**College Students' Beliefs and Values (CSBV) Factors**

*Cautionary note: Some of these scales have been refined and renamed since the pilot study. We recommend that people use the scales associated with the 2004-07 longitudinal study.*

**Spirituality (Cronbach's alpha=.86)**

<table>
<thead>
<tr>
<th>Personal goal</th>
<th>Belief</th>
<th>Self-description</th>
<th>Personal goal</th>
<th>Spiritual experience while</th>
<th>On a spiritual quest</th>
<th>Self-rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Integrating spirituality into my life</td>
<td>We are all spiritual beings</td>
<td>Having interest in spirituality</td>
<td>Seeking opportunities to grow spiritually</td>
<td>Listening to music</td>
<td>Meditating</td>
<td>Spirituality</td>
</tr>
<tr>
<td>People can reach higher consciousness through meditation/prayer</td>
<td></td>
<td>Believing in the sacredness of life</td>
<td></td>
<td>Viewing work of art</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>Participating in musical or artistic performance</td>
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<td></td>
<td>Engaging in athletics</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>Witnessing nature</td>
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<td></td>
<td></td>
<td>Meditating</td>
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</tbody>
</table>

Percent of students who are "high" scorers (≥ 36) on Spirituality: 21%
Percent of students who are "low" scorers (< 23) on Spirituality: 16%

**Aesthetically-Based Spiritual Experience (Cronbach's alpha=.78)**

<table>
<thead>
<tr>
<th>Spiritual experience while</th>
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<th>Spiritual experience while</th>
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</thead>
<tbody>
<tr>
<td>Viewing work of art</td>
<td>Listening to music</td>
<td>Witnessing the beauty of nature</td>
<td>Participating in a musical or art performance</td>
</tr>
</tbody>
</table>

Percent of students who are "high" scorers (≥ 8) on Aesthetically-Based Spiritual Experience: 34%
Percent of students who are "low" scorers (≤ 4) on Aesthetically-Based Spiritual Experience: 22%
Religious Commitment (Cronbach's alpha=.97)

- My spiritual/religious beliefs: Are one of the most important things in my life
- My spiritual/religious beliefs: Provide me with strength, support, and guidance
- My spiritual/religious beliefs: Give meaning/purpose to my life
- Belief: I find religion to be personally helpful
- Belief: I gain spiritual strength by trusting in a Higher Power
- Self-rating: Religiousness/religiosity
- My spiritual/religious beliefs: Lie behind my whole approach to life
- Experience: Felt loved by God
- My spiritual/religious beliefs: Have helped me develop my identity
- Self-description: Feeling connection w/ God/Higher Power that transcends self
- Reason for prayer: Help in solving problems
- Reason for prayer: Emotional strength
- Self-description: Seeking to follow religious teachings in my everyday life
- My spiritual/religious beliefs: Help define the goals I set for myself

Percent of students who are "high" scorers (≥ 44) on Religious Commitment: 31%
Percent of students who are "low" scorers (< 21) on Religious Commitment: 15%

Self-Esteem (Cronbach's alpha=.79)

- Self-rating: Self-confidence (intellectual)
- Self-rating: Self-understanding
- Self-rating: Courage
- Self-rating: Emotional Health
- Self-rating: Self-awareness
- Self-rating: Self-confidence (social)
- Self-rating: Leadership Ability

Percent of students who are "high" scorers (≥ 28) on Self-Esteem: 28%
Percent of students who are "low" scorers (< 20) on Self-Esteem: 10%
**Equanimity (Cronbach's alpha=.75)**

Self-description: Feeling good about direction of my life  
Experience: Felt at peace/centered  
Self-description: Being thankful to God for all that's happened to me  
Self-description: Seeing each day as a gift  
Experience: Found meaning in times of hardship  
Self-description: Feeling connection w/ all humanity  

Percent of students who are "high" scorers (≥ 16) on Equanimity: 26%  
Percent of students who are "low" scorers (≤ 11) on Equanimity: 15%  

**Spiritual Distress (Cronbach's alpha=.65)**

Experience: Questioned religious/spiritual beliefs  
Self-description: Feeling unsettled about spiritual/religious matters  
Experience: Struggled to understand evil/suffering/death  
Experience: Felt angry with God  
Self-description: Feeling disillusioned w/ religious upbringing  

Percent of students who are "high" scorers (≥ 11) on Spiritual Distress: 20%  
Percent of students who are "low" scorers (≤ 7) on Spiritual Distress: 33%  

**Psychological Distress (Cronbach's alpha=.66)**

Experience: Felt overwhelmed by all I had to do  
Experience: Felt that my life was full of stress & anxiety  
Experience: Felt depressed  

Percent of students who are "high" scorers (≥ 8) on Psychological Distress: 26%  
Percent of students who are "low" scorers (≤ 5) on Psychological Distress: 21%
<table>
<thead>
<tr>
<th><strong>Spiritual/Religious Growth (Cronbach's alpha=.88)</strong></th>
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</thead>
<tbody>
<tr>
<td>Self-change&lt;sup&gt;1&lt;/sup&gt;: Religious beliefs and convictions</td>
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<tr>
<td>Self-change&lt;sup&gt;2&lt;/sup&gt;: Religiousness</td>
<td></td>
</tr>
<tr>
<td>Self-change&lt;sup&gt;3&lt;/sup&gt;: Spirituality</td>
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<tr>
<td>Percent of students who are &quot;high&quot; scorers (≥ 12) on Spiritual/Religious Growth: 29%</td>
<td></td>
</tr>
<tr>
<td>Percent of students who are &quot;low&quot; scorers (≤ 8) on Spiritual/Religious Growth: 18%</td>
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<table>
<thead>
<tr>
<th><strong>Growth in Global/National Understanding (Cronbach's alpha=.82)</strong></th>
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<tbody>
<tr>
<td>Self-change&lt;sup&gt;1&lt;/sup&gt;: Understanding of nation's social problems</td>
<td></td>
</tr>
<tr>
<td>Self-change&lt;sup&gt;2&lt;/sup&gt;: Understanding of global issues</td>
<td></td>
</tr>
<tr>
<td>Self-change&lt;sup&gt;3&lt;/sup&gt;: Understanding of community problems</td>
<td></td>
</tr>
<tr>
<td>Percent of students who are &quot;high&quot; scorers (≥ 13) on Growth in Global/National Understand: 32%</td>
<td></td>
</tr>
<tr>
<td>Percent of students who are &quot;low&quot; scorers (≤ 9) on Growth in Global/National Understand: 11%</td>
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<tr>
<th><strong>Growth in Tolerance (Cronbach's alpha=.70)</strong></th>
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<tbody>
<tr>
<td>Self-change&lt;sup&gt;1&lt;/sup&gt;: Ability to get along w/ people of different races/cultures</td>
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</tr>
<tr>
<td>Self-change&lt;sup&gt;2&lt;/sup&gt;: Knowledge of people from different races/cultures</td>
<td></td>
</tr>
<tr>
<td>Self-change&lt;sup&gt;3&lt;/sup&gt;: Acceptance of people w/ different religious/spiritual values</td>
<td></td>
</tr>
<tr>
<td>Percent of students who are &quot;high&quot; scorers (≥ 13) on Growth in Tolerance: 23%</td>
<td></td>
</tr>
<tr>
<td>Percent of students who are &quot;low&quot; scorers (≤ 9) on Growth in Tolerance: 19%</td>
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<thead>
<tr>
<th><strong>Growth in Leadership (Cronbach's alpha=.71)</strong></th>
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<tbody>
<tr>
<td>Self-change&lt;sup&gt;1&lt;/sup&gt;: Leadership abilities</td>
<td></td>
</tr>
<tr>
<td>Self-change&lt;sup&gt;2&lt;/sup&gt;: Interpersonal skills</td>
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</tr>
<tr>
<td>Percent of students who are &quot;high&quot; scorers (≥ 9) on Growth in Leadership: 32%</td>
<td></td>
</tr>
<tr>
<td>Percent of students who are &quot;low&quot; scorers (≤ 6) on Growth in Leadership: 11%</td>
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</tbody>
</table>
**Religious Engagement (Cronbach's alpha=.87)**

- **Activity**: Read sacred texts
- **Activity**: Religious singing/chanting
- **Experience**: Helped at local houses of worship
- **Behavior**: Joined religious organization on campus
- **Activity**: Other reading on religion/spirituality
- **Experience**: Attended class/workshop/retreat on religion/spirituality
- **Experience**: Attended a religious service
- **Close friends**: Belong to campus religious organization
- **Close friends**: Go to church/temple/house of worship
- **Experience**: Found new meaning in religious practices/rituals

Percent of students who are "high" scorers (≥ 26) on Religious Engagement: 20%
Percent of students who are "low" scorers (< 12) on Religious Engagement: 20%

**Charitable Involvement (Cronbach's alpha=.68)**

- **Experience**: Participated in community food/clothing drives
- **Experience**: Performed other volunteer work
- **Experience**: Donated money to charity
- **Experience**: Helped friends w/ personal problems
- **Personal goal**: Participating in a community action program

Percent of students who are "high" scorers (≥ 13) on Charitable Involvement: 15%
Percent of students who are "low" scorers (< 8) on Charitable Involvement: 22%

**Religious/Social Conservatism (Cronbach's alpha=.82)**

- **Belief**: People who don't believe in God will be punished
- **Self-description**: Being committed to introducing people to my faith
- **Belief**: Sex OK if people like each other (reverse coded)
- **Belief**: Abortion should be legal (reverse coded)
- **Reason for prayer**: Forgiveness
- **Relationship to God**: Father-figure
- **Close friends**: Share your religious/spiritual views

Percent of students who are "high" scorers (≥ 20) on Religious/Social Conservatism: 16%
Percent of students who are "low" scorers (< 10) on Religious/Social Conservatism: 20%
**Religious Skepticism (Cronbach's alpha=.85)**

Self-description*: Believing in life after death (reverse coded)
Belief*: Science gives info on physical world, but only religion explains existence (reverse coded)
Belief*: Beliefs not important if I lead a moral life
Belief*: My life is determined by forces larger than myself (reverse coded)
Belief*: Whether or not there is a Supreme Being is a matter of indifference to me
Belief*: I have never felt a sense of sacredness
Belief*: The universe arose by chance
Belief*: In the future, science will be able to explain everything
Relationship between science and religion*: Conflict; I am on side of science

Percent of students who are "high" scorers (> 23) on Religious Skepticism: 15%
Percent of students who are "low" scorers (≤ 13) on Religious Skepticism: 30%

**Spiritual Quest (Cronbach's alpha=.83)**

Personal goal*: Finding answers to life's mysteries
Personal goal*: Attaining inner harmony
Personal goal*: Attaining wisdom
Personal goal*: Seeking beauty in my life
Personal goal*: Developing meaningful philosophy of life
Engaged in*: Searching for meaning/purpose in life
Engaged in*: Discussing meaning of life w/ friends
Personal goal*: Becoming a more loving person
Close friends*: Searching for meaning/purpose in life

Percent of students who are "high" scorers (> 29) on Spiritual Quest: 28%
Percent of students who are "low" scorers (≤ 20) on Spiritual Quest: 15%
**Social Activism (Cronbach's alpha=.81)**

Ultimate spiritual quest: To make the world a better place

Personal goal: Becoming involved in environmental programs

Personal goal: Reducing pain & suffering in the world

Personal goal: Influencing the political structure

Personal goal: Influencing social values

Personal goal: Helping others in difficulty

Personal goal: Helping to promote racial understanding

Personal goal: Becoming a community leader

Engaged in: Trying to change unfair things in the world

Percent of students who are "high" scorers (≥ 24) on Social Activism: 17%
Percent of students who are "low" scorers (≤ 15) on Social Activism: 21%

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**Artistic Orientation (Cronbach's alpha=.70)**

Personal goal: Creating artistic work

Personal goal: Becoming accomplished in performing art

Personal goal: Writing original works

Self-rating: Creativity

Percent of students who are "high" scorers (≥ 12) on Artistic Orientation: 14%
Percent of students who are "low" scorers (≤ 6) on Artistic Orientation: 29%
Compassionate Self-Concept (Cronbach's alpha=.78)

Self-rating: Kindness
Self-rating: Compassion
Self-rating: Forgiveness
Self-rating: Empathy
Self-rating: Generosity
Self-rating: Helpfulness

Percent of students who are "high" scorers (≥ 25) on Compassionate Self-Concept: 25%
Percent of students who are "low" scorers (≤ 19) on Compassionate Self-Concept: 18%

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a Personal goal measured on a 4 point scale, "Not important" to "Essential"

b Belief measured on a 4 point scale, "Disagree strongly" to "Agree strongly"

c Self-description measured on a 3 point scale, "Not at all" to "To a great extent"

d Spiritual experience measured on a 3 point scale, "Not at all" to "Frequently"
   ("Not applicable" recoded as "Not at all")

e Being on a spiritual quest measured on a 2 point scale, "No" or "Yes"

f Self-rating measured on a 5 point scale, "Lowest 10%" to "Highest 10%"

g My spiritual/religious beliefs measured on a 4 point scale, "Disagree strongly" to "Agree strongly"

h Experience measured on a 3 point scale, "Not at all" to "Frequently"

i Reason for prayer measured on a 3 point scale, "Not at all" to "Frequently"

j Self-change measured on a 5 point scale, "Much weaker" to "Much stronger"

k Activity measured on a 6 point scale, "Not at all" to "Daily"

l Behavior measured on a 2 point scale, "No" or "Yes"

m Close friends measured on a 4 point scale, "None" to "All"

n Relationship to God measured on a 2 point scale, "No" or "Yes"

o Relationship between science and religion measured on a 2 point scale, "No" or "Yes"

p Engagement measured on a 3 point scale, "Not at all" to "To a great extent"

q Ultimate spiritual quest measured on a 2 point scale, "No" or "Yes"