

The Life of a Qualitative Analysis Project

Sort and Sift, Think and Shift: Multidimensional Qualitative Analysis

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- Qualitative Research Consulting and Professional Development Company
- Advise researchers through all phases of qualitative research projects
- Co-analyze data with clients
- Teach and host PD courses for qualitative researchers.
- Qualitative Research Summer Intensive
- NO formal or financial relationship to qualitative software sales.
- Teach and use ATLAS.ti and MAXQDA

Raymond C. Maietta, Ph.D.

- Ph.D. Sociologist (SUNY Stony Brook, 1996)
- Areas of Interest: Personal Relationships, Life Satisfaction, Public Health Infrastructure, Qualitative Methods
- Books in progress:
 - Sort and Sift, Think and Shift (Guilford Press)
 - The Proper Role of Coding in Qualitative Analysis (Left Coast Press)
- American Evaluation Association Instructor: AEA Annual Conference & AEA/CDC Summer Institute

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Session Agenda and Focus

- The Life of a Qualitative Analysis Project using the *Sort and Sift, Think and Shift* Analysis Method.
 - Core features and functions of ATLAS.ti/MAXQDA used when integrating this tool into a qualitative analysis plan.
 - The minor role of software in analysis; the major role of **analyst as decision maker** in analysis

Not Covered...

- Qualitative Analysis Instruction
- Every function of the software program
- Data management techniques
- Basic Computer Skills (file management, moving-resizing windows, using right mouse clicks for context menus)

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Sort and Sift Cycle



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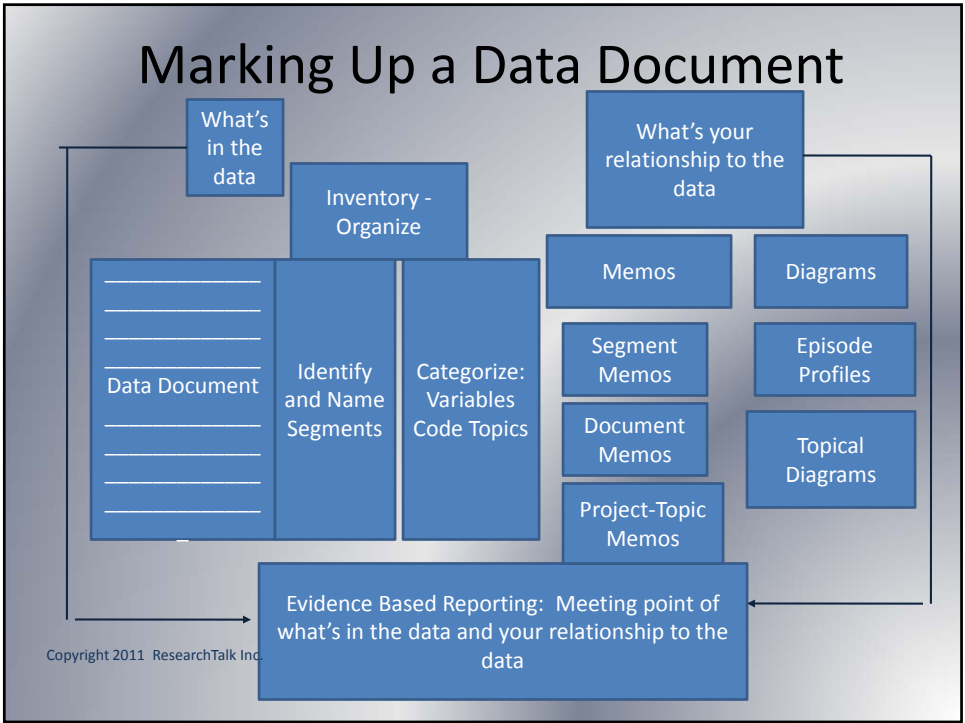
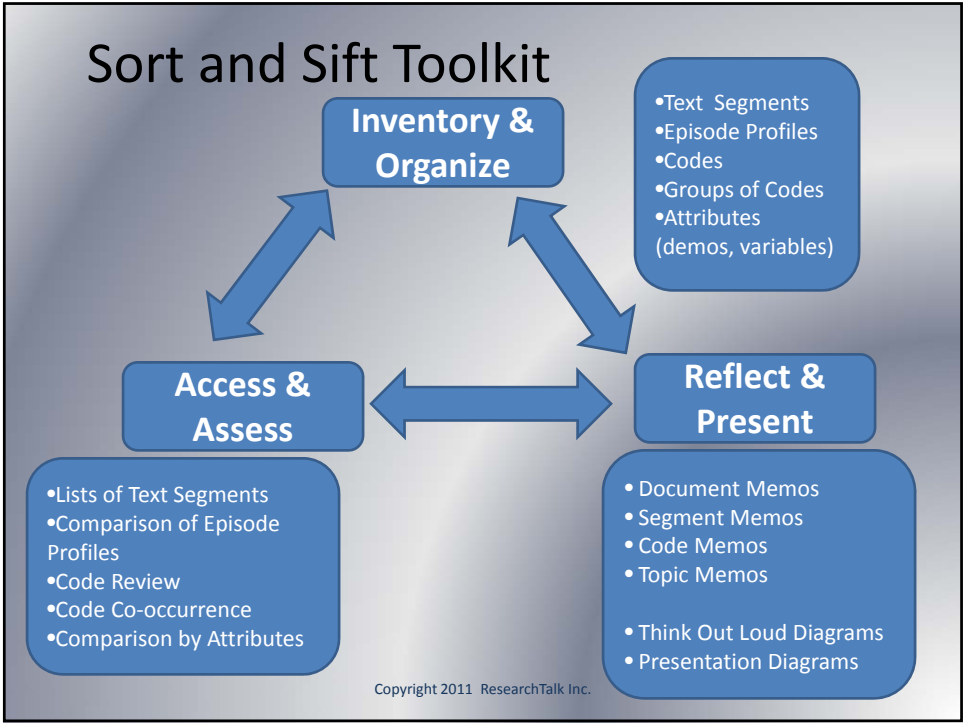
Sort and Sift Cycle

DIVING IN	STEPPING BACK
Data Inventory: Identify and Name Data Segments	Bridging: Mining Memos
Reflection (Think Out Loud Tools): Memos and Diagrams	Bridging: Episode Profiles
Categorization: Codebook Evolution Variables as Comparative Tools	Bridging: Category Q & A

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Sort and Sift: Core Activities





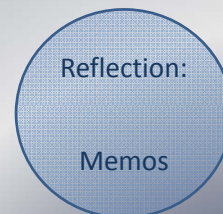
It is a DATABASE: Honor the Fact



- 3 Rules for Storing Data:
 - Easy to Remember
 - Easy to Access
 - *Consistency*
- *DON'T FORGET TO BACKUP YOUR DATA*
- *Example*
 - *Project Folder*
 - *Subfolder 1 – Archive*
 - *Subfolder 2 – Data*
 - *Subfolder 3 – Products*
 - *Subfolder 4 – Working Files*

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Diving In....Reflect in Running Memos



- What do I know so far?
- What have I done?
Methods Journal
- Emerging curiosity
- **KEEP AN ACTIVE MIND VIA WRITING AND DIAGRAMMING**

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Diving In.....Getting Started *What's in the Data?*

- Data Inventory: Identify and Name Text Segments
 - Empower your highlight pen
 - Capture the *essence and summary* of what you read in data segments
- Examples....



Inventory:
Data
Segments

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Suggested Exercises - Episode Profiles I

GOAL – get familiar with content and your reactions to it

- *Read a Complete Document*
 - *Write a memo*
 - What did you learn from the document?
 - Why is it important to your study?
 - *Highlight (mark) key segments while you read*
 - Find at least 3-5 key quotes in the document
 - Write notes about why these quotes are worth highlighting.

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Diving In.....Getting Started

What is your relationship to the Data?

- Reflection - Think Out Loud in Margin Memos
 - Why do you highlight segments
 - Examples....

Reflection:

Memos

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ATLAS.ti Memo System

The screenshot displays the ATLAS.ti Memo System interface with four windows open:

- Memo Manager [HU: life satisfaction]**: A table listing memos with columns for Name, Type, Author, and Group. The list includes 'Methods Journal', 'New Ideas-Questions', and 'ToDo List', all authored by 'Ray'.
- Quotation Manager [HU: life satisfaction]**: A list of quotations with columns for Id, Name, and Date. Quotations include 'Enjoy psychology but real passion is film', 'The family is pretty good as is.', 'High school girls "trendy & dopey"', and 'Distressed w/life-didn't fit in...'. A date '10/16/01 08:17:19 PM Jeff' is also shown.
- Memo 'New Ideas Questions'**: A text editor window showing a memo titled 'New Ideas Questions' with content discussing the elimination of the 'interests-goals category' and a network look at this category. It includes a date '06/20/00 12:47:26 PM' and a snippet of text about Jack's battle with his family and partner over religion.
- Code Manager [HU: life satisfaction]**: A table listing codes with columns for Name, Grounded, and Density. Codes include 'Damn I wish I looked like that!', 'challenges~', 'day-to-day issues~', and 'education issues~'. A definition for an in-vivo code is provided: 'an in-vivo code - use this code when people refer to "body work" - wanting to change their physical appearance.' A running commentary is also shown.

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Suggested Exercises – Quote Segments

GOAL – identify key segments and build an inventory of data content

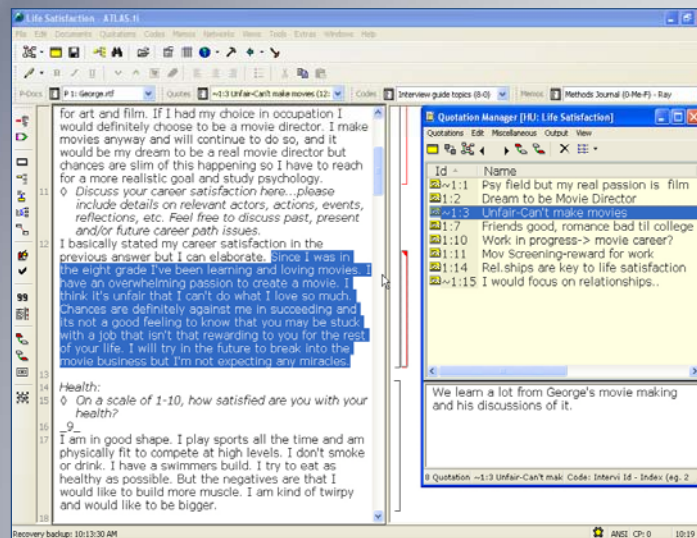
- Quote Segments (via Discussion)

– *Name Each Segment*

- Do not use single words
- Use 65-85 characters
- Use words from participants
- There's a story in each segment...segment names highlight that story

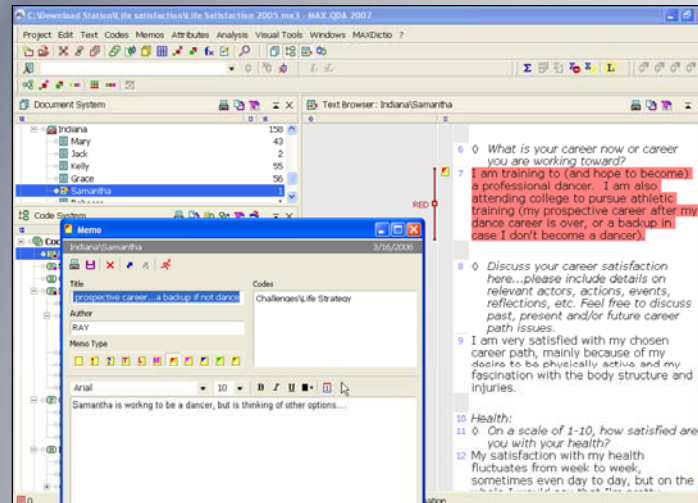
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Quotations in ATLAS.ti



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MAXQDA Color Code and Memo System



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Stepping Back – Identify the Whole Story of a Data Document

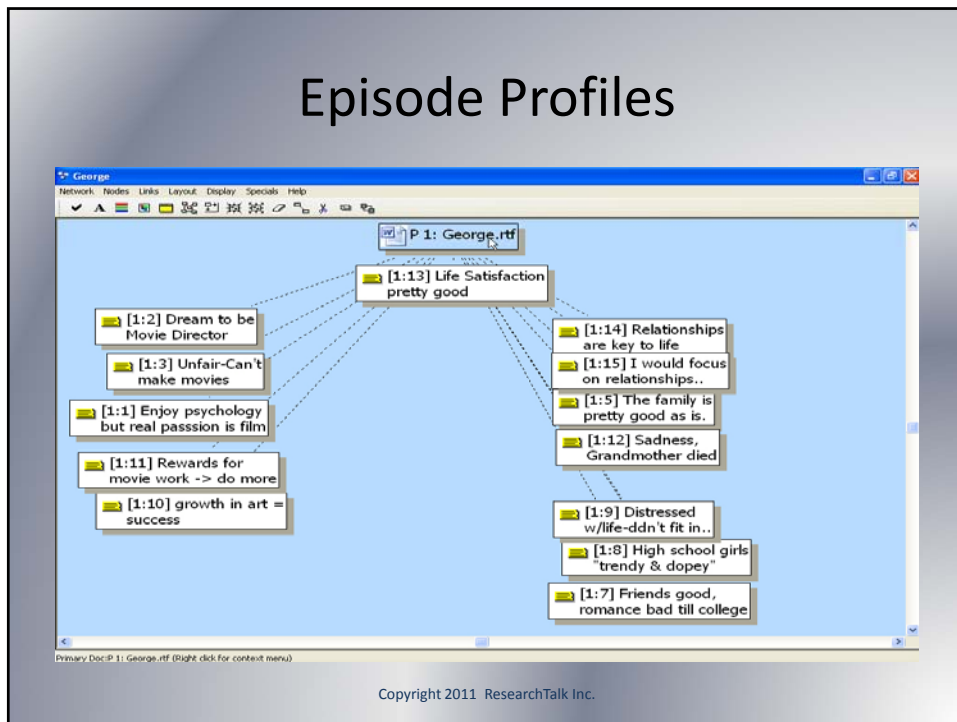
- *Bridging Data Inventory, Memos and Diagrams --- EPISODE PROFILES*
 - *Diagrams*
 - *Document memos*
 - *What did I learn from the document?*
 - *Why is this document important to the study?*
 - *USE DATA SEGMENTS WHEN WRITING ANSWERS TO THESE QUESTIONS*

– *Examples...*

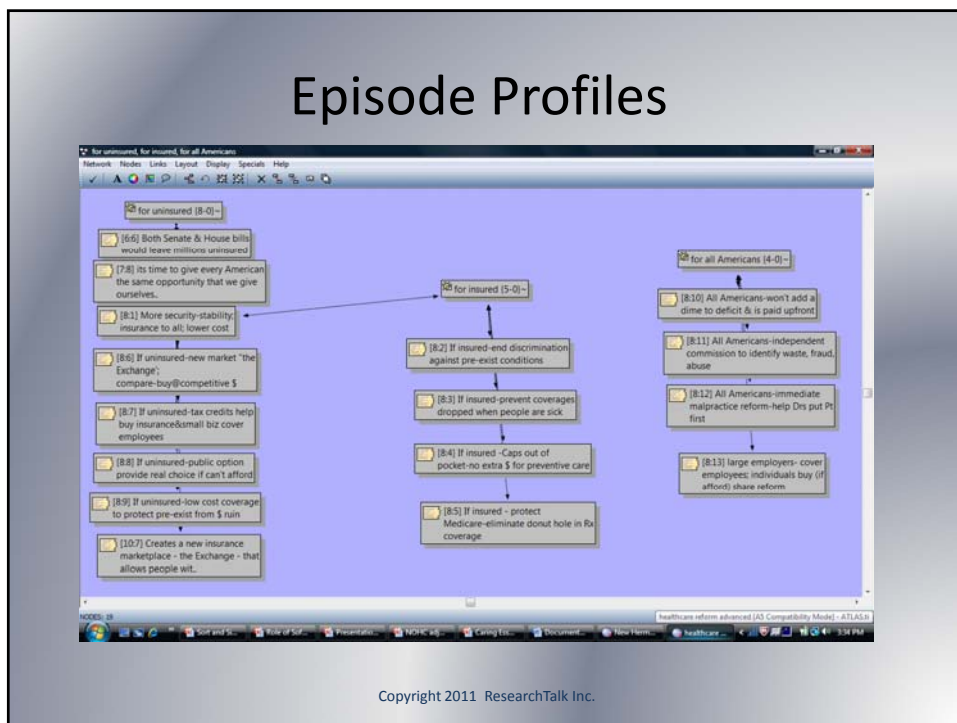
Bridging:
Episode Profiles

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Episode Profiles



Episode Profiles



Suggested Exercises - Episode Profiles II

GOAL – profile data collection episodes
as comparative tool

- Sort Segments to Represent Stories in Qualitative Text

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Diving In...Categorization

Patience is Key

- *Why “Code” is a misleading name....*
- Codes = categorizing PART of text
- Variables = categorizing an ENTIRE data document
- Codes rarely equal sections of your final product
- EXAMPLES...

Categorization:

Codes

Categorization:

Variables

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Suggested Exercises -

What is a Code

- DISCUSSION ONLY - *Where do codes come from*

Deductive origins

1. Literature?
2. Research Question?
3. Interview-Focus Group-Fieldnote Guides?

Inductive origins

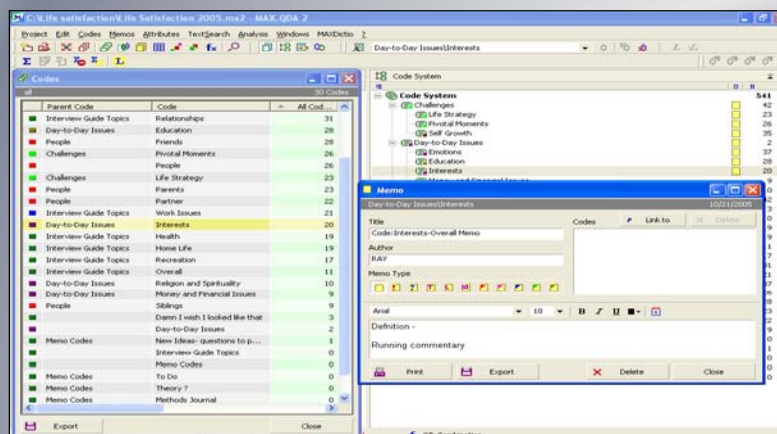
1. Text Segment Lists
2. While Coding

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Debrief:

Shaping a codelist -- *memos*

Software Support: MAXQDA

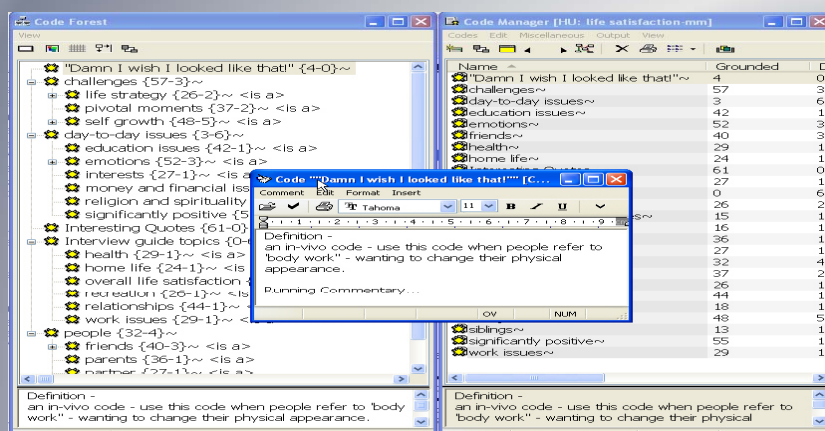


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Debrief:

Shaping a codelist -- *memos*

Software Support: ATLAS.ti



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Suggested Exercises - What is a Code

- DISCUSSION ONLY - *Code Tips*
 - *Let codes evolve*
 - *A good code possesses two properties*
 1. *The code actually exists in text*
 2. *The code helps you represent the stories in your data*
 - *Lots of codes = lots of problems*
 - *Over 40 is a concern*
 - *Single concept codes lead to more versatile analysis*
 - *Start with broad codes*

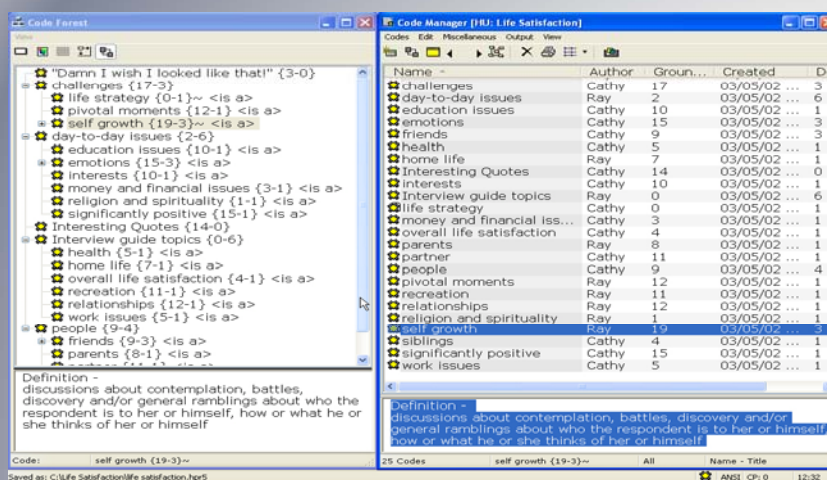
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Suggested Exercises - What is a Code

- DISCUSSION ONLY - *Code Tips*
 - CODES ARE NOT YOUR ONLY RESOURCE FOR LEARNING!
 - Important Heuristic Devices in Qualitative Analysis
 - Text Segments
 - Memos (document, segment, code, topic)
 - Episode Profiles
 - Diagrams
 - Attributes
 - Codes

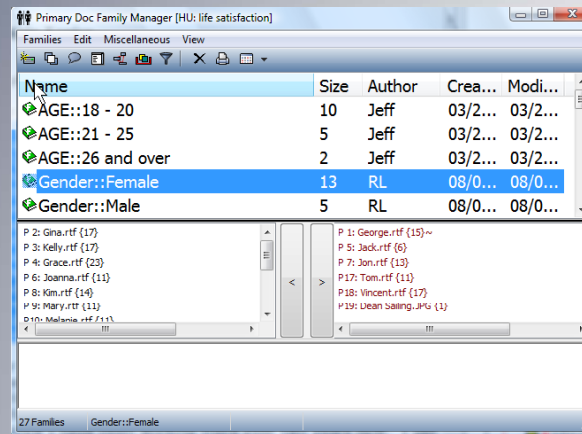
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ATLAS.ti Code System



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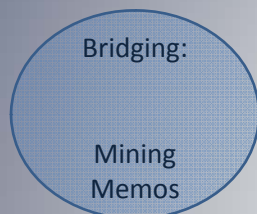
Managing Demographics via PD Families



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Stepping Back: What's in your memos?

- Mine your memos – they were written with a fresh mind



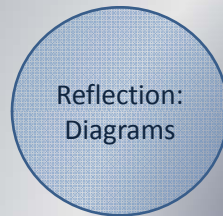
Examples:

Becoming Parents
Health Pivotal Moments
Public Health Infrastructure

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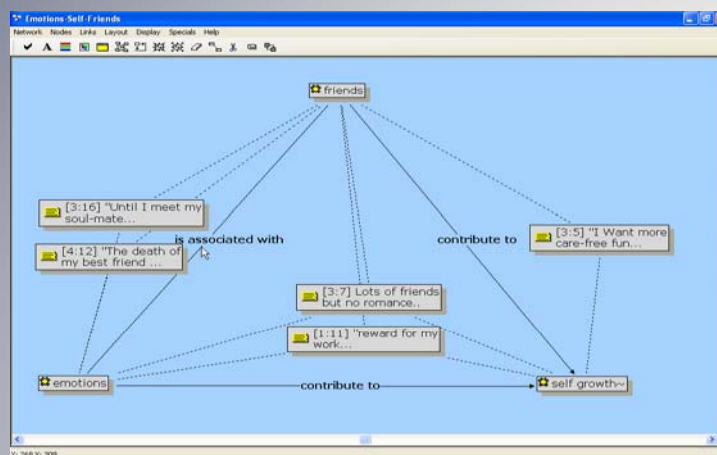
Stepping Back: Entertain a range of possibilities

- Miles and Huberman: Getting a good view
- Your “model” doesn’t have to be “cognitive” or “logical” yet.



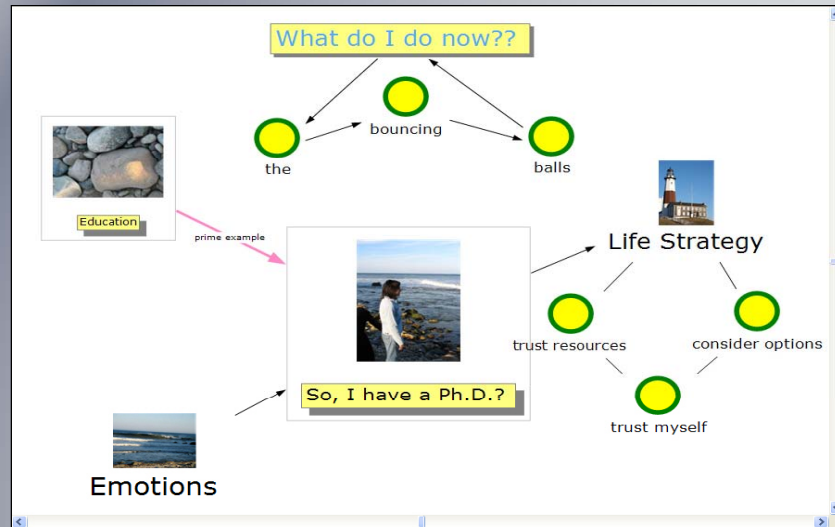
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ATLAS.ti Network View



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MAX Maps



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Stepping Back: What did you learn from your categorization?

Bridging:
Category Q & A

Examples:

Becoming Parents
Health Pivotal Moments

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Suggested Exercises -

What is a Code

– Review a Core Code

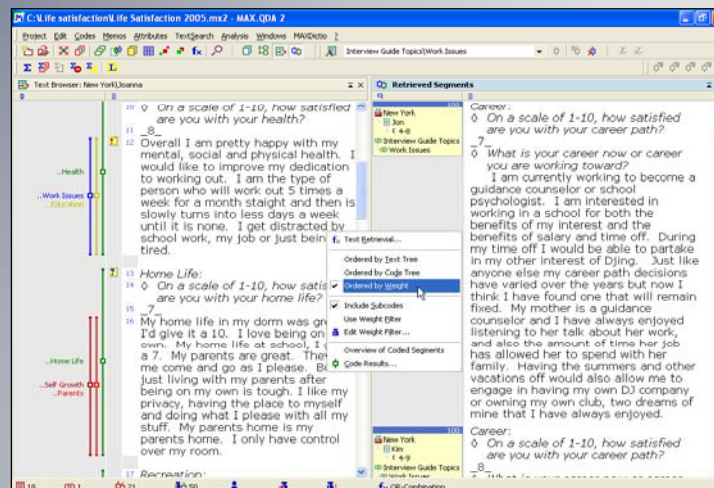
- What do you learn?
- What makes you curious?
- What other ideas intersect with your code?

– Initial code lessons

- Early codes yield other codes
- Not all ideas are represented in codes

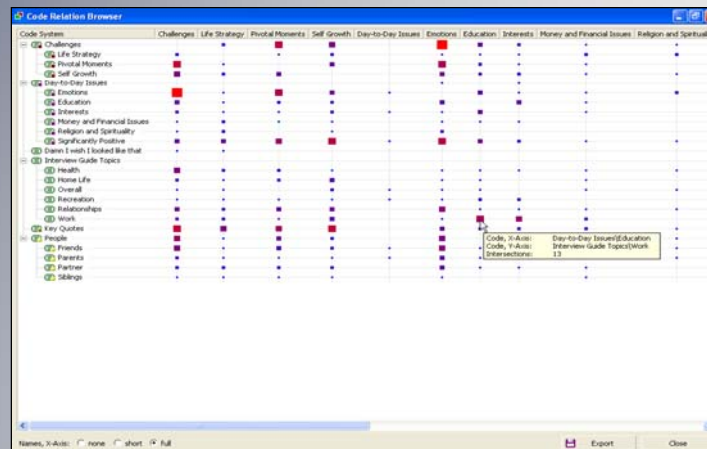
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MAXQDA – Code Review



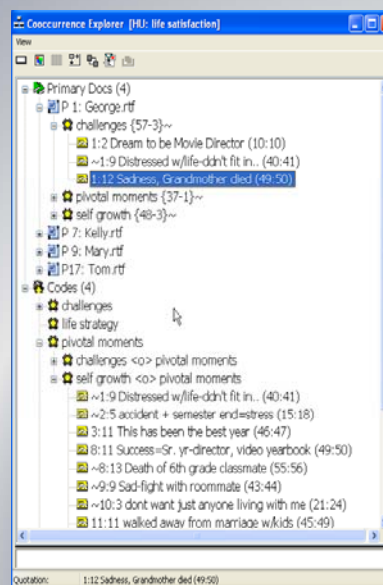
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MAXQDA – Code Relations Browser



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ATLAS.ti Co-occurrence Explorer



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Conclusions

- Qualitative Process Options

- Inventory

1. Read Initial Documents
2. Mark and Name Key Segments
3. Write Memos
4. Draw Diagrams
5. Create and Debate Initial codes

- Assessment

1. Review Text Segment Lists
2. Review Coding
3. Review Memos and Diagrams
4. Review and Re-Write Memos
5. Review and Re-Draw Diagrams

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Conclusions

- Skills for Qualitative Analysis

- You have them already

1. Patience
2. Ability to accept serendipitous discovery
3. Balance new ideas with old
4. Entertain all ideas, even if they may drop off the table later

- Learn from past studies

1. Read existing studies before you read how-to books
2. Ask colleagues for favorite examples

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5 Stages of Writing

* Avoid Repeat * Write Early and Often *

- Stage 1 - Get It Out
 - Layout main ideas
- Stage 2 - Build Argument
 - What is the story you want to tell
- Stage 3 - Add Evidence
 - Integrate data and references to literature
- Stage 4 - Solidify Shape and Form
 - Paper sections, Paragraph logic
- Stage 5 - The Details
 - Spell check, sentence and word edit

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**Can you, and others, trust your
work?**

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Question 3: Can you, and others, trust your work?

Miles and Huberman...adapted from Chapter 10 (pages 277 – 280).

- The guidelines others use to ‘trust’ the quality of your work are not new to you.
- The proper choice of “testing the mettle” of your approach must align with the means of data collection and analysis you use.
 - The unreliability of coder reliability
 - Miles and Huberman (1994)- Ch. 10 Standards for the Quality of Conclusion
 - Objectivity/Confirmability
 - Reliability/Dependability/Auditability
 - Internal Validity/Credibility/Authenticity
 - External Validity/Transferability/Fittingness
 - Utilization/Application/Action Orientation
 - *See appendix*

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Objectivity/Confirmability

- Are the study’s general methods and procedures described explicitly and in detail?
- Can we follow the actual sequence of how data were collected, processed, condensed/transformed, and displayed for specific conclusion drawing?
- Is there record of the study’s methods and procedures, detailed enough to be followed as an ‘audit trail’?

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Reliability/Dependability/Auditability

- Are the research questions clear, and are the features of the study design congruent with them?
- Do findings show meaningful parallelism across data sources?
- Were coding checks made and did they show adequate agreement?

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Internal Validity/Credibility/ Authenticity

- How context-rich and meaningful are the descriptions?
- Does the account ring true, make sense, seem convincing, plausible to the reader?
- Did triangulation among complementary methods and data sources produce generally converging conclusions?

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External Validity (Applicability)/ Transferability/Fittingness

- Are the characteristics of the original sample of persons, settings, processes fully described enough to permit adequate comparisons to other samples?
- Are the findings congruent with, connected to, or confirmatory of prior theory?
- Does the report suggest settings where the findings could fruitfully be tested further?

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Utilization/Application/Action Orientation

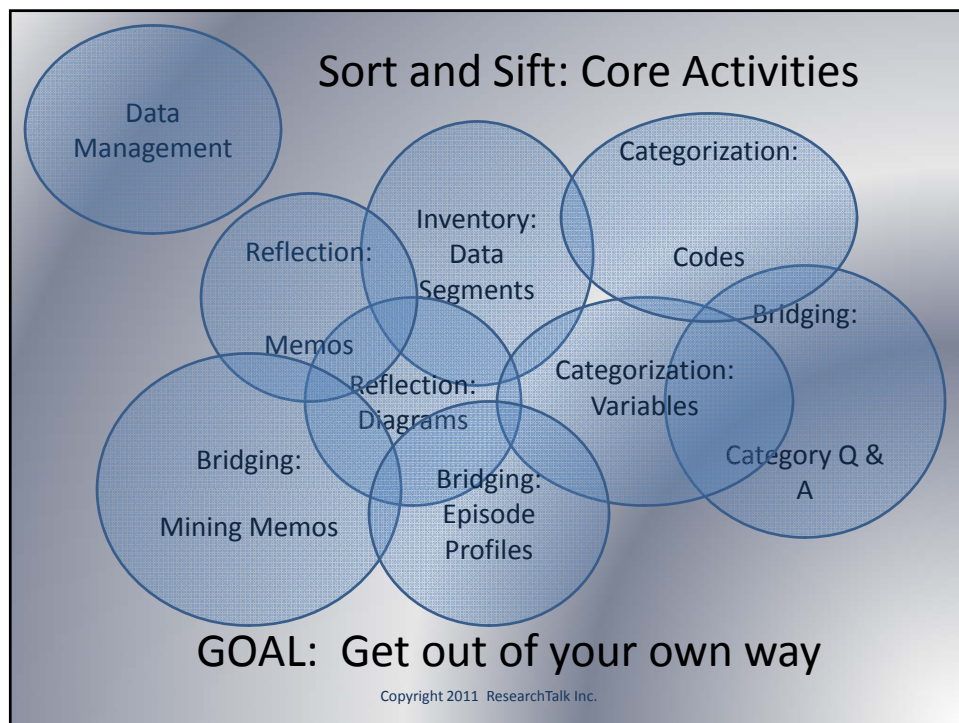
- Are the findings intellectually and physically accessible to potential users?
- Do the findings stimulate “working hypotheses” on the part of the reader as guidance for future action?
- What is the level of usable knowledge offered?

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Sort and Sift Process: A lot of analysis on a little bit of data

- Dive In
- Step Back
- Dive In
- Step Back
- Dive In
- Step Back
- Rinse
- Repeat

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Qualitative Resource List

- Charmaz, K. 2000. Grounded theory: objectivist and constructivist methods. In N. K. Denzin and Y. S. Lincoln (Eds.), *Handbook of qualitative research*, 2nd ed., pp. 509-535. Sage.
- Clarke, A. E., 2005. *Situational Analysis: Grounded theory after the postmodern turn*. Sage.
- Creswell, J. W. 1998. *Qualitative inquiry and research design: Choosing among five traditions*. Sage.
- Creswell, J.W. & Maletta, R.C. 2001. *Systematic Procedures of Inquiry and Computer Data Analysis Software for Qualitative Research*. In *Handbook of Research Design and Social Measurement*, 6th Edition, Salkin, N.J. Sage.
- Denzin, N. & Lincoln, Y. eds, (1998). *Strategies of qualitative inquiry* (Handbook of qualitative research paperback edition , Vol 2) Thousand Oaks: CA: Sage
- Denzin, N. & Lincoln, Y. 1994, 2000. *Handbook of qualitative research*. 1st, (2nd ed.) Sage.
- Fielding, N. & Lee, R. (1998). *Computer analysis and qualitative research*. Thousand Oaks, CA: Sage
- Lewins and Silver (2007). *Using Software in Qualitative Analysis*. Sage: Thousand Oaks.
- Lofland, John, Lyn Lofland. 1984. *Analyzing Social Settings*. Wadsworth.
- Maletta, Raymond C. (2006). *State of the Art: Integrating Software with Qualitative Analysis*. In *Improving Aging and Public Health Research: Qualitative and Mixed Methods*. Leslie Curry, Renee Shield and Terrie Wetle, (Eds.) Washington, DC: American Public Health Association and the Gerontological Society of America
- Miles and Huberman (1994). *Qualitative Data Analysis*. Thousand Oaks, CA: Sage
- Patton. M. (2002). *Qualitative research and evaluation methods*. Thousand Oaks, CA: Sage
- Seidel, John 1998. Appendix E: Qualitative Data Analysis. In *The ETHNOGRAPH 5.0 Manual*. Thousand Oaks, CA. Sage.
- Tesch, R. (1990). *Qualitative Research: Analysis Types and Software Tools*. New York: Falmer Press.
- Weitzman & Miles (1995). *Computer Programs for Qualitative Analysis*. Sage: Thousand Oaks

On-Line Sources

- ResearchTalk - Qualitative Research Consulting and Professional Development—Software Sales — www.researchtalk.com
- FQS — Forum Qualitative Social Research at <http://www.qualitative-research.net/fqs/fqs-eng.htm>
- Computer Qualitative Data Analysis Software Network (CQDAS) at <http://caodas.soc.surrey.ac.uk/index.htm>
- Dr. Donald Ratcliff (N.D.) Notes for five part seminar on qualitative research. <http://www.vanguard.edu/faculty/dratcliff/qual/>

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SECTION 1 - Main Topics

Career:

◇ *On a scale of 1-10, how satisfied are you with your career path?*

◇ *What is your career now or career you are working toward?*

I'm hoping to get a job in sports marketing. I know it's a tough field to get a good job in, but Indiana University has a really good program and the placement program is not bad at all. This summer I am going to intern for the Indianapolis Indians AAA Baseball team, so that will really give me a better idea about it. Ideally, I want to get into promotions, that way I can combine my sports management degree with my business minor (marketing).

◇ *Discuss your career satisfaction here...please include details on relevant actors, actions, events, reflections, etc. Feel free to discuss past, present and/or future career path issues.*

I want to be happy, and I love sports so I want to work with some team. I've known that for a long time, and I hope that I get the chance. Of course I'd like to make a lot of money, but that is definitely not the most important thing. If I have a job I like and I can make enough money to keep my wife and kids happy, then I will be happy.

Health:

◇ *On a scale of 1-10, how satisfied are you with your health?*

I stay healthy, but maybe I'm not as healthy as I was in high school when I swam almost every day. I still swim, but more often I play basketball with my friends at the SSRC. I hardly ever get sick, although I had mono for about 3 months in high school, and I was afraid I was getting it again last year. Luckily, I didn't. I feel that health has always been pretty easy for me, I lead an active life and so far I've had no problems.

Home Life:

◇ *On a scale of 1-10, how satisfied are you with your home life?*

My parents are OK, but they think I party too much and it has been such a pain living at home lately. It's funny, because I partied a lot more in high school than I do now, but my parents think that now that I'm 21 I will get drunk every night. My sister is not happy when I come home lately, either, but I think she's just mad that I dumped Jennifer, who got to be pretty good friends with her. She'll get over it, though. This summer will be fun working with the Indians, but I'm not looking forward to living in Carmel

again with my folks. I usually get along with them, though. My dad's pretty cool, we go to a lot of Indiana University games together.

I am pretty lucky, I've got two parents who are good to us and have raised us in comfortable surroundings. They love me, and I love them back. I just wish they would try to understand that I like to have fun, too. I think they set a good example for me, though, that I will probably use a lot when I am old enough to have my own family.

Recreation:

◇ *On a scale of 1-10, how satisfied are you with recreation and leisure in your life?*

I'm not sure what more I can say here, really. I am very satisfied with my recreation life, and I'm sure I will always have some time for recreation.

◇ *Please list recreation\leisure events you participate in..*

Like I said, I still swim, but more often I spend time at the frat house I joined hanging out with my friends, playing some hoops, and we go out a lot.

Relationships:

◇ *FRIENDSHIP*

I have a lot of friends, I always have. The good thing about the frat house is that I have like ten good friends right there, and someone is usually around if I need to talk. I still keep in touch with a few of my friends from high school, two guys I swam with and my best friend from childhood.

◇ *ROMANCE*

I broke up with my girlfriend last month, I think I finally realized that my spirituality is very different from what people have come to expect of me because of who my folks are and such. I come from a good, Christian home, with God-fearing parents, and it really surprises people when I express my doubts about it. Jennifer (my ex) would always say these annoying rhetorical statements whenever I was struggling with my spirituality, like "Is Jesus Christ my personal savior?" "Yes!" I would then express my doubts, and finally I decided I just don't feel that way, at least I'm not as sure as she is, and religion is a lot more important to her than it is to me. Eventually, we decided to break up because I just couldn't become as spiritual as she was. I'm not even sure I'm a Christian, really. This surprised me a lot, I really liked her but the religion came between us-she sort of became a "born-again" after she got arrested last year. It was funny, after that my little sister started liking her more, but I started liking her less. Oh, well.

SECTION 2 - WORD TO STORY PROMPTS...

FAILURE:

Hmm...I used to get really bummed out when I didn't swim well, but I never felt like a failure. My coach was pretty good at helping us keep our heads up despite how we swam that day. Maybe when I got cut from the basketball team my junior year, I thought I should have made it, but obviously the coach didn't agree. When the team went on to have a great season, I felt even worse. I couldn't even enjoy it as a fan, I was still feeling miserable about getting cut. That sucked.

SUCCESS:

I would have to say in High School, when I was on the State Champion swim team. We've won several times, but it was so awesome when my senior year I finished second in two events and tied for fourth in another. I wasn't sure I could do so well, in fact I was really nervous that weekend, on the verge of being sick. But I guess it was a good kind of nervous after all.

HAPPINESS:

When I first got to Indiana University, I was so overwhelmed, and happy. I'd heard about it my whole life, and I'm a HUGE Indiana University basketball fan, so when I got here for freshman orientation it was great. I was at a pep rally for homecoming, and I was just thinking to myself, here I am at Indiana University, in the frat I wanted to join, with this hot girlfriend, and now I'm on my own. And I loved it, it felt like I was living a dream.

SADNESS:

Probably when my grandfather passed away. He and I were really close (in fact I'm named after him), and I couldn't believe that I wouldn't get to see him again. That was hard-and it was hard on my mom, too. I guess I never really thought about how he was also her dad, that sort of just hit me when he died.

SECTION 3 - Overall Life Satisfaction

Overall:

Overall, I'm pretty satisfied. I must admit I'm a little nervous about what will happen after I graduate, but I look forward to the future as much as anyone. No complaints.

SECTION 4 - Personal Characteristics

Quick Info:

What is your gender?

- Male

How old are you?

- 21

Do you live with a romantic partner? ,If so, how long?

- No

Are you married? If so, how long?

- No

Do you have children? If so, How many?

- No

What is the highest level of education you have attained?

- currently a junior in college

Please tell me your race/ethnicity...

- White

SECTION 5 - Survey Feedback

Survey:

◇ *Please estimate how long it took you to complete this survey.*

◇ *Please provide any feedback that may be helpful to designing the final version of this survey.*

It was fine. I did this on computer or face-to-face, I would probably say the same things, I think.

THANK YOU FOR YOUR TIME!

SECTION 1 – Main Topics

Career:

◇ *On a scale of 1-10, how satisfied are you with your career path?*

9

◇ *What is your career now or career you are working toward?*

I'm a Computer Programmer/Analyst I'm very satisfied with my career. In fact, I feel the only better career would be a teacher.

◇ *Discuss your career satisfaction here...please include details on relevant actors, actions, events, reflections, etc. Feel free to discuss past, present and/or future career path issues.*

Teaching is something I wanted to do, since I was 7, but I never took that path! But, programming has got to be the second best job. My job allows me to be pretty self-sufficient in how I handle my workload. The only aspect I don't like about it, is being called at 2 or 3AM if something goes wrong! I could do without being jolted out of a sleep! I also must admit I'm a person who doesn't like changes, and the computer business is constantly changing. So, readjusting makes me uncomfortable. I became a computer programmer after being laid off from AT&T in 1985. I decided I needed to take a gamble with something I thought was interesting.

Health:

◇ *On a scale of 1-10, how satisfied are you with your health?*

8

I've gained too much weight over the last several years and I don't seem to be doing anything to get rid of it. I have high cholesterol levels, but I don't attempt to change my eating habits. I'd like to jolt myself into becoming more physically active, so I can lose the weight and feel more energetic. I keep saying I'm going to do something about it, soon.

Home Life:

◇ *On a scale of 1-10, how satisfied are you with your home life?*

3

I'm currently living with my parents, I know I'm WAY TOO OLD to be doing this!! Five years ago I lived in a garden apartment complex and a fire started in my next door neighbor's apartment. There wasn't any firewall between our apartments, but by the quick work of the volunteer fire department, my apartment was saved from also going up in flames. There was smoke damage and the firemen had to break windows and punch holes in the ceiling in my apartment to contain the fire, otherwise it was in good shape. I had to vacate

the apartment, but was assured by the Super the apartment would be habitable again in several months. I just couldn't go back. I had a "weird" feeling about going back to the apartment. The woman in the apartment where the fire started had died of cardiac arrest in the hospital after the fire. There was so much black smoke, the firemen couldn't get to her very quickly. SO, this started my odyssey moving back into my parents home. I I didn't feel comfortable about moving back to ANY apartment. So, I've stayed here the last 5 years and been miserable. They are wonderful people and I love them dearly - but I need to do things MY way, not THEIR way! I'm currently hoping to purchase a little house which will allow me to feel free and independent, again.

Recreation:

◇ *On a scale of 1-10, how satisfied are you with recreation and leisure in your life?*

5

◇ *Please list recreation\leisure events you participate in...*

Bowling and other sports, collecting sport's memorabilia, listening to and attending concerts.

Currently bowling is the only "sporty" leisure activity I participate in. I've participated in league play the last 5 years, after having been away from it for 25 years (I hate the smoke in bowling alleys)!! I was always athletic, so I hope to start participating in golf and tennis, again. If I don't play that many sports anymore, I certainly do watch them - baseball, bowling, football, basketball (mostly only college since Michael left the pros). Associated with my love of sports, I do spend time collecting sports memorabilia - mostly autographed baseballs (currently about 70 baseballs, mainly of the stars I admired as a kid). I also have recently taken an interest in listening to classical music - mostly the violin. I started attending concerts of my favorite violinists at Carnegie Hall and Lincoln Center.

Relationships:

◇ *ROMANCE-1*

(why isn't zero an option??) There isn't any right now. I've sort of made myself wear blinders and not attempt to look for any. About 5 years ago, a relationship I had had for 5 years dissolved. I still haven't gotten over it. He was a real man's man - an ex-cop, ex- Navy SEAL who represented what I considered my ideal man. The deterioration of the relationship started when he retired from the police force and decided he wanted to take a 5 thousand mile canoe trip - up the Hudson, over the Great Lakes, down the Mississippi, to the Gulf, around Florida ... Little did I know there was someone else down in Florida during some or most of our relationship!

SECTION 2- WORD TO STORY PROMPTS

FAILURE:

To go to college straight from high school in 1964 and become a teacher. I was a good student in high school graduating 19th in a class of 403. I really wanted to go to college, but my family couldn't afford it. Unfortunately, my mother had the attitude college was a waste for girls, because they got married and didn't put their college education to use. So, I never pursued the issue. I know, I shouldn't blame my mother for my not going to college. I could have been more enterprising and tried to find a way to pay for it on my own. I think never having been a teacher will always haunt me. Now it's too late. I'd have to take a large salary cut if I were to change professions at this stage in life.

SUCCESS:

I'm not sure if I think of anything I've done as a success!! I'm probably still waiting for it to happen! (Sounds awfully pessimistic, doesn't it?) I know this will sound silly, but back in high school in 1963, I was the first female sports' editor of the school newspaper. I reported on the baseball and was shocked one day when one of the players told me, "Coach wants to see you." I went into the locker room (a very "ahead of it's time" thing to do) and the baseball coach told me how much he had loved my baseball column. He rated it better than any professional newspaper article or sport's column he had ever read! I was quite happy and felt I had conquered a bastion of the male world by his praises and approval.

HAPPINESS:

I had never been happier in my life when from 1988-1994 I had that relationship with the "man's man" I described earlier. I felt so lucky to experience such happy times with him. I would look at other people and say to myself, they can't possibly be as happy as me. I felt not too many people really ever feel that much happiness in a relationship. I think too many people settle.

SADNESS:

Simply put, I think the sadness I feel these last several years has to do with not having children. I have no legacy.

SECTION 3 – Overall Life Satisfaction

Overall: Actually, as pessimistic as I may sound in much of the above, I have recently decided I'm going to make some changes and be more up and positive. I think that as soon as I can buy that little house I mentioned I'll start a very independent existence and have a good feeling of self worth. So,

overall I'd rate my "Life Satisfaction" as an '7' with the possiblility of going higher and higher, once I have started reaching some goals.

SECTION 4 – Personal Characteristics

Quick Info:

What is your gender?

- Female

How old are you?

- 53

Do you live with a romantic partner? If so, how long?

- NO

Are you married? If so, how long?

- NO

Do you have children? If so, how many?

- NO

What is the highest level of education you have attained?

- College Senior

Please tell me your race/ethnicity...

- Caucasian - Italian/American

What state do you currently live in?

- NY

How long have you lived in this state?

- 53 years

SECTION 5 – Survey Feedback

Survey:

◇ *Please estimate how long it took you to complete this survey.*

3 and 1/2 Hours

◇ *Please provide any feedback that may be helpful to designing the final version of this survey.*

I felt very relaxed and comfortable just freely typing info into a computer. I felt as though I could convey more of my true feelings this way. Please include a discussion of how you think this approach would compare to your ability to convey information about life satisfaction in an individual face-to-face interview and a group interview with individuals of the same gender and age. In an individual face-to-face interview, I'm sure I'd say much less. In a group interview, I'd probably totally "clam up."

THANK YOU FOR YOUR TIME!

Gina

2:1 Angry-upset with job-college

Currently, I work for a retail toy store in a mall. I am a sales supervisor. I cannot begin to express how much I LOATHE this job. On Sunday, May 23, I will be graduating from Hofstra University with a BA in Psychology with Honors. I know this may sound bizarre but I am not even proud of this achievement. The problem is that this degree does not directly translate into an occupation, i.e. education majors can go directly into teaching. I basically have no clue in terms of what I want to do with the rest of my life. I have never known what career I wanted to pursue ever since high school. At Hofstra, I still did not know. In fact, I have changed my major four times over the past four years. Every day, I change my mind about what I want to do. I have thought about pursuing a Master's degree in psychology or elementary education. I have also thought about going back to school for a BA in accounting. I have many ideas, but my problem is in choosing one path and sticking with it.

As I stated earlier, I hate my job. I am miserable there, but I feel trapped there since I have been working there over two years now. I get frustrated because I am doing the work of an assistant manager without the financial compensation. I have been on interviews for other jobs but so far, I keep getting rejection letters. A classmate of mine in my psychology class said to me that she cannot find a "real" job either. It seems to me that the only jobs available for people with BA's in liberal arts are in retail management. That thought angers me because I did not spend thousands of dollars and so many hours of hard work to stay in the lowest paying career my whole life. After graduation, I will probably take a year off from school and give serious thought to a career that I want to pursue. I have a feeling that I will go for my Master's degree in elementary education.

Gina

2:2 LOATHE job, not proud of BA

Currently, I work for a retail toy store in a mall. I am a sales supervisor. I cannot begin to express how much I LOATHE this job. On Sunday, May 23, I will be graduating from Hofstra University with a BA in Psychology with Honors. I know this may sound bizarre but I am not even proud of this achievement. The problem is that this degree does not directly translate into an occupation, i.e. education majors can go directly into teaching. I basically have no clue in terms of what I want to do with the rest of my life. I have never known what career I wanted to pursue ever since high school. At Hofstra, I still did not know. In fact, I have changed my major four times over the past four years. Every day, I change my mind about what I want to do. I have thought about pursuing a Master's degree in psychology or elementary education. I have also thought about going back to school for a BA in accounting. I have many ideas, but my problem is in choosing one path and sticking with it.

Gina

**2:3 rest of my life?
I have no clue**

I basically have no clue in terms of what I want to do with the rest of my life.

Gina

2:4 I feel trapped at my job

As I stated earlier, I hate my job. I am miserable there, but I feel trapped there since I have been working there over two years now. I get frustrated because I am doing the work of an assistant manager without the financial compensation. I have been on interviews for other jobs but so far, I keep getting rejection letters. A classmate of mine in my psychology class said to me that she cannot find a "real" job either. It seems to me that the only jobs available for people with BA's in liberal arts are in retail management. That thought angers me because I did not spend thousands of dollars and so many hours of hard work to stay in the lowest paying career my whole life. After graduation, I will probably take a year off from school and give serious thought to a career that I want to pursue. I have a feeling that I will go for my Master's degree in elementary education.

Gina

2:5 accident + semester end=stress

Health:

◇ *On a scale of 1-10, how satisfied are you with your health?*

10

I feel fine in terms of my physical health. In terms of my mental health, on a scale of 1-10, I would have to say I am a 3 in terms of satisfaction. I was in a bad car accident last Friday night, May 14, I believe. The entire front of my car is smashed, not to mention internal damage that was done. This could not have come at a worse time. I have had so many papers to write and final exams to study for. I did not need a huge car accident on top of all this stress, not to mention that I will soon have a degree and no job to show for it. I know people are saying that I was lucky to walk away from the accident, and that I should be thankful for that. But my freedom has been taken away from me, and I have to depend on my family, friends, or the bus for transportation. I just feel very disgusted with life right now. I thought graduation was supposed to be a happy time, but I really cannot say that I feel happy.

Gina

2:6 deal w/sexist parents due to lack of \$

Home Life:

◇ *On a scale of 1-10, how satisfied are you with your home life?*

6

I am relatively satisfied with my home life. I must admit that I am a very spoiled child. I jokingly refer to my mother as "June Cleaver." She is very old-fashioned. When she had my older brother, she stopped working. She is a firm believer in the idea that the man should be the breadwinner or the "good provider." She does almost everything for me, including make me breakfast, lunch, and dinner, wash and iron my clothes, clean my room, and wake me up every morning. She also does all of this for my 26 year old brother. My father is a retired teacher. We are very close. The only problem I have is that since my parents were "children of the fifties," they are EXTREMELY strict. I am 21 years old and I have a curfew of 1:00 am, which I think is RIDICULOUS. However, it is a small price to pay for free room, board, laundry, and wake-up service. I always complain to my parents that if I am making the Dean's List every semester, why can't I stay out until 2 or 3 in the morning? They won't admit this, but they are sexist because they are afraid something will happen to me because "I am a girl." My brother never had a curfew. That makes me so mad. However, I am not ready to move out yet because I don't need expenses, such as food and rent. Besides, I would need a steady full-time job (not to mention a car) first.

Gina

2:7 Want more physical activity & less stress

Recreation:

◇ *On a scale of 1-10, how satisfied are you with recreation and leisure in your life?*

2

I go to the gym once a week with my friend. I wish I had the time to go more often, but I barely have the time to pull that off. Occasionally, I go bowling or to play pool with other friends of mine. Other than that, I am usually working in my leisure time to pay for my schooling.

I am not satisfied in terms of recreation. I would like to do more things to get more physically fit. I am not fat, but I want to lose 10 pounds and tone my body. I plan to go to the gym three times a week now that I am almost done with school. Part of the problem is that most of my friends lead sedentary lifestyles. When they want to go out, it is usually to a diner, TGIFriday's, or Benningan's. I see them eating and so I tend to eat more than I want to. My friend Mae, who I go to the gym with, is totally in shape. She is trying to be my personal trainer and motivate me to get in better shape. I am trying to eat healthier, and when Mae and I go out, she makes sure that I eat salads or low fat foods. She has plans for us to go mountain biking this summer out in some park in Suffolk County. When I was younger, I played softball for 7 years. I really miss that because I had so much fun. I learned a lot about sportsmanship and team spirit. Also, I improved greatly as a pitcher over the years. I stopped playing once I began junior high because I was obsessed with overachieving and I was afraid that my grades would suffer and I would not make the high honor roll. So, I gave up my batting helmet for my textbooks. In hindsight, I would have continued playing softball. Not only does it keep you in shape, but it was also a social activity and a stress reliever.

Gina

2:8 Relationships up and down

Relationships:

◇ *FRIENDSHIP - 6*

Overall, I really love my friends. However, I do not get to see them as much as I want to. My friends Kelly and Lisa have a tendency to put their boyfriends before their friends. Maybe I am jealous because I do not have a steady boyfriend. However, I don't think that I would stop seeing my friends as much. I am a firm believer in the saying that "boyfriends come and go, but friends are forever." My friend Guillermo bothers me because every time we get together, we spend the whole time discussing his problems. He is SO self-involved. I don't mean to speak badly of my friends, but some of their flaws really annoy me.

◇ *SIBLING-10*

My brother and I have become extremely close over the past year. We talk all the time, and he is great at listening to me when I have a problem. HE is also great at giving advice. My brother and I hang out together once or twice on the weekend. In fact, tomorrow night, we are going out to eat and then we are going to see Star Wars.

◇ *COWORKERS-7*

My coworkers and I all share a hatred of our job. I suppose the old adage "Misery loves company" holds true. We get along very well and we always help each other out. If someone wants to go out when they are scheduled to work, there is always someone willing to cover the shift. We are having some problems now because our store manager just quit, and we do not like the new store manager. We are sticking together and trying to deal with her. She is trying to pull rank on us when we have been there so much longer than she has.

Gina

2:9 Love friends but flaws annoying

Overall, I really love my friends. However, I do not get to see them as much as I want to. My friends Kelly and Lisa have a tendency to put their boyfriends before their friends. Maybe I am jealous because I do not have a steady boyfriend. However, I don't think that I would stop seeing my friends as much. I am a firm believer in the saying that "boyfriends come and go, but friends are forever." My friend Guillermo bothers me because every time we get together, we spend the whole time discussing his problems. He is SO self-involved. I don't mean to speak badly of my friends, but some of their flaws really annoy me.

Gina

2:10 My brother and I hang out

◇ *SIBLING-10*

My brother and I have become extremely close over the past year. We talk all the time, and he is great at listening to me when I have a problem. HE is also great at giving advice. My brother and I hang out together once or twice on the weekend. In fact, tomorrow night, we are going out to eat and then we are going to see Star Wars.

Gina

2:11 coworkers stick together

◇ COWORKERS-7

My coworkers and I all share a hatred of our job. I suppose the old adage "Misery loves company" holds true. We get along very well and we always help each other out. If someone wants to go out when they are scheduled to work, there is always someone willing to cover the shift. We are having some problems now because our store manager just quit, and we do not like the new store manager. We are sticking together and trying to deal with her. She is trying to pull rank on us when we have been there so much longer than she has.

Gina

2:12 Failure=no job at job fair & after graduation

FAILURE:

I felt like a failure in April of 1999 because I had completed the on-campus recruiting program at the Career Center at Hofstra University and I did not receive any job offers. I know this would not be my only chance to get a job, but I wanted to feel secure on my graduation day that I had found a job and that my education truly paid off. Currently, I still do not have a job. I feel like if I had majored in Business, I would have easily found a job.

Gina

2:13 HS Valedictorian= pride, success

SUCCESS:

I truly felt success on June 25, 1995. This was the day I graduated from high school. I was the valedictorian of my senior class with an average of 97.9. I sat on the stage with my principal and other administrators of the school. Also, I delivered an outstanding valedictory speech. I was proud of myself because I had worked so hard and put so much time into my schoolwork in order to achieve this. My parents were proud of me, as well. In fact, my father surprised me with a new car! (Unfortunately, it was the same car that I just recently got in an accident with.)

Gina

**2:14 Sweet 16 party-
amazing day**

HAPPINESS:

I remember feeling extremely happy at my Sweet Sixteen party. This was on September 7, 1993. My father arranged a huge party for me. We just had a deck built at our house, so he decided to show it off and have a barbecue. He bought so much food, and my mother baked all kinds of cakes and cookies. Twenty-five of my friends from high school came, as well as five of my old friends from junior high, who went to private high schools. We had a deejay who played the music so loud that you could hear it down the block. Most of my extended family (aunts, uncles, cousins) were there, as well. My friends mingled with my family and everyone had a great time. Most of the adults were drunk and could barely dance, but they were making everyone laugh. To this day, my friends and I still talk about that party. I had such an amazing day.

Gina

2:15 Dad ill>Why do bad things happen to my family

SADNESS:

It was the beginning of my spring semester at Hofstra University in January of 1996. I was a freshman, and I started off successfully with a 4.0 the previous semester. My dad was not feeling well throughout the holidays (Christmas and New Year's Day). However, he did not want to go to the doctor. When he would eat, he would get very nauseous afterwards. Finally, it was almost the end of January and he had not been to work in three weeks. His condition had worsened to the point where he could not hold any food in his stomach. We had to force him to go to the emergency room in the hospital. I drove him there and I had to wear my sunglasses because I was crying the whole way to the hospital. I did not know what was wrong with my dad, but I knew it was serious. He was admitted and blood work was done. My mother and I were in the waiting room for hours. When we were finally allowed to see him, his doctor explained to us that my father was in renal failure. He was diagnosed with End Stage Renal Disease. This changed his whole life because now he has to go for dialysis treatments three times a week. Thank God, he is doing well and feeling healthy. I feel so sorry that he has to go through this. Apparently, he got this disease from being diabetic and having high blood pressure. I just can't help thinking, why do bad things have to happen to my family? I guess everyone asks the "why me?" question. I am thankful that he is alive and will see me graduate from Hofstra on Sunday.

Gina

2:16 Current job=unhappy, \$=happy

Overall:

On a scale of 1-10, my overall life satisfaction would be 3. I am not happy with my life because I do not know what career path I want to pursue. I know that having money is very important to me. I also know that I need to go back to school and further my education in order to make the money that I want. In my opinion, people define themselves according to their career. I want to be able to be proud of the career I wish to pursue. Currently, I do not have the money to live the life that I want to live. I am one of those people that believes that money can buy happiness. If I had enough money, I could get my car fixed, go out to dinner whenever I wanted, and buy designer clothes. I know that this is a materialistic viewpoint, but those are the things that would satisfy me.

Gina

**2:17 Thank God, he is doing
well and feeling healthy**

Thank God, he is doing well and feeling healthy.

Vincent

18:1 challenge = success

As of now I am a day trader in the stock market. I am working toward been either a commodities trader or a financial consultant.

When I was in high school I wanted to be an electrician. So I went to trade school and did what I set out to do. In my junior year of high school I went to a competition for all the kids going to trade school for electrical in NY. I placed fourth out of 42 kids, which all of them were seniors except me. In my senior year I was determined to win in which I did. I placed first in NY State. I then went to the Nationals in Wichita Kansas and placed 5th in the country out of 92 people. They had college students competing against the high school kids that's why there were more then 51. When I graduated high school I went straight into the working world. I applied to Local 25 Electricians Union. Everyone told me I had no chance to get a job there at my age. Well they were wrong I got excepted and started working making great money. I didn't turn down any work thrown my way. Sometimes I worked 80 to 90 hours a week. I was saving so much money. It was great, till January 25 1989. I was on a job in Hicksville that day and who knew that would be the last day I did electrical. I was seriously injured that day. I fell into a trench that caved in. I broke my wrist separated my shoulder and worst of all caused a very rare type of nerve damage that caused me to be in a wheel chair for 1 1/2 years. This incident altered the path of my career. After I was able to walk again I started college at Suffolk community college. At this point in my life I thought I wanted to go into marketing. As my college career progressed I started to have a serious interest for the stock market. At this point I just started going to Hofstra. So I changed my major to finance. I then got a lot of comments from Finance Prof.'s of mine that I had a key sense from the market. That's when I involved in day trading.

This seemed to be my calling, but then I meet my wife to be and I thought about my future and day trading isn't the most stable job. So I felt the best thing for me to do is look for a more secure job. The job I found which I will be starting this Sept is for JP Morgan as an assistant to a commodities trader. I feel that I will be extremely happy at this type of work cause it will give me the thrill of the market without the risk of losing my own money.

Vincent

18:2 Day trader working towards commodities trader

When I was in high school I wanted to be an electrician. So I went to trade school and did what I set out to do. In my junior year of high school I went to a competition for all the kids going to trade school for electrical in NY. I placed fourth out of 42 kids, which all of them were seniors except me. In my senior year I was determined to win in which I did. I placed first in NY State. I then went to the Nationals in Wichita Kansas and placed 5th in the country out of 92 people. They had college students competing against the high school kids that's why there were more than 51. When I graduated high school I went straight into the working world. I applied to Local 25 Electricians Union.

Vincent

18:3 Incident altered career path

Everyone told me I had no chance to get a job there at my age. Well they were wrong I got excepted and started working making great money. I didn't turn down any work thrown my way. Sometimes I worked 80 to 90 hours a week. I was saving so much money. It was great, till January 25 1989. I was on a job in Hicksville that day and who knew that would be the last day I did electrical. I was seriously injured that day. I fell into a trench that caved in. I broke my wrist separated my shoulder and worst of all caused a very rare type of nerve damage that caused me to be in a wheel chair for 1 1/2 years. This incident altered the path of my career. After I was able to walk again I started college at Suffolk community college. At this point in my life I thought I wanted to go into marketing. As my college career progressed I started to have a serious interest for the stock market. At this point I just started going to Hofstra. So I changed my major to finance. I then got a lot of comments from Finance Prof.'s of mine that I had a key sense from the market. That's when I involved in day trading.

Vincent

18:4 Starting a more secure job

This seemed to be my calling, but then I meet my wife to be and I thought about my future and day trading isn't the most stable job. So I felt the best thing for me to do is look for a more secure job. The job I found which I will be starting this Sept is for JP Morgan as an assistant to a commodities trader. I feel that I will be extremely happy at this type of work cause it will give me the thrill of the market without the risk of losing my own money.

Vincent

18:5 Met challenges in school, career

When I was in high school I wanted to be an electrician. So I went to trade school and did what I set out to do. In my junior year of high school I went to a competition for all the kids going to trade school for electrical in NY. I placed fourth out of 42 kids, which all of them were seniors except me. In my senior year I was determined to win in which I did. I placed first in NY State. I then went to the Nationals in Wichita Kansas and placed 5th in the country out of 92 people. They had college students competing against the high school kids that's why there were more than 51. When I graduated high school I went straight into the working world. I applied to Local 25 Electricians Union. Everyone told me I had no chance to get a job there at my age. Well they were wrong I got excepted and started working making great money. I didn't turn down any work thrown my way. Sometimes I worked 80 to 90 hours a week. I was saving so much money. It was great, till January 25 1989. I was on a job in Hicksville that day and who knew that would be the last day I did electrical. I was seriously injured that day. I fell into a trench that caved in. I broke my wrist separated my shoulder and worst of all caused a very rare type of nerve damage that caused me to be in a wheel chair for 1 1/2 years. This incident altered the path of my career. After I was able to walk again I started college at Suffolk community college. At this point in my life I thought I wanted to go into marketing. As my college career progressed I started to have a serious interest for the stock market. At this point I just started going to Hofstra. So I changed my major to finance. I then got a lot of comments from Finance Prof.'s of mine that I had a key sense from the market. That's when I involved in day trading.

Vincent

18:6 physical health 0, mental health 10

Health:

◇ *On a scale of 1-10, how satisfied are you with your health? _5_*
I feel with all the accidents I had in my past I will be a mess in the future. I've always been an accident waiting for a place. Due to the nature of injuries that I have had I feel I will have serious arthritic problems when I am older. I am almost 30 now and I have serious spinal problems already. The reason I give myself a 5 is because I feel my physical health is about a 0 where my mental health is a 10. I feel due to my strong mental health that's what has helped me concur things in the past and will keep me going in the future.

Vincent

18:7 Happier with fiancé than parents

Home:

◇ *On a scale of 1-10, how satisfied are you with your home life?*
8.5

I am not exactly sure of what you mean by home life. I'll answer it both ways, where I live now or where I use to live. I would rate my life at my parent's home at a 7.5. I had a pretty easy life at my parent's house. The only things that were not good is that my mother yells at my dad a lot about stupid things, which annoyed me because I feel my father works very hard and He doesn't need that type of aggravation. The other thing that bothered me of my home life was that my mom didn't like people at the house. That was very annoying growing up. Other then those two issues life at home was great. I get along great with all three of my sisters and my parents. I never really had any serious problems growing up with anyone in my family in my parent's house.

I would rate my home life where I live now at an 8.5. I now live with my fiancée and her mother. Everything here is great except her mom is a paranoia schizophrenic. This makes life a little difficult sometimes due to the baby-sitting aspect that she needs. Other than that my fiancée get along great we almost never fight and always give each other space as we need it. I feel even with having to baby sit almost every day my life here is a little happier than it was at my parents.

Vincent

18:8 Life at parents' home 7.5

I am not exactly sure of what you mean by home life. I'll answer it both ways, where I live now or where I use to live. I would rate my life at my parent's home at a 7.5. I had a pretty easy life at my parent's house.

Vincent

18:9 home life 8.5 in spite of responsibilities

I would rate my home life where I live now at an 8.5. I now live with my fiancée and her mother. Everything here is great except her mom is a paranoia schizophrenic. This makes life a little difficult sometimes due to the baby-sitting aspect that she needs. Other than that my fiancée get along great we almost never fight and always give each other space as we need it. I feel even with having to baby sit almost every day my life here is a little happier than it was at my parents.

Vincent

18:10 Dad doesn't need aggravation from Mom

I had a pretty easy life at my parent's house. The only things that were not good is that my mother yells at my dad a lot about stupid things, which annoyed me because I feel my father works very hard and He doesn't need that type of aggravation.

Vincent

18:11 Busy recreation & leisure life

Recreation:

◇ *On a scale of 1-10, how satisfied are you with recreation and leisure in your life? _9.5_*

I have a pretty busy rec & les life. I have a lot of friends and family so I always have something to do. If it's not a party it's a wedding or gathering of some sort. I also before I injured my back on 11/17/98 I did a lot of water sports or motorcycle riding. I also share a house with my friends every summer. About 20 of us get together and rent a big house. Also a lot of my other friends rent out there too. So on the weekends we go out there and go to the beach or bars and hangout. My life since 11/17/99 has been less lustrous. I've been pretty much laid up since then just watching TV at home and going out to friend's houses here and there. I also do studying and reading during my leisure. I would have to rate this period of my life at about 5.0

Vincent

**18:12 No response to
Relationship Question**

Vincent

18:13 weight gain feels like failure

FAILURE:

I have to honestly say that I have nothing that I can think of in my life that I can correlate with the word failure. The only thing I feel I failed at in my life is that I gained all the weight I gained in the last 6 months due to my back injury that I have.

Vincent

18:14 biggest success getting out of wheelchair

SUCCESS:

I feel my biggest success was getting out of my wheel chair in 1993. After spending 1 ½ years in a wheel chair from an accident at work I battled back to prove all the doctors wrong and I walked again. In Sept of 93 I went to John's Hopkin's Hospital. After the doctors evaluated me they told me that I would probably never walk again. As soon as they told me that I was determined to prove the doctors wrong. I started to work even harder in physical therapy. After 1-½ months in the hospital I walked out of there with the assistants of a cane. Still to this day my neurologist calls me the miracle patient.

Vincent

18:15 Happiest when my fiancé said "yes"

HAPPINESS:

I would have to say the happiest day of my life was when my fiancée said yes to marrying me back on Aug 1st 1998. Just the look on her face when I proposed is still imprinted in my mind and that imprint still makes me smile today. The second thing I think of is when my sister had a baby and she asked me to be the godfather. The gave me such a feeling of trust and importance that she would trust me to take care of her daughter if something had ever happened to her and her husband.

Vincent

18:16 Death of Grandmother & dog same week

SADNESS:

I would have to say that when I think of Sadness I think of when my dog & grandmother died in the same week back in Aug of 1987. Both were tuff to take because my grandmother had a long drawn out battle with cancer and my dog, which I had since I was 3, I came very attached to. The biggest thing about my dog's death was closure. She died when I was at work and my father took her to the vet to be cremated, so I didn't get to see her for that last time. As for my grandmother she was told so many times that she had beaten the cancer and time and time again she relapsed. She was only 67 years old when she died that also attributed to the sadness considering that she was still young.

Vincent

18:17 Tests in life are for a reason

Overall:

My overall life satisfaction on a scale from 1 to 10 is a 9. I feel we are put through tests in life for a reason so I do not see all the bad things that I went through as bad. I feel all of these things are learning experiences. I feel I've been fortunate to have a good family and pretty much had everything that I needed when I was growing up. I feel most people are not as fortunate as was growing up and have to be thankful for that to.

Vincent

18:18 More honest on computer than face to face

I feel that by doing the survey on a computer made me answer the questions in more depth and detail than a face to face interview. I also feel that if you were to do the interview face to face people would not answer as truthful as they would on computer. This would be due to possible embarrassment or if the individual was shy. The only draw back to the computer is that someone with a basic vocabulary might not convey in a computer interview what they actually mean as they would in a personal interview.

Health 20

1:4 Fit, but twirpy

Health:

◇ *On a scale of 1-10, how satisfied are you with your health?*

9

I am in good shape. I play sports all the time and am physically fit to compete at high levels. I don't smoke or drink. I have a swimmers build. I try to eat as healthy as possible. But the negatives are that I would like to build more muscle. I am kind of twirpy and would like to be bigger.

Health 20

3:3 health=emotional, mental, & spiritual

Health:

I feel as if I am very healthy and I know that I have a firm background on what being healthy means because of my interest in Nutrition and Exercise. I always try to eat better and make the right choices and exercise on a regular basis. I really think that those two components contribute highly to health. But, health also means emotionally, mentally and even spiritually. I feel like my spiritual life really contributes to the rest of my health because I take care of my body because God tells us to in the Bible and everything else falls into place.

Health 20

3:5 Time for sports=stress reduction

Recreation:

I participate in...

1. a few intramural sports (softball, etc.)
2. swimming
3. spend time with my close friends and family

I don't think that I have a lot of time for recreation and leisure, but I think that it is important that I make time for it as a stress-reliever. I am a very active and high-strung kind of a person and I need this time to get some energy out of my system. I am very involved in my residence hall and various other activities that it doesn't allow me to put as much time into my leisure as I would want to have in my schedule. I often have to put this time into my schedule or it could get skipped over. I love sports and I wish that I had more time for it, but the people that I hang out with are active too and they keep me in check when I need to take a break from meetings and studying to play a game of softball or go run and workout or something.

Health 20

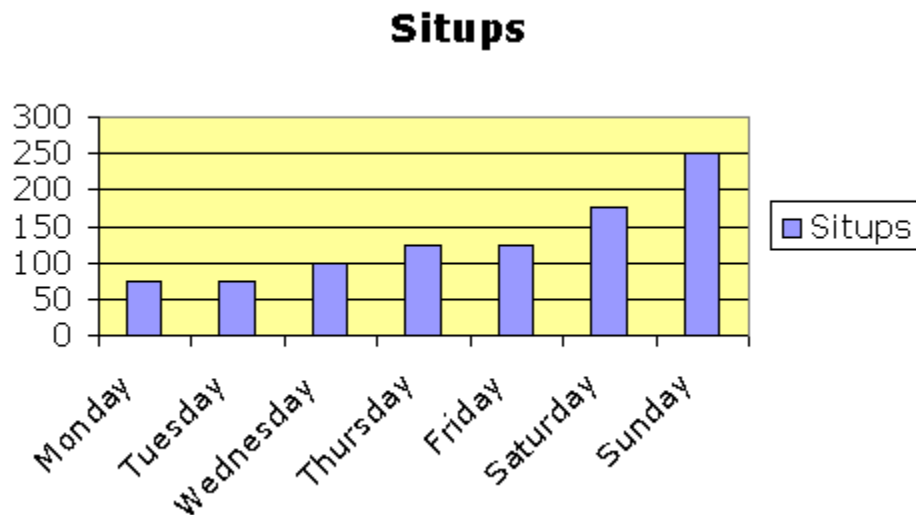
6:2 I'd like enhanced physique

Health:

- ◇ On a scale of 1-10, how satisfied are you with your health?
8

I am relatively happy with my current health. I feel that I have a decent looking physique but of course I would like it enhanced. I see all these guys in underwear ads and in clubs with these pumped up bodies and all I can think is *"Damn I wish I looked like that!"* If anything to make both myself and my girlfriend happier. But improving my health is something I know I can achieve. It is very easy to eat better and to work out more. You just have to do it and that's the hardest part of it all.

I just started doing situps. I chart my progress, which really helps. Here's a copy of an Excel chart I use:



Health 20

6:5 "Dance my ass off" - active

Recreation:

◇ *On a scale of 1-10, how satisfied are you with recreation and leisure in your life?*

9

Please list recreation\leisure events you participate in...

I dance my ass off every week and I play basketball whenever possible. I try and get out and do stuff whenever possible. I am relatively satisfied with my recreational/leisure activities. I am one of those people who feel guilty if I sit inside and watch TV on a beautiful day. I feel like I should be at the beach or at the park playing ball, or just outside doing something. But I feel I get a good amount of exercise without actually going to the gym or whatever. Every week I go to 2 clubs or so, dancing into the wee hours of the morning. I know breathing in all that smoke doesn't do too much for me but damn I sure do sweat a lot...gotta be doing something right.

Health 20

7:2 Bad allergies also have asthma

Health:

I am pretty satisfied with my health because I have never been severely ill and I have never broken a bone in my life. What bothers me about my health is my allergies and my asthma. I have terrible allergies and it is rare for me to be able to breath through my nose with ease. My doctor also keeps on prescribing the same medicine and it doesn't see to be working. I will definitely see an allergist this summer.

Health 20

8:4 Health paranoia-"what if it's me?"

Health:

◇ *On a scale of 1-10, how satisfied are you with your health?*

6

I think I'm pretty okay. Just some minor aches in some areas, but I think I can live. I think I also, prevent myself in some ways. I see in movies, and family members dieing, and start to wonder. I never had major surgery, or even any problem, with my health. I'm also very paranoid, in that way. If I see someone in bad shape, and worry. What if? That is the question. What if it's me? I think that's all I'm really concerned with my health. Another thing is smoking and drinking. I don't do either of them. So I get really mad when people do it in front of me, because of second hand smoking. I don't want to die of cancer, because of some stupid person, wants to kill me too due to their cigarettes. Most of the time, I think I forget that I could. So I really don't make them stop. But I see on TV and movies, people dying of lung cancer, I really get upset. Another thing I feel bad is my own health, in keeping a good shape. I get mad at people on TV with great bodies, and I get mad because, I know I can do it too. I mean good body meaning, healthy and muscular. I 'm not talking about bodybuilders, or even supermodels. I mean people who keep themselves in shape. I realize, this when I'm walking or running and I can't keep up, like I used to. I became very lazy.

Health 20

9:2 sick rarely-eat right, exercise

Health:

I am pretty happy with my health situation. I get sick very rarely and when I do, it is only for a short amount of time. I think this can be attributed to the fact that I eat right and exercise semi-regularly. However, my family has a history of breast cancer and diabetes and I worry very much about contracting them.

Health 20

13:2 Thank God for good health

Health:

I have been blessed with good health all of my life. The only major problem I have had was strep throat all through second grade, which led to a tonsillectomy. I rarely get sick, and if I do, it doesn't last for very long. I am a firm believer in eating healthy, yet I eat whatever I want. I do not diet because I don't believe that God put food on this earth to tempt people. He created chocolate and cherry cheesecake for us to enjoy, and yes, I will have my cake and eat it too! .Don't get me wrong, I'm not one to pig out. I have learned to eat when I am hungry and stop eating when I am satisfied. I try to exercise at least 3 times a week, but with classes and studying, it is very difficult to keep it up. I hate being out of shape, and I like for my muscles to have a bit of definition! I am happy with my body image, and I believe God made me special and unique. So, I am very satisfied with my health, and I thank God everyday for allowing me to stay in good health.

Health 20

14:1 Training to be a professional dancer

- ◇ *What is your career now or career you are working toward?*
I am training to (and hope to become) a professional dancer. I am also attending college to pursue athletic training (my prospective career after my dance career is over, or a backup in case I don't become a dancer).
- ◇ *Discuss your career satisfaction here...please include details on relevant actors, actions, events, reflections, etc. Feel free to discuss past, present and/or future career path issues.*
I am very satisfied with my chosen career path, mainly because of my desire to be physically active and my fascination with the body structure and injuries.

Health 20

14:11 Pretty satisfied with my health

Health:

My satisfaction with my health fluctuates from week to week, sometimes even day to day, but on the whole I would say that I'm pretty satisfied with my health. I am extremely health conscious, and I feel best when I'm busy (when I have lots to do--errands, homework, etc.), physically active (exercising daily: ballet, swimming, aerobics), and when I don't overindulge at meals. Both of my parents are also rather health conscious and have been since I was a young child. I have always been physically active--when I was younger I took gymnastics, ballet, and loved bike riding, swimming, and playing basketball.

Health 20

17:2 Stomach condition-lack of sleep

Health:

◇ *On a scale of 1-10, how satisfied are you with your health?*

7

It's a spotty thing. I have a come and go stomach condition that seems to have no discernable root or cure. No matter what I do, I cannot seem to shake for long, and doctors have proved less than useful. Otherwise, I normally feel quite good, despite a noticeable lack of proper sleep.

Health 20

17:9 Mother has cancer

SADNESS:

Last semester...November 15...I was going to see a Galactic show in NYC, at Irving Plaza...just before I left my room, I found out that my mother had cancer.

Health 21

2:5 accident + semester end=stress

Health:

◇ *On a scale of 1-10, how satisfied are you with your health?*

10

I feel fine in terms of my physical health. In terms of my mental health, on a scale of 1-10, I would have to say I am a 3 in terms of satisfaction. I was in a bad car accident last Friday night, May 14, I believe. The entire front of my car is smashed, not to mention internal damage that was done. This could not have come at a worse time. I have had so many papers to write and final exams to study for. I did not need a huge car accident on top of all this stress, not to mention that I will soon have a degree and no job to show for it. I know people are saying that I was lucky to walk away from the accident, and that I should be thankful for that. But my freedom has been taking away from me, and I have to depend on my family, friends, or the bus for transportation. I just feel very disgusted with life right now. I thought graduation was supposed to be a happy time, but I really cannot say that I feel happy.

Health 21

2:7 Want more physical activity & less stress

Recreation:

◇ *On a scale of 1-10, how satisfied are you with recreation and leisure in your life?*

2

I go to the gym once a week with my friend. I wish I had the time to go more often, but I barely have the time to pull that off. Occasionally, I go bowling or to play pool with other friends of mine. Other than that, I am usually working in my leisure time to pay for my schooling.

I am not satisfied in terms of recreation. I would like to do more things to get more physically fit. I am not fat, but I want to lose 10 pounds and tone my body. I plan to go to the gym three times a week now that I am almost done with school. Part of the problem is that most of my friends lead sedentary lifestyles. When they want to go out, it is usually to a diner, TGI Friday's, or Benningan's. I see them eating and so I tend to eat more than I want to. My friend Mae, who I go to the gym with, is totally in shape. She is trying to be my personal trainer and motivate me to get in better shape. I am trying to eat healthier, and when Mae and I go out, she makes sure that I eat salads or low fat foods. She has plans for us to go mountain biking this summer out in some park in Suffolk County. When I was younger, I played softball for 7 years. I really miss that because I had so much fun. I learned a lot about sportsmanship and team spirit. Also, I improved greatly as a pitcher over the years. I stopped playing once I began junior high because I was obsessed with overachieving and I was afraid that my grades would suffer and I would not make the high honor roll. So, I gave up my batting helmet for my textbooks. In hindsight, I would have continued playing softball. Not only does it keep you in shape, but it was also a social activity and a stress reliever.

Health 21

2:15 Dad ill> Why do bad things happen to my family

SADNESS:

It was the beginning of my spring semester at Hofstra University in January of 1996. I was a freshman, and I started off successfully with a 4.0 the previous semester. My dad was not feeling well throughout the holidays (Christmas and New Year's Day). However, he did not want to go to the doctor. When he would eat, he would get very nauseous afterwards. Finally, it was almost the end of January and he had not been to work in three weeks. His condition had worsened to the point where he could not hold any food in his stomach. We had to force him to go to the emergency room in the hospital. I drove him there and I had to wear my sunglasses because I was crying the whole way to the hospital. I did not know what was wrong with my dad, but I knew it was serious. He was admitted and blood work was done. My mother and I were in the waiting room for hours. When we were finally allowed to see him, his doctor explained to us that my father was in renal failure. He was diagnosed with End Stage Renal Disease. This changed his whole life because now he has to go for dialysis treatments three times a week. Thank God, he is doing well and feeling healthy. I feel so sorry that he has to go through this. Apparently, he got this disease from being diabetic and having high blood pressure. I just can't help thinking, why do bad things have to happen to my family? I guess everyone asks the "why me?" question. I am thankful that he is alive and will see me graduate from Hofstra on Sunday.

Health 21

5:2 improve my workout dedication

Health:

◇ *On a scale of 1-10, how satisfied are you with your health?*
8

Overall I am pretty happy with my mental, social and physical health. I would like to improve my dedication to working out. I am the type of person who will work out 5 times a week for a month straight and then it slowly turns into less days a week until it is none. I get distracted by school work, my job or just being tired.

Health 21

10:2 in hospital- not back to normal yet

Health:

◇ *On a scale of 1-10, how satisfied are you with your health?*
-7-

Well a couple of months ago, I was really sick and ended up in the hospital. I lost about 10 pounds, and couldn't eat for 2 weeks. And since then I still don't feel back to normal. Plus the fact I get myself back into the shape I used to be in before hand.

Health 21

11:2 Good care...no health fanatic

Health:

◇ *On a scale of 1-10, how satisfied are you with your health?*

8

I used to weigh over 200lbs. I now through exercise and proper diet weigh 180 lbs. I have in the last 2 wks doubled my effort to reach 135lbs. I get regular check ups including, since I am 45yrs, pap smears and mammograms I take good care of myself. I am not a health fanatic but I don't drink, smoke, or do any kind of drugs what so ever.

Health 21

12:2 Feel healthy mentally & physically

Health:

◇ *On a scale of 1-10, how satisfied are you with your health?*

7

Overall I have incredible stamina and feel very healthy mentally and physically. However, only a month ago I had my tonsils removed. But since then I feel excellent.

Health 21

12:4 Less TV, more physical activities

Recreation:

- ◇ *On a scale of 1-10, how satisfied are you with recreation and leisure in your life?*

5

- ◇ *Please list recreation\leisure events you participate in...*

- Participate in exercise (gym)

- Swimming

- Watching too much television

I feel that I should engage in more consistent physical exertion than I currently participate in. I would also like to decrease my television time by spending more time outside running or taking long walks or reading the newspaper instead of watching so many valueless programs

Health 21

12:9 Friend helps work thru suicidal feelings

SADNESS:

Late one evening I called my friend and told her that she needed to pick me up because I really needed to speak to her. She picked me up and we drove for about one and half hours, I cried the whole way while I told her that I did not want to live anymore. I had never felt so sad in my life. The next day she took me to the doctor and he took the appropriate measures that aided me in my recovery. This event occurred December 1998.

Health 21

15:2 Prevent mental health problems, stable now

SADNESS:

Late one evening I called my friend and told her that she needed to pick me up because I really needed to speak to her. She picked me up and we drove for about one and half hours, I cried the whole way while I told her that I did not want to live anymore. I had never felt so sad in my life. The next day she took me to the doctor and he took the appropriate measures that aided me in my recovery. This event occurred December 1998.

Health 21

18:3 Incident altered career path

Everyone told me I had no chance to get a job there at my age. Well they were wrong I got excepted and started working making great money. I didn't turn down any work thrown my way. Sometimes I worked 80 to 90 hours a week. I was saving so much money. It was great, till January 25 1989. I was on a job in Hicksville that day and who knew that would be the last day I did electrical. I was seriously injured that day. I fell into a trench that caved in. I broke my wrist separated my shoulder and worst of all caused a very rare type of nerve damage that caused me to be in a wheel chair for 1 1/2 years. This incident altered the path of my career. After I was able to walk again I started college at Suffolk community college. At this point in my life I thought I wanted to go into marketing. As my college career progressed I started to have a serious interest for the stock market. At this point I just started going to Hofstra. So I changed my major to finance. I then got a lot of comments from Finance Prof.'s of mine that I had a key sense from the market. That's when I involved in day trading.

Health 21

18:6 physical health 0, mental health 10

Health:

◇ *On a scale of 1-10, how satisfied are you with your health?*

5

I feel with all the accidents I had in my past I will be a mess in the future. I've always been an accident waiting for a place. Due to the nature of injuries that I have had I feel I will have serious arthritic problems when I am older. I am almost 30 now and I have serious spinal problems already. The reason I give my self a 5 is because I feel my physical health is about a 0 where my mental health is a 10. I feel due to my strong mental health that's what has helped me concur things in the past and will keep me going in the future.

Health 21

18:11 Busy recreation & leisure life..

Recreation:

- ◇ *On a scale of 1-10, how satisfied are you with recreation and leisure in your life?*

9.5

I have a pretty busy rec & les life. I have a lot of friends and family so I always have something to do. If it's not a party it's a wedding or gathering of some sort. I also before I injured my back on 11/17/98 I did a lot of water sports or motorcycle riding. I also share a house with my friends every summer. About 20 of us get together and rent a big house. Also a lot of my other friends rent out there too. So on the weekends we go out there and go to the beach or bars and hangout. My life since 11/17/99 has been less lustrous. I've been pretty much laid up since then just watching TV at home and going out to friend's houses here and there. I also do studying and reading during my leisure. I would have to rate this period of my life at about 5.0

Health 21

18:13 weight gain feels like failure..

FAILURE:

I have to honestly say that I have nothing that I can think of in my life that I can correlate with the word failure. The only thing I feel I failed at in my life is that I gained all the weight I gained in the last 6 months due to my back injury that I have.

Health 21

18:14 biggest success getting out of wheelchair

SUCCESS:

I feel my biggest success was getting out of my wheel chair in 1993. After spending 1 ½ years in a wheel chair from an accident at work I battled back to prove all the doctors wrong and I walked again. In Sept of 93 I went to John's Hopkin's Hospital. After the doctors evaluated me they told me that I would probably never walk again. As soon as they told me that I was determined to prove the doctors wrong. I started to work even harder in physical therapy. After 1-½ months in the hospital I walked out of there with the assistance of a cane. Still to this day my neurologist calls me the miracle patient.