

PACIFIC RIM CHRISTIAN UNIVERSITY  
SPIRIT PULSE RESULTS  
SPRING 2021

		CELEBRATE		ADEQUATE		PRIORITIZE		
		Soph.	Senior	Soph.	Senior	Soph.	Senior	
Spiritual Experiences	Relationship with God	Sense of security			X	X		
		God's presence	X	X				
		Closeness to God	X			X		
		Experiencing God in prayer			X			X
		Experiencing God in spiritual practices	X			X		
		Gratitude to God		X			X	
		Meaning from faith			X	X		
	Relationship and Self-Care	Emotional security with others			X			X
		Giving & receiving spiritual encouragement	X	X				
		Forgiveness			X	X		
		Love for others			X			X
		Recognizing my spiritual needs			X	X		
		Internally motivated to grow spiritually	X	X				
	Spiritual Community	Emotional security			X	X		
		Sense of belonging	X	X				
		Involvement	X			X		
		Friends who encourage me spiritually	X	X				
		Emotional support			X	X		
		Practical support		X	X			
		Stimulates spiritual growth	X			X		
		Corporate worship			X	X		
		Putting God first in my life		X			X	
		Frequency of prayer			X			X
Frequency of spiritual practices				X	X			
Recognizing the spiritual impact of media use				X	X			
Open to God in suffering				X	X			

		CELEBRATE		ADEQUATE		PRIORITIZE		
		Soph.	Senior	Soph.	Senior	Soph.	Senior	
Spiritual Programs		Working through doubts about faith	X			X		
		Relying on faith to cope with trials		X	X			
		Viewing life through a spiritual perspective			X	X		
		Reading the Bible					X	X
		Serving within the local church	X			X		
	Service	Serving within my community		X	X			
		Sharing my faith	X	X				
		Supporting world missions			X	X		
		Helping marginalized/less fortunate people			X	X		
		Being moved to action when I see a need			X	X		
		Noticing opportunities to help others	X	X				
		Noticing when a classmate is hurting and reaching out			X	X		
		Serving within my school			X	X		
		Spiritual Programs	Academic courses	X	X			
	Bible/theology courses		X			X		
	Integration/faith and learning courses		X	X				
	Praise and worship sessions				X	X		
	Bible study/small groups/life groups				X			X
	Time structured for reflection/meditation				X	X		
Spiritual accountability						X	X	
Ministry opportunities			X	X				
Student leadership opportunities	X				X			
Service learning projects	X				X			
Short-term mission trips				X	X			
Spiritual direction/mentoring through the school						X	X	
Counseling/psychotherapy through the school				X	X			
Study abroad programs				X			X	
Experiencing cultural diversity	X	X						
Experiences designed to foster cultural humility			X	X				
Exposure to art		X		X				

		CELEBRATE		ADEQUATE		PRIORITIZE	
		Soph.	Senior	Soph.	Senior	Soph.	Senior
	Mentoring from faculty			X			X
	Relationships with staff	X	X				
	Relationships with fellow students	X	X				
	School athletics			X			X
	Extracurricular activities			X			X
	Spiritual Retreats			X			X
Chapels	Speakers				X	X	
	Corporate worship	X					X
	Facilities			X	X		
	Entire community gathering	X					X
	Range of topics	X			X		
	Relevance of topics			X	X		
	Time of day			X	X		
	Length	X			X		

CELEBRATE = Healthy and relevant to students

ADEQUATE = Healthy or unhealthy, but not that relevant to students

PRIORITIZE = Unhealthy and relevant to students

		GREAT		GOOD		FAIR		POOR	
		PacRim	ABHE	PacRim	ABHE	PacRim	ABHE	PacRim	ABHE
Spiritual Outcomes	How is your overall spiritual well-being?	38/30%	29/31%	50/60%	53/49%	0/10%	16/18%	13/0%	1/2%
	How is your overall well-being?	25/40%	28/30%	63/50%	52/51%	13/10%	18/17%	0/0%	2/2%

0/0% = sophomore/senior

		PACRIM		ABHE		
		Soph.	Senior	Soph.	Senior	
Spiritual Outcomes	What spiritual/emotional struggles are you facing?	Anger at God			8%	
		Anxiety	25%	17%	49%	56%
		Anxiety about relationship with God	67%	50%	36%	35%
		Depression		50%	26%	27%
		Distance from God		50%	56%	54%
		Doubts about God that plague me	33%		20%	
		Feeling overwhelmed	75%	67%	68%	69%
		Guilt	33%		38%	
		Loneliness		33%	35%	36%
		No one to discuss spiritual matters with		25%	33%	35%
		Not involved in spiritual community/unhealthy spiritual community		25%	37%	39%
		Ongoing struggle with sin	100%	75%	48%	47%
		Pornography			17%	
		Relational conflict with others	25%		21%	
		Shame			19%	
		Unhealthy coping/addiction		25%	24%	24%
Unsure why I believe in Christianity			9%			

**RED** = Top priority

**BLUE** = Secondary priority