**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

<table>
<thead>
<tr>
<th>Year</th>
<th>Females</th>
<th>Males</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year One</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Year Two</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Year Three</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

How often did students smoke marijuana in their third year?

- Never 47%
- A few times a month 11%
- A few times a week 7%
- Everyday 6%
- Once 9%
- A few times a year 20%

---

**STRESSED @ BROCK DOESN’T END AT BROCK!** Keep earning money even after graduation! Update your contact information at Stress.Brock@gmail.com

---

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?

- Decreased
- Stayed the same
- Increased

---

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

- Year 2
- Year 3

---

**PROCRASTINATION @ BROCK**

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

- Strongly Agree 13%
- Agree 31%
- Neutral 26%
- Disagree 22%
- Strongly Disagree 8%

---

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

---

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**

Participant Newsletter - October 2012

We’re back with more results and another opportunity to make some cash!
How has students' stress changed over the years?

**TOP 3 STRESSORS**
Year One | Year Two | Year Three
--- | --- | ---
1. Grades | 1. Time | 1. Time

**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

SLEEP PATTERNS @ BROCK

How long did you sleep in first year?

**SEX @ BROCK**

**Relationship Status in Third Year**
- Single: 52%
- In a relationship: 48%

**LEARNING @ BROCK**

**Satisfaction with the level of Student-Professor Interaction**
- Satisfied: 59%
- Unsure: 34%
- Unsatisfied: 41%

STRESSED @ BROCK DOESN’T END AT BROCK! Keep earning money even after graduation! Update your contact information at Stress.Brock@gmail.com