



LIFE/WORK BALANCE LUNCH SEMINAR • Friday, August 24, 2012

| Demographics: | | | | | | PLEASE CIRCLE THE APPROPRIATE ANSWER | | | | | |
|--|---------------------------------|----------------------------------|-------------------------|---------------------|------------------------|---|--|--|--|--|--|
| 1. Campus Affiliation: | UMB | UMBC | UMCP | Other | | | | | | | |
| 2. Department (DEPT): <i>(No abbreviations please)</i> | | | | | | | | | | | |
| 3. Status/Position: | Graduate Student | Post Doc | Staff | Faculty | Other (Please specify) | | | | | | |
| 4. Year of Study (e.g., 1 st): | | | | | | | | | | | |
| 5. Gender | Female | Male | | | | | | | | | |
| 6. Citizenship Status: | U.S. Citizen | International (non-U.S.) | U.S. Permanent Resident | | | | | | | | |
| 7. Race/Ethnicity: | -American Indian/Alaskan Native | -Asian American/Pacific Islander | -Black/African American | -Hispanic/Latino(a) | -White/Caucasian | -Other _____ | | | | | |

Please answer all of the questions.

| | | Not at All | Somewhat | Mostly | Completely |
|------------|--|--------------------------|--------------------------|--------------------------|--------------------------|
| 1. | I am attending this workshop because I want to reduce anxiety about graduate school. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. | I am attending this workshop because I want to have a stronger sense of self-confidence as I start a new semester. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. | I will seek more information about services provided by the Counseling Center on campus. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. | I believe that meeting and networking with other graduate students will make me feel more comfortable about starting a new semester. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. | I believe that having seminars about balance will reduce feelings of tenseness about graduate studies. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. | I attend other seminars about this topic <i>(not sponsored by PROMISE/The Graduate School)</i> on campus. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. | Attending workshops with graduate students from departments other than my own is important to me. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. | I plan to use the information provided during this workshop in my career, beyond UMBC. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. | This workshop serves a dual role of providing information and providing a sense of community. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. | Plans to discuss this topic increases my motivation to succeed in graduate school. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Please provide additional comments about your expectations for this seminar (feel free to use the back of the sheet):