



CSA-S

Student Feedback Report

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Prepared for

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Introduction

The CSA has been used in over 147 countries around the world helping people to understand and manage the impact of change and stress on productivity and resilience. We do this by asking three simple questions: How are you doing? What can you learn? and What can you do? Answering these questions will help you better understand yourself and achieve your personal goals. As you read through this report, keep in mind that all assessments have limitations. The CSA is not a comprehensive personality assessment, nor is it a test of abilities or success.

Your Response to the CSA

There are certain ways in which most people respond to the CSA. *You responded to the CSA in a balanced manner that shows a positive awareness of strengths and challenges. As you appreciate your strengths, it may be important for you to also assess challenges. Reviewing your written responses will be helpful for challenge identification and strength application.*

Your Report

Your CSA report begins by identifying your overall stress. This measure is called the CSA Total Score and is derived by measuring 5 major areas of living called CSA Domains. Within each domain are specific scales that measure your stress and determine your CSA Domain Results. The Scale Results page displays each domain and the scales that compose that domain. The next section is your CSA Profile where you can quickly view how you are functioning within the 15 scales. Your CSA report now shifts from learning about yourself to applying what you have learned by displaying your Strengths followed by recommendations that may help you address your Challenges. The report then proceeds with your Written Responses and concludes by listing your answers to all 68 CSA questions.

Descriptive Information

You describe yourself as a single, 20-year-old female from Korea, Republic of. You have been living in United States for 1 year 1 month and have a total of 1 year intercultural experience.

Your Report Contains

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CSA Total Score

Your CSA Total Score is the average of all your scores and provides a measure of how you are doing.

CHALLENGES

STRENGTHS



Overall challenges outweigh current coping skills, feeling stressed possibly discouraged

Positive overall adjustment and coping skills,adequate resources,positive adaptation

CSA Domains Diagram

The 15 CSA scales are divided into 5 major areas of living called CSA Domains. This pyramid depicts the 5 domains in a progressive order starting with Foundational and Resilience. The Foundational and Resilience Domains measure self management, the Relational and Cultural Domains measure relationship management, and the Organizational Domain measures work management.



Domain Results

CHALLENGES

STRENGTHS

ORGANIZATIONAL



CULTURAL



RELATIONAL



RESILIENCE



FOUNDATIONAL



Scale Results

Below are the 5 CSA Domains. Each domain is comprised of 3 specific scales. Strengths and challenge descriptors are provided for each scale.

FOUNDATIONAL : primary support of spirituality/faith, physical health, and habits

Spiritual emptiness, lethargic in devotional practices, lacking vital relationships, discouraged



Spirituality

Fulfilling spiritual relationships & practices, meaningful purposeful existence

Health concerns for self or family, possible low energy, sleep difficulty, or inadequate medical resources



Health

Generally positive health, adequate medical resources, energetic

Conflicted about unwanted habit, feeling guilty, discouraged



Habits

Accepting of personal choices and habits, constructive and focused behavior patterns

RESILIENCE : perceptual, cognitive, affective, and behavioral internal regulation and buoyancy

Sad and possibly, discouraged, anxious, fearful about future



Well-being

Lighthearted, easygoing, confident, hopeful about future

Current stress impacted by past stressors, possible uneasy memories and trouble concentrating



Past Stresses

Enjoying freedom from earlier stressful experiences, acceptable memories and present focus

Fearful thoughts with scattered focus, possible decision making and memory concerns



Focus

Decisive with ability to focus and remember accurately, confident about future

RELATIONAL : relationship with co-workers, nationals, friends, and family

Conflicted relationships, feeling misunderstood, may push others away when really wanting closeness



Effective Relationships

Cooperative relationship skills with positive communication and rewarding connections

Concerns for child or other family member, parental miscommunication



Family Adjustment

Harmonious relationships, supportive parenting, children doing well

Important concerns about loved ones, missing family and/or friends, possibly grieving



Extended Family/Friends

Supportive relationships with distant friends and family, no major medical concerns for extended family

CULTURAL : adjustment to situational culture, transitions, and safety

Not fitting in, uncomfortable feelings of helplessness adjusting to unfamiliar culture



Adaptation

Positive adaptation to surroundings, customs, language, foods, enjoying cultural competencies

Demanding situation with stressful transition and disruptions, hard to fulfill important needs



Transitions

Adjusting positively to transitions, adequate working and living environment, able to meet important needs

Safety threatened by potential danger from traumatic event or environment



Situational Crisis

Feeling safe in reasonably stable environment

ORGANIZATIONAL : organizational leadership, ethos, management, and demands for work or school

Leadership concerns, dissatisfied with school culture



School Relationship

Harmonious school adjustment, positive experiences with teachers, good school fit

Lacking needed educational support and direction, unhelpful school expectations or policies



School Support

Active educational support, realistic expectations with thoughtful policies

Feeling overloaded with studies, stressed by work and correspondence, consider time and priorities management

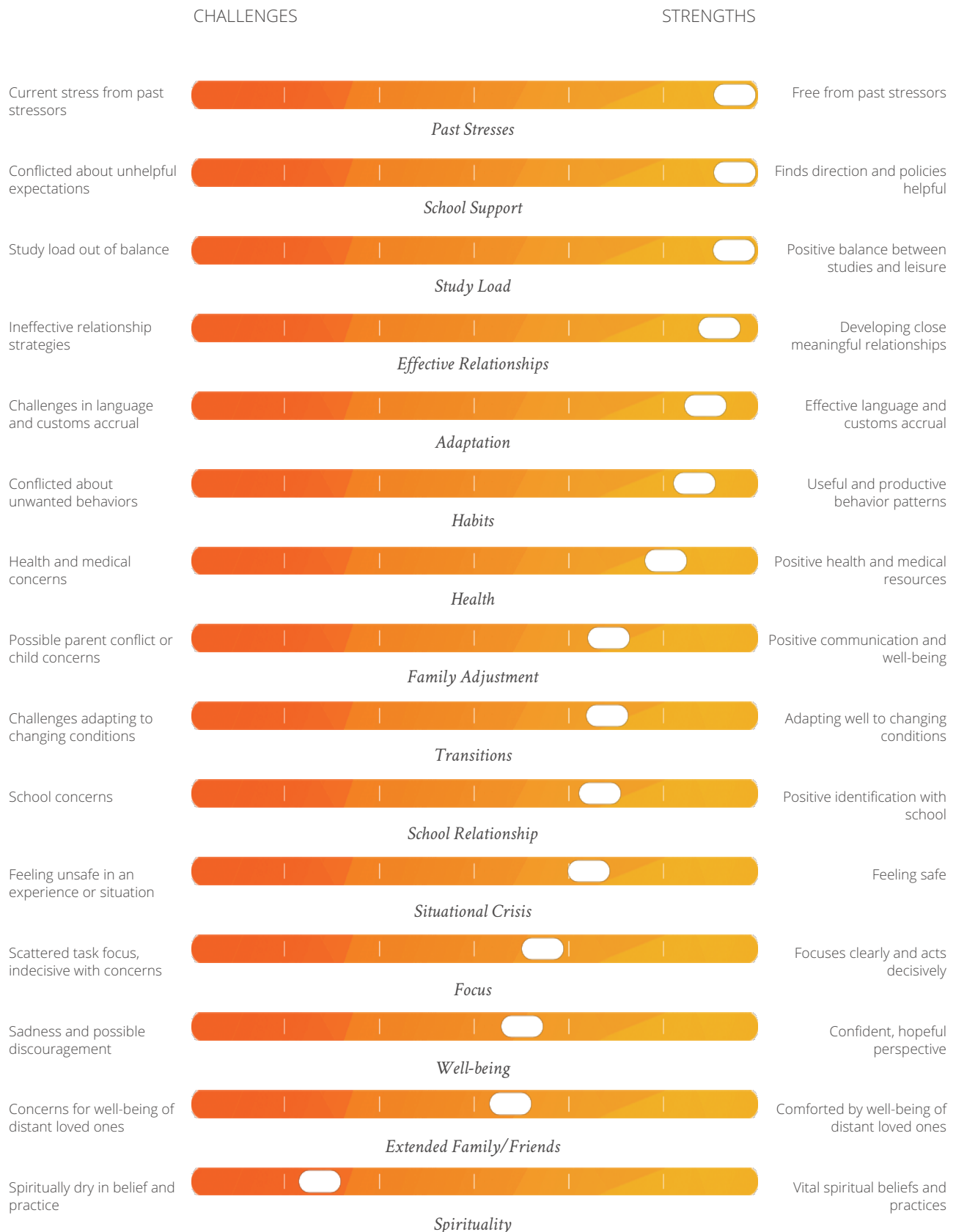


Study Load

Managing time well, positive balance of studies and personal focus, maintaining correspondence

CSA Profile

Below are your 15 CSA scales in a high to low format which allows you to identify strengths and challenges.



Strengths

Coaching suggestions for enhancing your strengths.

Past Stresses Historical Stressors	School Support Helpful Expectations and Policies	Study Load Managing Work/Correspondence
Grateful for what he/she has in the present	Clear understanding of support structure	Balance between school and recreation
Able to move forward in spite of past difficulties	Accepts school's structure/style	Understanding your limitations
Generally focuses on the good rather than the bad	Seeks clarity of understanding	Good time management
Ability to see the good in any situation	Ability to accept and honor differences	Organizes tasks well

Enhancing your Strengths

As you consider your strengths, list specific actions that can help you enhance them.

Past Stresses

School Support

Study Load

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Challenges

Coaching suggestions for addressing your challenges.

Spirituality Spiritual Quality or Condition	Extended Family/Friends Well-being of Distant Relationships	Well-being Buoyant Emotions
Honor the importance of foundational truths	Maintain consistent and realistic long distance relationships	Regular exercise and a good diet support brain health
Recognize how beliefs affect performance	Plan ahead regarding potential challenges	During hard times put energy into uplifting others
Exercise faith in ways that express love for others	Recognize your limitations in caring at a distance	Discuss concerns with wise caring people
Intentionally take time to read and focus on your faith	Learn to grieve losses without guilt or demands	Consider medical evaluation if becoming too sad too long

Confronting your Challenges

Prioritize your challenges and list specific actions that can help you address them.

Spirituality	Extended Family/Friends	Well-being
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Written Responses

POSSIBLE STRESSORS	TYPED IN RESPONSES	STRESS RATINGS
Cultural stress can be defined as "getting needs met in new ways". Type in a concern you have had in this area.	lack of peer community	Quite a bit
Support stress can be defined as "lacking needed relationships and resources". Type in a concern you have had in this area.	needing constant peer community	Moderately
Occupational stress can be defined as "work pressures". Type in a concern you have had in this area.	not enough support from people	Moderately
Relational stress can be defined as "problems in current relationships". Type in a concern you have had in this area.	only a few personality conflicts	A little bit
Organizational stress can be defined as "academic/school issues". Type in a concern you have had in this area.		Not at all
Psychological stress can be defined as "negative thoughts and feelings". Type in a concern you have had in this area.		Not at all
Physical stress can be defined as "health issues". Type in a concern you have had in this area.		Not at all
A crisis can be defined as "a short term, serious situation". Type in a concern you have had in this area.		Not at all
Historical stress can be defined as "troubling issues from the past". Type in a concern you have had in this area.		Not at all
Spiritual stress can be defined as "spiritual belief and practice issues". Type in a concern you have had in this area.		Not at all

CSA Questions/Ratings

Every CSA question and your response is listed below. Each question started out with the phrase, "How much have you been stressed by.....?"

Question	Rating	Question	Rating
painful memories?	<i>Stress Free</i>	health concerns about self or family?	<i>Stress Free</i>
lack of familiar foods?	<i>Stress Free</i>	not enough privacy?	<i>A little bit</i>
difficulty fitting the academic style?	<i>Stress Free</i>	relationship problems?	<i>A little bit</i>
unfamiliar surroundings and customs?	<i>Stress Free</i>	not enough emotional support?	<i>A little bit</i>
feeling guilty about unwanted habits?	<i>Stress Free</i>	unwanted desires or personal habits?	<i>A little bit</i>
the inability to fulfill your needs in familiar ways?	<i>Stress Free</i>	lacking spiritual help and direction?	<i>A little bit</i>
studying too many hours?	<i>Stress Free</i>	stressful transitions?	<i>A little bit</i>
lack of school support?	<i>Stress Free</i>	making decisions?	<i>A little bit</i>
school expectations?	<i>Stress Free</i>	difficulty focusing on tasks?	<i>A little bit</i>
danger to yourself or family?	<i>Stress Free</i>	fear of failure?	<i>A little bit</i>
lack of needed medical resources?	<i>Stress Free</i>	sleep problems?	<i>A little bit</i>
a violent experience?	<i>Stress Free</i>	leadership concerns?	<i>A little bit</i>
work interfering with your spiritual life?	<i>Stress Free</i>	finding it hard to relax?	<i>A little bit</i>
being suspicious of others?	<i>Stress Free</i>	loneliness?	<i>A little bit</i>
the need for a vacation?	<i>Stress Free</i>	difficulty remembering things?	<i>A little bit</i>
severe disruption of living conditions?	<i>Stress Free</i>	low energy?	<i>A little bit</i>
e-correspondence demands?	<i>Stress Free</i>	being disappointed by friends or family?	<i>A little bit</i>
disagreements about child rearing?	<i>Stress Free</i>	pressure to keep in touch with others?	<i>A little bit</i>
weight loss or gain?	<i>Stress Free</i>	a potentially traumatic event?	<i>A little bit</i>
difficulty controlling anger?	<i>Stress Free</i>	not fitting in or feeling uncomfortable?	<i>A little bit</i>
unhelpful school policies?	<i>Stress Free</i>	troubling dreams?	<i>A little bit</i>
a friend or family member being ill?	<i>Stress Free</i>	getting too emotional?	<i>A little bit</i>
feeling sad?	<i>Stress Free</i>	being ineffective spiritually?	<i>A little bit</i>
trouble concentrating?	<i>Stress Free</i>	conflicts on work team?	<i>A little bit</i>
arguments with a significant other?	<i>Stress Free</i>	not feeling understood?	<i>A little bit</i>
disagreeing with your teacher's decision?	<i>Stress Free</i>	friends not honoring commitments?	<i>A little bit</i>
early childhood stressors?	<i>Stress Free</i>	language learning struggles?	<i>A little bit</i>
feeling guilty?	<i>Stress Free</i>	concerns for children?	<i>Moderately</i>
hospitality expectations?	<i>Stress Free</i>	missing friends and family?	<i>Moderately</i>
concerns about parents?	<i>Stress Free</i>	a friend or family member dying?	<i>Moderately</i>
inadequate housing?	<i>Stress Free</i>	supervisor micromanagement?	<i>Moderately</i>
poor adjustment by a family member?	<i>Stress Free</i>	discouragement about your spiritual life?	<i>Moderately</i>
too little academic direction?	<i>Stress Free</i>	feeling spiritually empty?	<i>Quite a bit</i>
insensitivity of teachers?	<i>Stress Free</i>	a lack of vital spiritual relationships?	<i>Quite a bit</i>

The choices for answering each question were:

Not at all (Stress Free) A little bit Moderately Quite a bit Extremely Does not apply