ryan Allison  
Edited by: Matt Carlton, Statistics Department  
Date: 6/6/2012  
Re: Freshman Success Program — Self-Efficacy Results

---

## Contents

- I. Introduction
- II. Summary
- III. Tables of Self-Efficacy Results
  1. Motivation to Focus on School (Page 2)
  2. Attending Class Regularly (Page 3)
  3. Number of Hours Studying Per Week (Page 3)
  4. Number of Times Coming to Office Hours (Page 4)
  5. Asking for Help (Page 4)
  6. Balancing Aspects of Life (Page 4)
  7. Number of Hours Slept Per Night (Page 5)
  8. Studying When Distracted (Page 5)
  9. Self-Motivation in Disliked Subjects (Page 5)

## I. Introduction

This memorandum documents the statistical analysis for the Freshman Success Program (FSP) for Winter 2012. The information contained in this memo is meant to assist in measuring the effectiveness of the program in increasing student self-efficacy. A previous memo (4/19/2012, R. Allison) documented the effects of the workshop on students' GPAs, retention into spring quarter, and AP status.

We note that, in total, 366 first-time freshmen were on AP after Fall 2011 (excluding those students who withdrew from the university after the Fall 2011 term; these students have been removed from analysis). Thirteen out of the 366 freshmen did not attend a workshop. Since these students did not receive the workshop "treatment," these students have also been removed from any analysis. This gives a total of 353 students in the analysis.

## II. Summary

After attending the FSP workshop, participating students showed an overall increase in self-efficacy by several metrics. Students overall reported feeling more motivated, attending classes more regularly, and studying more hours per week. Students also indicated an overall increase in their willingness to ask for help, and that they feel better able to balance their lives. Finally, students reported an increased ability to study in the presence of distractions and to stay self-motivated when studying subjects they dislike.

## III. Tables of Self-Efficacy Results

The students involved with the FSP workshop were given two sets of online surveys in order to assess various dimensions of the students' self-efficacy and life and study habits. One set of online surveys was distributed prior to the FSP workshop, and the other set was distributed after the FSP workshop.

**Table 1:** "I was highly motivated to focus on school throughout the Fall 2011 quarter." / "I am motivated to focus on school this quarter (Winter 2012)."

Before Workshop			After Workshop		
Response	Frequency	Percent	Response	Frequency	Percent
No	191	54.11	No	3	0.85
Yes	162	45.89	Yes	350	99.15

**Table 2:** “I attend my classes regularly.”

Before Workshop			After Workshop		
Response	Frequency	Percent	Response	Frequency	Percent
Always	261	73.94	Always	290	82.15
Sometimes	81	22.95	Sometimes	60	17.00
Rarely	11	3.12	Rarely	1	0.28
Never	0	0.00	Never	2	0.57

**Table 3:** “Last quarter, how many hours per week did you study?” / “So far this quarter, how many hours per week do you study?”

Before Workshop			After Workshop		
Response	Frequency	Percent	Response	Frequency	Percent
0-5	19	5.38	0-5	8	2.27
5-10	80	22.66	5-10	29	8.22
10-15	121	34.28	10-15	69	19.55
15-20	77	21.81	15-20	119	33.71
20-25	29	8.22	20-25	76	21.53
25-30	19	5.38	25-30	42	11.90
> 30 hours	8	2.27	> 30 hours	10	2.83
Estimated median: 13.2 hours/week			Estimated median: 18.0 hours/week		

**Table 4:** “How many times did you attend faculty office hours in Fall Quarter 2011?” / “So far this quarter, how many times have you been to faculty office hours?”

Before Workshop			After Workshop		
Response	Frequency	Percent	Response	Frequency	Percent
0	63	17.85	0	49	13.88
1-3	188	53.26	1-3	175	49.58
3-6	68	19.26	3-6	99	28.05
6-9	22	6.23	6-9	24	6.80
9+	12	3.40	9+	6	1.70

**Table 5:** “I do not hesitate to ask for help from family members, friends, or other appropriate individuals when needed.”

Before Workshop			After Workshop		
Response	Frequency	Percent	Response	Frequency	Percent
Always	127	35.98	Always	191	54.11
Sometimes	153	43.34	Sometimes	134	37.96
Rarely	60	17.00	Rarely	23	6.52
Never	13	3.68	Never	5	1.42

**Table 6:** “I am able to balance many aspects of my life (such as friends, family, school, work, extracurriculars, etc.).”

Before Workshop			After Workshop		
Response	Frequency	Percent	Response	Frequency	Percent
Always	91	25.78	Always	128	36.26
Sometimes	196	55.52	Sometimes	214	60.62
Rarely	62	17.56	Rarely	10	2.83
Never	4	1.13	Never	1	0.28

**Table 7:** “During fall quarter / So far this quarter, on average, how many hours do you sleep each night?”

Before Workshop			After Workshop		
Response	Frequency	Percent	Response	Frequency	Percent
0-2	0	0.00	0-2	1	0.28
2-4	14	3.97	2-4	10	2.83
4-6	106	30.03	4-6	76	21.53
6-8	186	52.69	6-8	221	62.61
8-10	43	12.18	8-10	44	12.46
10+	4	1.13	10+	1	0.28
Estimated median: 6.6 hours/night			Estimated median: 6.8 hours/night		

**Table 8:** “I study even when less important things distract me.”

Before Workshop			After Workshop		
Response	Frequency	Percent	Response	Frequency	Percent
Always	54	15.30	Always	100	28.33
Sometimes	224	63.46	Sometimes	235	66.57
Rarely	74	20.96	Rarely	15	4.25
Never	1	0.28	Never	3	0.85

**Table 9:** “When I have to take a test in a subject I dislike I can find a way to motivate myself to earn a good grade.”

Before Workshop			After Workshop		
Response	Frequency	Percent	Response	Frequency	Percent
Always	60	17.00	Always	139	39.38
Sometimes	166	47.03	Sometimes	188	53.26
Rarely	119	33.71	Rarely	25	7.08
Never	8	2.27	Never	1	0.28