Appendix A

Background

1. Where did you grow up?
2. Is there anyone close to you who has gone or is going to college? Who are they—family, distant relative, close friend? Are they role models to you and/or provide guidance to you regarding college?
3. What motivated you to go to college?

Family

1. What are some values that have been important to your family?
2. How are these values similar to or different from your own?
3. To what extent do you feel comfortable sharing values different from your family’s values at home? And values different from others at school?
4. How are the values of your family growing up similar to or different from your community?
5. What level of education did your parents complete? Why?
6. Would they have liked further education? If yes, what got in their way?

Family and college

1. How has your family been supportive or not supportive of your desire to attend college?
2. How does your family respond to your academic achievements? How would you like them to respond?
3. In what situations (if any) have you felt reluctant to share your problems with your family and childhood friends?
4. How do your family and childhood friends respond to your sharing about challenges or problems you are facing in college?
5. How would sharing your problems affect your close relationships with your family or your childhood friendships? What kinds of burdens or concerns?
6. What messages have you received from your family or childhood friends about what it would mean if you struggled and failed in college? How do you feel these messages have been communicated to you?

College experience

1. What are some values that you associate with college here?
2. How have ideas that you have learned in your classes influenced your values or beliefs?
3. How does what you have learned in class relate to or apply to your everyday life?
4. What were your expectations regarding college before you started? In what ways were these expectations met and not met?
5. What has been easy and what has been challenging so far in your college experience?

Help-seeking behavior

1. Who have you sought out when you have had a stressful problem while in college?
2. What do you say to them?
3. How does this make you feel?
4. If you do not seek out support from others, what do you do to cope?
5. How often do you seek out support?
6. Does the decision to seek support depend on the type of problem?
7. What about times when you might choose not to seek out support? Are there reasons why you might hesitate to reach out for support? What are some of these reasons?