

# Faculty Perceptions of Covid-19 Effects on Workload Conditions

Survey Link: [Microsoft Forms](#)

1. Since the start of Covid-19 restrictions, your enjoyment for teaching has:

- Increased
- Stayed the same
- Decreased

2. Since the start of Covid-19 restrictions, your workload has:

- Increased
- Stayed the same
- Decreased

3. How much do you relate to this statement: "I'm not working at home. I'm living at work."

- Extremely
- Very
- Somewhat
- A little
- Not at all

4. To what extent have you felt stressed, due to your workload or working situation, since the beginning of Covid-19 restrictions?

- Extremely
- Very
- Somewhat
- A little
- Not at all

5. Do you believe your feelings of stress at work have increased since pre-Covid 19 restrictions?

- Extremely
- Very
- Somewhat
- A little
- Not at all

6. Have you lost a clear perspective on work during Covid-19 times?

- Extremely
- Very
- Somewhat
- A little
- Not at all

7. To what extent have you felt a sense of hopelessness with your work since the Covid-19 restrictions began?

*Examples of hopelessness: Internal voice asks "Why bother?" or "Who cares?"*

- Extremely
- Very
- Somewhat
- A little
- Not at all

## Questions 1-10

**Potential Trainings, Lectures, Seminars, Webinars and Resources (either to offer via email or Moodle or to create in live events)**

- Maintaining Professional Momentum During Challenging Times
  - [How do we empower our faculty to regain momentum, focus during challenging times?](#)
- How to Manage Your Workload whilst WFH
- How to Create work-life balance whilst working from home?
  - [Connect to PCPH lifestyle Medicine Events](#)
- Importance of adaptability in changing time for HE faculty
- Supporting Faculty Resilience
- Manage your stress and assist students in managing their stress whilst WFH

### Aligned with CME Strategy Goals:

- Goal 1: Provide Faculty and staff with continuous professional activities and programmes to enhance their existing knowledge and skills
- Goal 2: Enhance student teaching, learning, and assessment experience

8. Do you find yourself overlooking normal duties and responsibilities at work due to Covid-19 restrictions.

- Yes
- No
- Sometimes

9. Since the start of Covid-19 restrictions, how do you now feel in meeting the expectations of the following faculty responsibilities: \*

	Better	Worse	Equal
Research and Publishing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mentoring/Advising Students	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Teaching	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Service	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

10. Please provide more feedback in relation to Question 9. \*

11. Do you feel emotionally overwhelmed by using new technology and communication tools for work?

*Emotional overwhelm is a state of being beset by intense emotion that is difficult to manage. It could also prevent you from performing daily tasks because they feel like they are too much to handle.*

- Extremely
- Very
- Somewhat
- A little
- Not at all

12. What communication channels work best for you and why?

*Example: Microsoft Team Calls/Video Calls, Email, Telephone*

13. How do you relate to this statement: "I feel connected to my team when working remotely."

- Extremely
- Very
- Somewhat
- A little
- Not at all

14. If you do not relate to the above statement, please share what challenges have effected your teams' ability to communicate and connect whilst WFH. \*

15. Do you feel connected enough to your students? Why or why not? \*

*Please explain how distance learning has effected your connection and communication with your students.*

16. Do you have all the equipment you need in order to successfully work from home? If not, please indicate what type of equipment you are currently missing. \*

### Questions 11-16

Potential Trainings, Lectures, Seminars, Webinars and Resources (either to offer via email or Moodle or to create in live events)

- Communication Skills for Remote Teams
- Remote Skill Building
- Team Bonding
- Remote Management Skills for Higher Management

Aligned with CME Strategy Goals:

- Goal 1: Provide Faculty and staff with continuous professional activities and programmes to enhance their existing knowledge and skills
- Goal 2: Enhance student teaching, learning, and assessment experience

17. How would you describe your sentiments if you had to fully return to your classroom this coming semester?

- Very enthusiastic
- Somewhat enthusiastic
- Neutral
- Somewhat concerned
- Very concerned

18. Please provide more information in relation to Question 17, if applicable.

Enter your answer

19. What are your 2 biggest WFH struggles? \*

- I have child/children and I struggle with childcare
- Social Isolation
- Communication with coworkers
- General anxiety about the impact of Covid-19 on my life
- Lack of IT equipment (Old computer, lack of printer etc.)
- Too many distractions at home
- Keeping a regular work schedule - I work more from home
- I have no struggles WFH
- Other

20. Please provide more information in relation to Question 19, if applicable.

Enter your answer

21. What are your top 2 benefits of WFH during Covid-19? \*

Enter your answer

22. If you were given the option to WFH, how many days a week would you choose to do so?

- I don't want to work from home
- 1 day a week
- 2 days a week
- 3 days a week
- 4 days a week
- 5 days a week
- Due to my role, I am unable to work remotely

23. Please provide more information in relation to Question 22, if applicable.

Enter your answer

24. What is one process you have found beneficial and would like to continue using when you return to working in the office?

Enter your answer

### Questions 17-29

Deeper understanding of what our Faculty are currently experiencing in order to create future processes, lines of communications, trainings and resources to better serve our community.

Aligned with CME Strategy Goals:

Goal 1: Provide Faculty and staff with continuous professional activities and programmes to enhance their existing knowledge and skills

Goal 2: Enhance student teaching, learning, and assessment experience

25. Do you feel appreciated for the work that you are doing during this time?

- Extremely
- Very
- Somewhat
- A little
- Not at all

26. If you were to have work related and/or Covid-19 related stress, would you discuss this with your direct manager or HR representative?

- Yes
- No
- Unsure

27. Do you know where to go for support in relation to your academic duties?

- Yes
- No

28. What overall feedback, related to working under Covid-19 restrictions, would you like to raise?

Enter your answer

29. You are: \*

- Junior Faculty ( 5 years or less at any academic institution)
- Senior Faculty (5 years or more at any academic institution)
- Prefer not to say

30. You are: \*

- Female
- Male
- Non-binary/third gender
- Prefer not to say

31. Your age: \*

- 20-30 years old
- 30-45 years old
- 45+ years old
- Prefer not to say