

Announcement to Students

Subject: The first 100 days of your studies

Welcome to your Bachelor studies at the Faculty of Psychology and Neuroscience at Maastricht University! We hope that you will have a good start into your first semester and that you will be enjoying your studies!

As part of a teaching innovation project ("The first 100 days of your studies"), we aim to improve the experiences of our first-year bachelor students. In the course of this project, we would like to know how you experience the first time of being a student at our faculty. Your experiences as a student are highly valuable to us, as they provide a realistic picture on whether the learning activities offered at FPN are meeting your needs throughout your studies. Filling in the surveys will help us to better understand your needs and improve students' experiences within the first 100 days! We would highly appreciate if you would participate in our study!

In total, there will be **five surveys** scheduled about 3-4 weeks apart, starting with the first one, now, in the first week of the semester and ending with the last one in the week before the Christmas break. Each survey contains questions about your experiences at university, your personal attitudes, well-being, and academic behavior. Some of those questions (e.g., regarding your well-being) may be perceived as quite personal. If you – despite anonymity – feel uncomfortable with this, please reconsider your participation.

Please support this project, follow the link below to register for the study, and complete the first survey right now! The first survey includes questions about your demographics, attitudes and personal characteristics and will not take longer than 15 minutes. Registration for the study is possible until Sunday night.

REGISTER HERE: xxxxxxxxxxxxxxxxxxxxxx

The following four surveys are scheduled for Wednesday morning (8 am) 3-4 weeks apart and will not take longer than 10 minutes. If you have registered, you will receive an invitation to the next surveys via email. We kindly ask you to fill in the surveys right away on Wednesday, but the latest until the respective Sunday evening. For the validity of our findings it is important that you fill in all of the five surveys!

Data privacy

The ethics committee of the Faculty of Psychology and Neurosciences at the University of Maastricht has reviewed and approved this study (ERCPN-FPN-UM-intern_2022_09_06). Your participation in this study is completely voluntary. You are free to withdraw from this study at any time.

For this study, personal data about you (demographic information like age and gender as well as your email address to distribute the questionnaires) will be used and stored by Maastricht University. To protect your privacy, your email address will not be linked to your answers and will be automatically deleted after the last survey has been answered. Furthermore, your data will be given a code so that the answers you provide cannot be traced back to you. The software used to conduct this study is hosted in the United States. This means that your answers, but not your email address, are stored in the United States. A written contract concerning the security of these data has been concluded with the software developer. Data collection is entirely confidential, and data analysis and reporting will be fully anonymous.

The research data that apply to you will be used in future or other research in such a way that they cannot be directly traced back to you. You are free to withdraw your consent to the use of your personal data at any time, without any negative consequences, and without providing any reasons. In that case, personal and research data will be deleted if possible. See for more information about your rights the document Personal information and privacy on the website www.maastrichtuniversity.nl/fpn/ercpn under Fast Facts.

For questions about the processing of your personal data please contact first the responsible researcher (see below). You can also contact the Data Protection Officer of Maastricht University at FG@Maastrichtuniversity.nl.

In case of any questions or concerns, please feel free to contact us a.nubold@maastrichtuniversity.nl.

Thank you very much for your interest!

Kind regards,

Dr. Annika Nübold and the “The first 100 days of your studies” project team

Baseline Survey

Start of Block: Welcome

Welcome to the study “The first 100 days of your studies”

Thank you for your interest in participating in our study! This will help us to better understand students' needs and improve their experiences within the first 100 days at university!

This baseline survey consists of four parts. The first part will be concerned with your demographic information, the second part will include questions about your attitudes and personal characteristics, the third part will be about well-being related questions, and the fourth part will be about your academic behavior. This will not take more than 15 minutes of your time.

Please note when answering the questions that there are no right or wrong answers and your responses should reflect your own experiences. If you are unsure about a specific answer, please choose the option that seems most fitting.

All of your responses and demographic information will be treated confidentially and the data will be analyzed anonymously.

Thank you very much for your participation!

Dr. Annika Nübold and the "The first 100 days of your studies" project team

End of Block: Welcome

Start of Block: Demographics

The following questions are concerned with your **demographics**.

age How old are you? Please indicate your age in years.

gender Which gender do you feel you belong to? I identify my gender as ... (please specify)

edu What is your highest educational level?

- ☐ Secondary school (1)
- ☐ High school (2)
- ☐ Bachelor's degree (3)
- ☐ Master's degree (4)
- ☐ PhD (5)

nat What is your nationality?

loc In which country do you currently live?

lang Is English your mother-tongue?

- ☐ Yes (1)
- ☐ No (2)

Engl How do you evaluate your English language skills?

- ☐ Poor (1)
 - ☐ Fair (2)
 - ☐ Average (3)
 - ☐ Good (4)
 - ☐ Excellent (5)
-

Start of Block: Personality Characteristics

The second part is concerned with your **personal characteristics** and **attitudes**. Please judge all statement with regard to THE PAST MONTH.

Below are a number of characteristics that may or may not apply to you. Please indicate the extent to which you agree or disagree with each statement.

Big Five

[Rammstedt, B., & John, O. P. (2005). Kurzversion des Big Five Inventory (BFI-K): Entwicklung und Validierung eines ökonomischen Inventars zur Erfassung der fünf Faktoren der Persönlichkeit [Short version of the Big Five Inventory (BFI-K): Development and validation of an economic inventory for assessment of the five factors of personality]. *Diagnostica*, 51(4), 195–206. <https://doi.org/10.1026/0012-1924.51.4.195>]

Please indicate how much you agree with each of the following statements about your **attitudes and behavior** IN THE PAST MONTH.

Resilience

[Connor, K. M., & Davidson, J. R. (2003). Development of a new resilience scale: The Connor-Davidson resilience scale (CD-RISC). *Depression and anxiety*, 18(2), 76-82.]

Ability to connect

Empathic concern and Perspective taking

[Interpersonal Reactivity Index (IRI); Davis, M.H. (1980). A multidimensional approach to individual differences in empathy. *Catalog of Selected Documents in Psychology*, 10, 85.]

Start of Block: Well-being

The third block is concerned with **well-being** related questions. Please indicate how often you have experienced the following **feelings** IN THE PAST MONTH.

Well-being

Positive and negative affect (items 1-10)

[Mackinnon, A., Jorm, A. F., Christensen, H., Korten, A. E., Jacomb, P. A., & Rodgers, B. (1999). A short form of the Positive and Negative Affect Schedule: Evaluation of factorial validity and invariance across demographic variables in a community sample. *Personality and Individual differences*, 27(3), 405-416.]

Start of Block: University experiences

You have almost reached the end of this survey. The last block is concerned with your **experiences at university** and **your academic behavior SO FAR**.

How would you judge the following statements regarding your **social experiences** at university SO FAR?

Social integration

[Tovar, E., & Simon, M. A. (2010). Factorial structure and invariance analysis of the sense of belonging scales. *Measurement and evaluation in counseling and development*, 43(3), 199-217.]

How would you rate yourself in terms of your **academic performance** so far?

Academic achievement

[Heaven, P. C., Mak, A., Barry, J., & Ciarrochi, J. (2002). Personality and family influences on adolescent attitudes to school and self-rated academic performance. *Personality and individual differences*, 32(3), 453-462.]