

Students

More Freshmen Than Ever Appear Disengaged From Their Studies, Survey Finds

Proportion saying they were bored by or slept through high-school classes hits all-time high

BY BEN GOSE

MORE college freshmen than ever seem to believe that an education is to be endured rather than enjoyed.

Although a record number of freshmen plan to pursue a graduate degree, the proportion who report having been bored by—or sleeping through—their high-school classes is also at an all-time high, according to a new survey.

The survey of freshmen has been conducted annually for 31 years by the Higher Education Research Institute at the University of California at Los Angeles. This year's survey is based on the responses of 252,080 students at 464 two- and four-year institutions.

About 39 per cent of the freshmen aspire to earn a master's degree, and 15 per cent hope to earn a Ph.D. But that hardly indicates a burgeoning interest in learning for its own sake. Just 34 per cent of this year's freshmen said they had spent at least six hours per week studying or doing homework, down from 44 per cent a decade ago.

"Students do what they have to do to get into college and graduate school, but their intrinsic interest in what they're learning seems to be down," says Linda J. Sax, the survey's director and a visiting assistant professor of education at U.C.L.A. "It's something for us to be concerned about."

The survey is designed to reveal the academic interests, political views, and socio-economic backgrounds of the nation's 1.61 million freshmen. Many of the questions have been asked for three decades, and the answers provide a glimpse of how attitudes and aspirations have changed.

Dr. Sax, for example, speculates that changes in American family life may be contributing to students' apparently lessened interest in what they're learning.

MORE COMMUNITY SERVICE

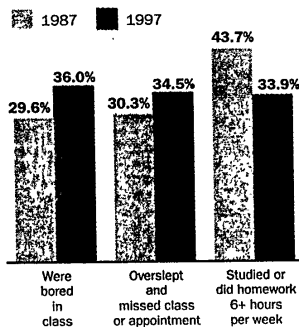
About 26 per cent of the freshmen come from divorced families, three times as many as when the question was first asked in 1972. About 39 per cent of the freshmen work at least 16 hours per week, up from 35 per cent five years ago.

"Some of the students' academic disengagement has to do with the amount of other responsibilities that they have in their lives," Dr. Sax says.

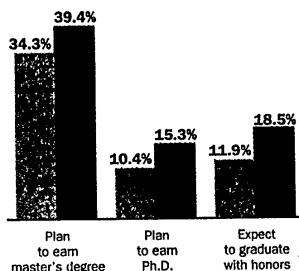
Many high schools now require students to perform some community service, but the survey casts doubt on whether that effort has turned self-absorbed teenagers into samaritans. A record-high 73 per cent of freshmen had volunteered in the past

The 1997 Freshmen: Academic Practices and Goals

HIGH-SCHOOL BEHAVIOR



ASPIRATIONS



SOURCE: "THE AMERICAN FRESHMAN: NATIONAL NORMS FOR FALL 1997"
CHRONICLE CHART BY JOJO GRAGASIN

year. But just 23 per cent said it was important to "participate in a community action program," down from 30 per cent in 1975.

"Many students are volunteering either because they have to, or because they feel it gives them an edge in getting into college," Dr. Sax says.

Anthony Samu, a 1997 graduate of the University of Colorado at Boulder, says it may simply take the freshmen a while to realize the importance of their good deeds. He says he experienced some frustrating moments while tutoring at a largely His-

panic high school during his senior year of college.

"Only after the experience was I able to think 'Wow, that was really a great thing,'" says Mr. Samu, who is now vice-president of the United States Student Association, a lobbying group.

'MIDDLE-OF-THE-ROAD' POLITICS

Fewer freshmen are identifying with political labels. About 55 per cent of the students—the highest proportion in a decade—described themselves as "middle-of-the-road" politically. About 24 per cent considered themselves "liberal" or "far left," and 21 per cent described themselves as "conservative" or "far right."

Mr. Samu says college students have become disillusioned with the Democratic and Republican parties.

"Neither political party is catering to or even addressing the needs of this generation," he says. "Most students are at the point of saying, 'This is not for me.'"

Nevertheless, the survey indicates that young people are drifting to the right on two hot-button political issues. The proportion of freshmen who said it was important to keep abortion legal declined to 53.5 per cent, the lowest point since 1979. The percentage of freshmen who said there should be laws prohibiting gay relationships rose for the second year in a row, to 34 per cent.

CUTTING BACK ON DRINKING

The survey offers mixed news for those concerned about the illegal use of alcohol and drugs among teenagers.

Just 53 per cent of freshmen said they drank beer frequently or occasionally, down from 72 per cent in 1981. But 35 per cent believed that marijuana should be legalized—twice as many as in 1989.

And the bad press plaguing the tobacco industry has done little to dissuade freshmen from lighting up: 16 per cent said they smoked frequently, the highest level in 30 years.

Many teenagers are cutting back on drinking because they may have seen classmates die after driving drunk or consuming recklessly, but no 18-year-old has seen a cigarette cause a death among his or her peers, Dr. Sax believes.

"The risks are farther down the line," she says.

Copies of the report, *The American Freshman: National Norms for Fall 1997*, are available for \$22 from the Higher Education Research Institute, 3005 Moore Hall, U.C.L.A. Graduate School of Education and Information Studies, Box 951521, Los Angeles 90095-1521.

"Students do what they have to do to get into college and graduate school, but their intrinsic interest in what they're learning seems to be down."

FACT FILE

This Year's Freshmen:
a Statistical Profile

Age on December 31, 1997

16 or younger	0.1%
17	1.9
18	65.2
19	27.0
20	2.5
21-24	1.8
25-29	0.8
30-39	0.6
40-54	0.2
55 or older	0.0

Racial and ethnic background

American Indian	3.1%
Black	10.6
White	80.7
Mexican-American	1.5
Puerto Rican	1.1
Other Latino	1.6
Chinese-American	1.4
Filipino-American	0.8
Japanese-American	0.4
Korean-American	0.7
Southeast Asian	0.6
Other Asian-American	1.4
Other	2.9

Average grade in high school

A or A+	15.3%
A-	16.3
B+	19.1
B	23.4
B-	11.4
C+	9.0
C	5.1
D	0.4

Year of high-school graduation

1997	93.1%
1996	2.4
1995	0.7
1994 or earlier	1.9
High school equivalency (GED test)	1.6
Never completed high school	0.3

Will need remedial work in:

English	10.7%
Reading	5.0
Mathematics	26.9
Social studies	3.3
Science	10.6
Foreign language	10.6

Current religious preference

Baptist	16.6%
Buddhist	0.7
Eastern Orthodox	0.5
Episcopal	1.9
Islamic	0.6
Jewish	1.8
Latter-day Saints (Mormon)	0.3
Lutheran	5.9
Methodist	8.0
Presbyterian	4.0
Quaker	0.2
Roman Catholic	28.6
Seventh-Day Adventist	0.3
United Church of Christ	1.5
Other Protestant	11.2
Other	4.0
None	14.0

Born-again Christian

Yes	29.5%
No	70.5

Residence planned during fall term

With parents or relatives or room	28.0%
College dormitory	59.9
Fraternity or sorority house	0.2
Other campus student housing	2.2
Other	1.0

Miles from college to home

5 or less	8.2%
6 to 10	8.6
11 to 50	28.9
51 to 100	15.3
101 to 500	29.1
501 or more	10.0

Father's occupation

Artist (including performer)	0.8%
Businessman	26.2
Member of clergy or religious worker	0.8
Clerical worker	1.1
Engineer	7.7
Farmer or forester	3.5
Homemaker (full-time)	0.2
Lawyer	1.8
Military (career)	1.7
Nurse	0.4
Physician or dentist	2.2
Other health professional	1.4
Research scientist	0.5
Social, welfare, or recreation worker	0.6
Teacher or administrator, college	0.6
Teacher or administrator, elementary school	0.9
Teacher or administrator, secondary school	3.1
Worker, skilled	9.4
Worker, semi-skilled	4.0
Worker, unskilled	3.3
Other occupation	27.0
Unemployed	3.0

Father's education (highest level)

Grammar school or less	3.5%
Some high school	6.0

High-school graduate	27.0%
Postsecondary other than college	4.4
Some college	14.9
College degree	24.8
Some graduate school	2.1
Graduate degree	17.2

Mother's occupation

Artist (including performer)	1.4%
Businesswoman	14.0
Member of clergy or religious worker	0.2
Clerical worker	7.6
Engineer	0.4
Farmer or forester	0.5
Homemaker (full-time)	10.6
Lawyer	0.4
Military (career)	0.1
Nurse	9.3
Physician or dentist	0.7
Other health professional	2.5
Research scientist	0.2
Social, welfare, or recreation worker	1.8
Teacher or administrator, college	0.4
Teacher or administrator, elementary school	9.4
Teacher or administrator, secondary school	4.9
Worker, skilled	1.9
Worker, semi-skilled	2.5
Worker, unskilled	1.9
Other occupation	23.8
Unemployed	5.5

Mother's education (highest level)

Grammar school or less	2.9%
Some high school	4.9
High-school graduate	29.6
Postsecondary other than college	5.6
Some college	16.8
College degree	25.6
Some graduate school	2.5
Graduate degree	12.2

Status of parents

Living with each other	69.6%
Divorced or living apart	25.8
One or both deceased	4.6

Students estimate chances are very good that they will:

Change major field	12.9%
Change career choice	12.2
Fail one or more courses	1.3

Graduate with honors	18.5%
Be elected to student office	3.4
Get a job to help pay college expenses	40.3
Work full time while attending college	0.7
Join a social fraternity, sorority, or club	15.8
Play varsity/intercollegiate athletics	15.9
Be elected to an academic honor society	9.9
Make at least a B average	49.7
Need extra time to complete degree	7.3
Get bachelor's degree	68.6
Participate in student protests or demonstrations	4.4
Drop out temporarily	1.1
Drop out permanently	0.8
Transfer to another college before graduating	10.8
Be satisfied with college	47.6
Get married while in college	4.9
Participate in volunteer or community service work	19.0
Seek personal counseling	5.4

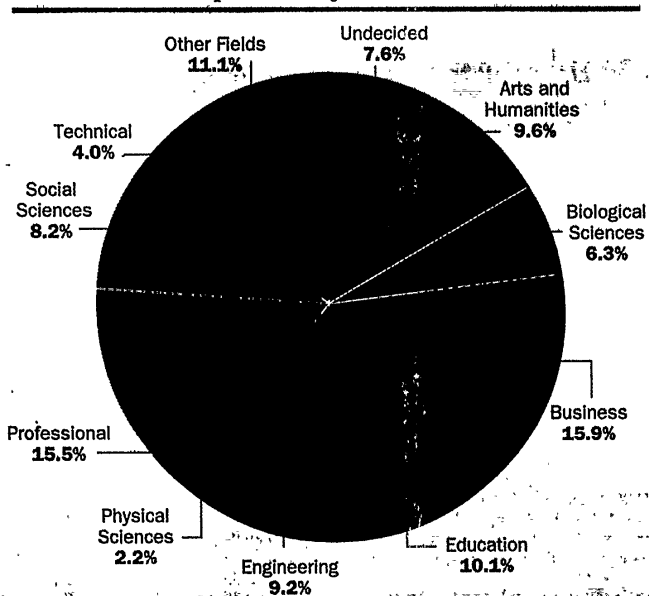
Student rated self above average or in highest 10 per cent in:

Academic ability	56.0%
Artistic ability	25.8
Competitiveness	53.4
Cooperativeness	68.8
Creativity	50.6
Drive to achieve	64.5
Emotional health	52.4
Leadership ability	54.3
Mathematical ability	38.2
Physical health	54.8
Popularity	39.4
Public speaking ability	30.6
Self-confidence (intellectual)	53.7
Self-confidence (social)	48.6
Self-understanding	53.6
Spirituality	41.4
Understanding of others	62.3
Writing ability	40.7

College-planning activities

Sought advice of high-school counselor	63.7%
Hired a private college counselor	1.9
Took an SAT or ACT preparation course	53.1

What Students Expect to Major In



	Total	Men	Women
Arts and Humanities			
Art, fine and applied	2.0%	1.8%	2.3%
English	1.5	1.2	1.8
History	0.9	1.2	0.6
Journalism	1.3	0.9	1.6
Language and literature	0.3	0.2	0.5

	Total	Men	Women
Music	1.3%	1.5%	1.1%
Philosophy	0.2	0.2	0.1
Speech	0.1	0.1	0.2
Theater or drama	0.9	0.8	1.0
Theology or religion	0.3	0.5	0.2
Other	0.8	0.7	1.0

	Total	Men	Women
Biological Sciences			
Biology (general)	3.0%	2.5%	3.5%
Biochemistry or biophysics	0.6	0.6	0.7
Environmental science	0.7	0.9	0.6
Marine science	0.6	0.5	0.7
Microbiology or bacteriology	0.3	0.2	0.3
Zoology	0.5	0.4	0.5
Other	0.6	0.5	0.6
Business			
Accounting	3.0%	2.6%	3.4%
Business administration (general)	4.5	5.0	4.1
Finance	1.0	1.6	0.6
International business	1.2	1.3	1.2
Marketing	2.0	2.3	1.7
Management	2.7	3.7	1.8
Secretarial studies	0.5	0.0	0.8
Other	1.0	1.2	0.8
Education			
Business education	0.2%	0.3%	0.2%
Elementary education	5.1	1.2	8.4
Music or art education	0.5	0.4	0.5
Physical education or recreation	1.2	1.8	0.7
Secondary education	2.0	1.8	2.2
Special education	0.7	0.1	1.1
Other	0.4	0.1	0.6
Engineering			
Aeronautical engineering	0.5%	0.8%	0.2%
Civil engineering	1.1	1.9	0.4
Chemical engineering	0.9	1.3	0.5
Electrical or electronic engineering	2.4	4.5	0.5
Industrial engineering	0.2	0.4	0.1
Mechanical engineering	2.0	4.0	0.3
Other	2.1	3.5	1.0
Physical Sciences			
Astronomy	0.1%	0.2%	0.1%
Atmospheric science	0.1	0.1	0.1
Chemistry	0.7	0.8	0.6
Earth science	0.1	0.1	0.1

	Total	Men	Women
Marine science	0.2%	0.2%	0.3%
Mathematics	0.5	0.5	0.5
Physics	0.4	0.6	0.1
Other	0.1	0.2	0.1
Professional			
Architecture or urban planning	1.1%	1.7%	0.6%
Home economics	0.1	0.0	0.1
Health technology	1.3	0.6	1.8
Nursing	3.5	0.4	6.0
Pharmacy	0.9	0.8	1.1
Pre-dental, pre-medical, pre-veterinary	3.9	3.0	4.6
Therapy (occupational, physical, speech)	3.6	1.9	5.0
Other	1.1	0.8	1.4
Social Sciences			
Anthropology	0.3%	0.2%	0.3%
Economics	0.3	0.4	0.2
Ethnic studies	0.0	0.0	0.1
Geography	0.0	0.1	0.0
Political science	2.0	2.0	2.1
Psychology	3.8	1.8	5.6
Social work	1.1	0.2	1.8
Sociology	0.4	0.3	0.5
Other	0.3	0.2	0.4
Technical			
Building trades	0.5%	1.0%	0.0%
Data processing or computer programming	1.5	2.5	0.7
Drafting or design	0.5	0.7	0.4
Electronics	0.3	0.7	0.0
Mechanics	0.7	1.5	0.1
Other	0.5	0.9	0.2
Other Fields			
Agriculture	1.4%	2.0%	0.9%
Communications	1.9	1.7	2.0
Computer science	3.1	4.9	1.6
Forestry	0.6	1.2	0.1
Law enforcement	2.2	3.4	1.3
Military science	0.0	0.1	0.0
Other	1.9	1.7	2.0
Undecided	7.6	6.2	8.7

Number of other colleges applied to for admission this year

0	34.5%
1	14.6
2	14.8
3	13.8
4	8.7
5	5.4
6	3.4
7 to 10	3.9
11 or more	0.9

College attended is student's:

First choice	69.6%
Second choice	21.0
Third choice	5.7
Other	3.7

Reasons noted as very important in selecting college attended

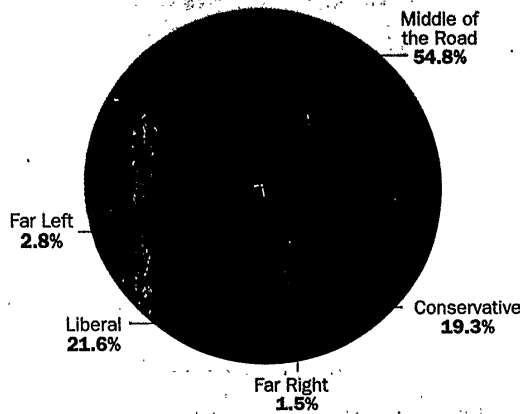
Relatives' wishes	9.5%
Teachers' advice	4.3
College has a very good academic reputation	53.9
College has a good reputation for its social activities	25.5
Offered financial assistance	33.8
College offers special education programs	21.8
Low tuition	30.1
Advice of high-school counselor	8.2
Advice of private college counselor	2.1
Wanted to live near home	21.1
Friend's suggestion	10.1
Recruited by college	4.5
Recruited by athletic department	6.7
Not offered aid by first choice	5.2
Graduates gain admission to top graduate/professional schools	31.1
Graduates get good jobs	50.3
Religious affiliation/orientation of college	6.2
Size of college	34.4
Not accepted anywhere else	2.9
Rankings in national magazines	9.1

Highest academic degree planned

None	0.8%
Vocational certificate	1.1
Associate (or equivalent)	4.9
Bachelor's	25.0
Master's	39.4
Ph.D. or Ed.D.	15.3
M.D., D.O., D.D.S., or D.V.M.	8.1
LL.B. or J.D.	3.4
B.D. or M.Div.	0.3
Other	1.7

Probable career occupation

Accountant or actuary	3.0%
Actor or entertainer	1.3
Architect or urban planner	1.5
Artist	1.7
Business (clerical)	0.9
Business executive	7.4
Business owner or proprietor	2.9
Business salesperson or buyer	1.0
Clergy (minister, priest)	0.2
Clergy (other)	0.2
Clinical psychologist	1.5
Computer programmer or analyst	4.5
Conservationist or forester	0.7
Dentist	0.8
Dietitian or home economist	0.3
Engineer	7.7
Farmer or rancher	0.8
Foreign-service worker	0.4
Homemaker (full-time)	0.2
Interior decorator	0.3
Lab technician or hygienist	0.5
Law-enforcement officer	1.7
Lawyer or judge	3.3
Military service (career)	0.7
Musician	1.3
Nurse	3.3
Optometrist	0.3
Pharmacist	1.0
Physician	5.5
Policy maker/government	0.8
School counselor	0.3
Scientific researcher	1.8
Social, welfare, or recreation worker	1.4
Teacher or administrator (elementary)	5.6
Teacher or administrator (secondary)	3.8
Teacher (college)	0.5
Therapist (physical, occupational, speech)	3.9
Veterinarian	1.5
Writer or journalist	2.0
Skilled trades	1.5
Other occupation	10.3
Undecided	11.9

Students' Political Views**Estimated parental income**

Less than \$6,000	2.8%
\$6,000-\$9,999	2.4
\$10,000-\$14,999	4.0
\$15,000-\$19,999	4.0
\$20,000-\$24,999	5.4
\$25,000-\$29,999	5.4
\$30,000-\$39,999	11.3
\$40,000-\$49,999	11.2
\$50,000-\$59,999	11.9
\$60,000-\$74,999	13.4
\$75,000-\$99,999	11.8
\$100,000-\$149,999	9.0
\$150,000-\$199,999	3.2
\$200,000 or more	4.0

Received any aid from:

Parents, relatives, or friends	76.1%
Spouse	1.2
Savings from summer work	46.3
Other savings	28.9
Part-time job on campus	21.3
Part-time job off campus	24.4
Full-time job while in college	3.4
Pell Grant	21.6
Supplemental Educational Opportunity Grant	5.5
State scholarship	17.0
College Work-Study	11.7
Other college grant	27.4
Vocational rehabilitation funds	1.0
Other private grant	9.9

Other govt. aid (ROTC, GI, etc.)	2.7%
Stafford/Guaranteed Loan	25.0
Perkins Loan	8.7
Other college loan	10.8
Other loan	6.9
Other source	5.2

Received \$1,500 or more from:

Parents, relatives, or friends	51.7%
Spouse	0.3
Savings from summer work	8.2
Other savings	7.3
Part-time job on campus	2.6
Part-time job off campus	2.6
Full-time job while in college	1.2
Pell Grant	6.2
Supplemental Educational Opportunity Grant	1.1
State scholarship	4.6
College Work-Study	1.8
Other college grant	17.0
Vocational rehabilitation funds	0.4
Other private grant	3.1
Other govt. aid (ROTC, GI, etc.)	1.6
Stafford/Guaranteed Loan	12.8
Perkins Loan	2.8
Other college loan	6.5
Other loan	4.3
Other source	2.5

Concern about financing college

None	33.0%
Some (but I will probably have enough funds)	51.4
Major (not sure I will have enough funds to complete college)	15.7

Number of hours per week in the last year spent on these activities

None	
Studying or doing homework	3.0%
Socializing with friends	0.4

Talking with teachers outside of class	11.0%
Exercising or sports	5.6
Partying	18.0
Working for pay	25.5
Volunteer work	39.0
Student clubs or groups	33.7
Watching television	5.7
Household or child care duties	21.9
Reading for pleasure	28.5
Playing video games	60.2
Prayer or meditation	35.7
6 or more hours:	
Studying or doing homework	33.9%
Socializing with friends	77.3
Talking with teachers outside of class	5.1
Exercising or sports	49.4
Partying	31.4
Working for pay	63.4
Volunteer work	8.6
Student clubs or groups	13.1
Watching television	29.5
Household or child care duties	10.9
Reading for pleasure	9.0
Playing video games	4.8
Prayer or meditation	4.4

Note: The statistics are based on survey responses of 252,082 freshmen entering 464 two-year and four-year institutions in the fall of 1997. The figures were statistically adjusted to represent the total population of approximately 1.61 million first-time, full-time freshmen. Because of rounding or multiple responses, figures may add to more than 100 per cent.

SOURCE: "THE AMERICAN FRESHMAN: NATIONAL NORMS FOR FALL 1997," PUBLISHED BY AMERICAN COUNCIL ON EDUCATION AND UNIVERSITY OF CALIFORNIA AT LOS ANGELES HIGHER EDUCATION RESEARCH INSTITUTE

Their Opinions, Activities, and Goals**Activities in the past year:**

	Total	Men	Women
Attended a religious service	81.5%	78.3%	84.2%
Was bored in class	36.0	37.1	35.0
Participated in organized demonstrations	42.6	41.2	43.8
Studied with other students	47.0	43.2	50.2
Was a guest in a teacher's home	28.4	28.6	28.3
Smoked cigarettes *	16.1	14.6	17.3
Drank beer	52.7	58.1	48.1
Drank wine or liquor	55.6	54.9	56.2
Felt overwhelmed by all I had to do *	28.5	18.9	36.6
Felt depressed *	9.2	6.9	11.1
Performed volunteer work	73.1	69.2	76.4
Played a musical instrument	37.3	36.5	37.9
Asked a teacher for advice after class *	21.9	19.3	24.1
Overstepped and missed class or appointment	34.5	35.3	33.8
Discussed politics *	13.7	16.3	11.5
Worked in a local, state, or national political campaign	8.2	8.7	7.7
Voted in a student election *	21.3	20.6	21.9
Used a personal computer *	56.7	58.2	55.5
Socialized with someone of another racial or ethnic group *	62.6	60.0	64.9
Missed school due to employment	8.0	9.5	6.8
Lost my temper	77.6	75.5	79.4
Took a prescribed anti-depressant	5.2	4.6	5.8
Found it difficult to study at home	54.4	52.9	55.5

Reasons noted as very important in deciding to go to college:

	Total	Men	Women
My parents wanted me to go	36.2%	34.8%	37.3%
I could not find a job	6.8	6.1	7.3
Wanted to get away from home	18.2	18.5	17.9
To be able to get a better job	74.6	74.2	74.9
To gain a general education and appreciation of ideas	60.7	54.3	66.1
To improve my reading and study skills	40.7	36.9	44.0
There was nothing better to do	3.4	4.4	2.6
To make me a more cultured person	35.7	30.4	40.3
To be able to make more money	73.0	76.5	70.1
To learn more about things that interest me	74.3	70.9	77.2
A mentor or role model encouraged me to go	14.4	14.3	14.5
To prove to others I could succeed	40.7	40.2	41.0

Agree strongly or somewhat that:

	Total	Men	Women
The federal government is not doing enough to control environmental pollution	80.7%	76.9%	84.0%
The federal government should raise taxes to reduce the deficit	22.1	24.0	20.5
There is too much concern in the courts for the rights of criminals	70.2	70.6	69.9
Abortion should be legal	53.5	53.7	53.3
The death penalty should be abolished	23.7	20.9	26.1
If two people really like each other, it's all right for them to have sex even if they've known each other for only a very short time	42.2	55.2	31.2

	Total	Men	Women
The activities of married women are best confined to the home and family	25.4%	32.2%	19.6%
Marijuana should be legalized	35.2	39.0	32.0
It is important to have laws prohibiting homosexual relationships	33.9	45.5	24.1
Employers should be allowed to require drug testing of employees or job applicants	78.4	75.0	81.2
Just because a man thinks that a woman has "led him on" does not entitle him to have sex with her	86.9	80.8	92.1
The federal government should do more to control the sale of handguns	81.3	70.8	90.1
A national health-care plan is needed to cover everybody's medical costs	72.4	67.4	76.8
Racial discrimination is no longer a major problem in America	19.6	23.5	16.2
Realistically, an individual can do little to bring about changes in our society	32.8	37.4	28.9
Wealthy people should pay a larger share of taxes than they do now	63.4	63.5	63.3
Colleges should prohibit racist/sexist speech on campus	63.9	59.2	67.9
People should not obey laws which violate their personal values	37.1	42.4	32.6
Affirmative action in college admissions should be abolished	50.0	56.8	44.2
Same-sex couples should have the right to legal marital status	49.8	40.1	58.0

Objectives considered essential or very important:

	Total	Men	Women
Becoming accomplished in one of the performing arts	12.6%	12.4%	12.8%
Becoming an authority in my field	62.8	65.4	60.7
Obtaining recognition from my colleagues for contributions to my special field	52.5	53.7	51.5
Influencing the political structure	15.7	19.4	14.4
Influencing social values	37.6	33.1	41.4
Raising a family	72.8	72.1	73.4
Having administrative responsibility for the work of others	38.4	40.2	36.8
Being very well-off financially	74.9	77.1	73.2
Helping others who are in difficulty	61.0	51.5	68.9
Making a theoretical contribution to science	17.2	19.9	15.0
Writing original works	13.9	14.5	13.4
Creating artistic work	13.9	14.0	13.9
Becoming successful in a business of my own	41.1	47.9	35.5
Becoming involved in programs to clean up the environment	19.4	19.6	19.1
Developing a meaningful philosophy of life	40.8	40.6	41.0
Participating in a community-action program	22.8	19.1	25.8
Helping to promote racial understanding	31.8	28.7	34.4
Keeping up to date with political affairs	26.7	30.0	24.0
Becoming a community leader	31.2	32.2	30.4

* Frequently only; all other activities frequently or occasionally.