

# Results from Pulse Survey #1

UC Berkeley Student Experiences in Fall 2020

30 Sept 2020

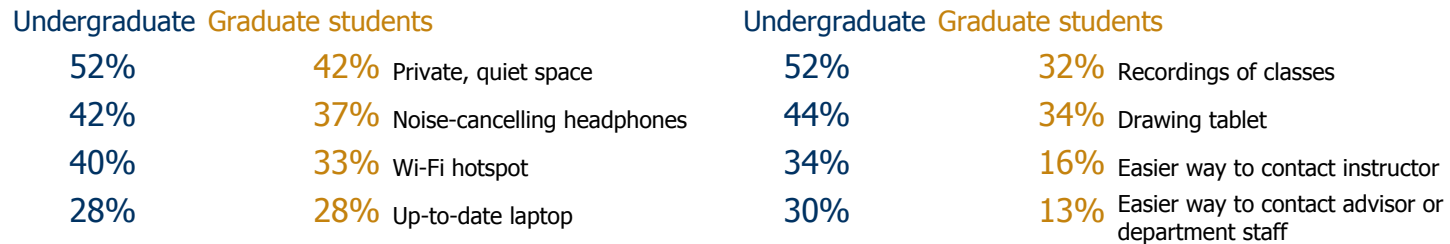


As we adjust to the changes caused by the COVID-19 pandemic, UC Berkeley is administering Pulse Surveys every few weeks to better understand and address the needs of Cal students. From the third to the fifth week of classes, we conducted the first Pulse Survey, which asked all enrolled undergraduate (N = 31,387) and graduate students (N = 11,813) about resources, well-being, and remote instruction. The response rate was 34% (n = 10,760) among undergraduates and 38% (n = 4,484) among graduate students.

## Resources our students use to keep abreast of COVID-19 updates and changes

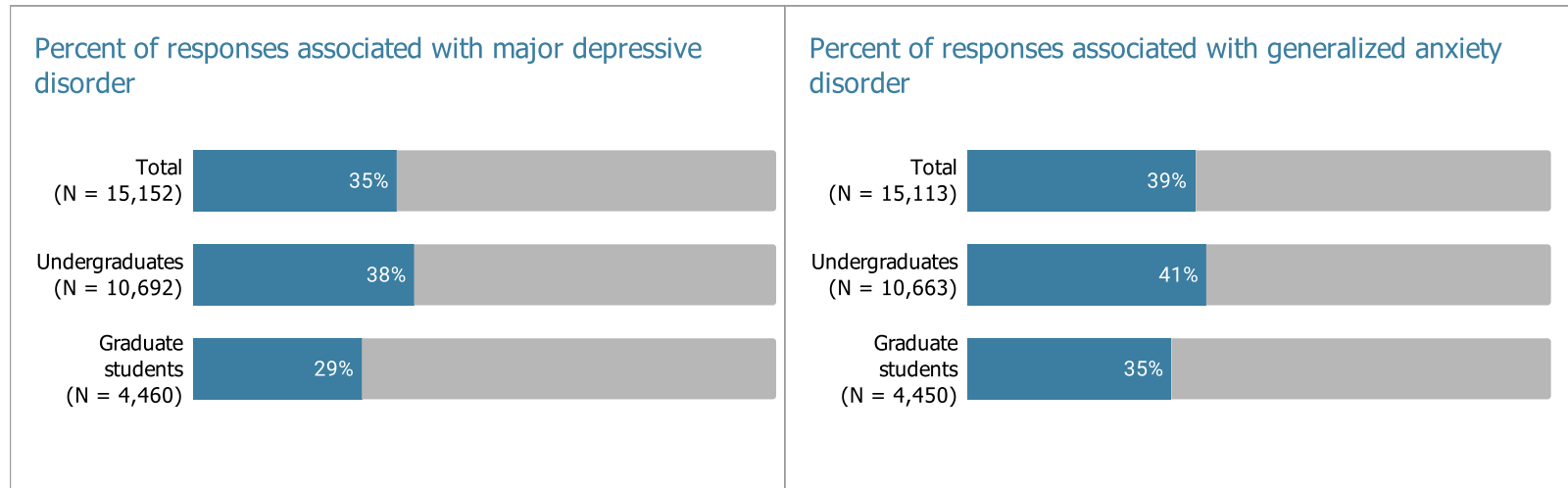


## Students reported needing the following resources to improve remote instruction



Students now have a better idea of the resources needed to engage in remote instruction. According to the Enrollment Survey, taken by 31,139 UC Berkeley students in July and August 2020, 35% of undergraduates and 30% of graduate students had an inadequate internet connection. According to the same survey, 42% of undergraduates and 35% of graduate students lacked private space.

## Student mental health



These sobering results are consistent with findings about students from other research institutions. A study<sup>1</sup> during the pandemic of students at other research universities using the same survey items found the prevalence of major depressive disorder to be 35% among undergraduates and 32% among graduate students. The same survey reported the prevalence of generalized anxiety disorder to be 39% among undergraduates and graduate students.

### University Health Services Resources Cal students use or would use

63% 1-on-1 appointment with UHS counselor

48% UHS online articles, assessments, videos

40% Drop-in UHS counseling by phone

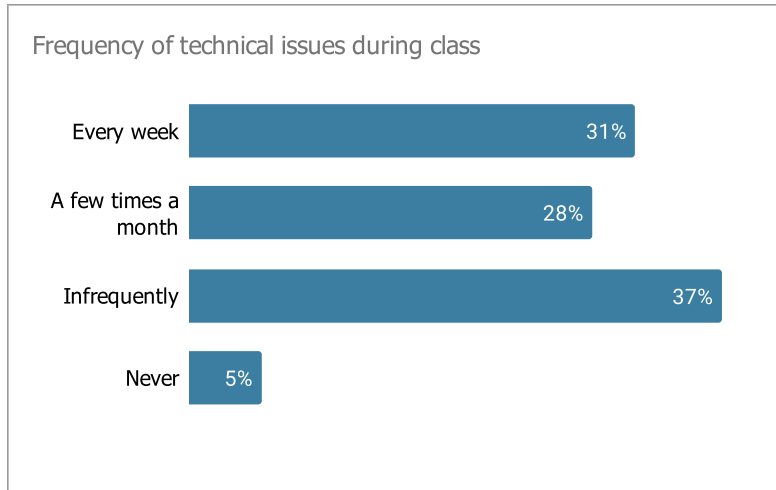
51% Informal, brief consultation with UHS counselor

45% Non-UC Berkeley community resources

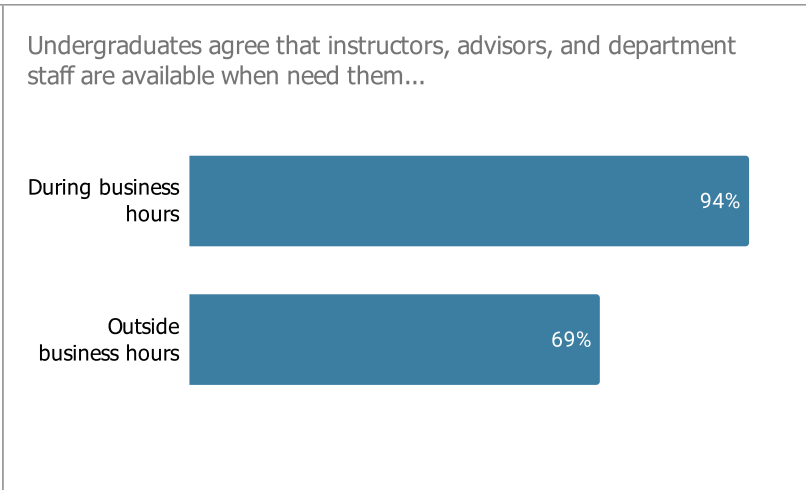
37% UHS hotline emergency mental health resources

*15% of respondents did not have a need for mental health services*

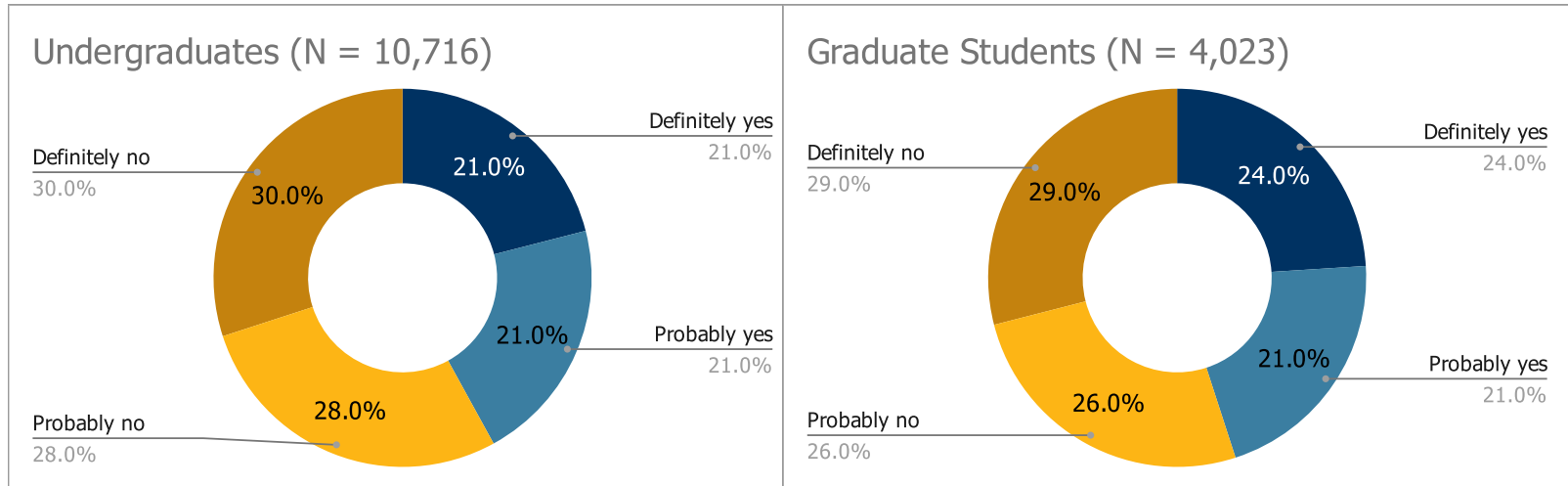
**Many undergraduates report that their instructors are having technical difficulties**



**Instructors and staff have made themselves available both during and outside business hours (Pacific Time)**



**Students are split about participating in in-person classes if they were offered at some point in Fall 2020**



<sup>1</sup>Chirikov, I., Soria, K. M, Horgos, B., & Jones-White, D. (2020). Undergraduate and Graduate Students' Mental Health During the COVID-19 Pandemic. UC Berkeley: Center for Studies in Higher Education. Retrieved from <https://escholarship.org/uc/item/80k5d5hw>