

# Student Perspectives on Work-Life Balance: A Photo Elicitation Study

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## BACKGROUND

Photographer and researcher John Collier first named photo elicitation in a paper published in 1957. Photo elicitation involves a qualitative interview stimulated and guided by participant photographs. This method can help break down barriers between researchers and participants and can promote rich and collaborative discussions (Harper, 1994).

Each student in Qualitative Research Methods (PBH 512, Summer 2018) recruited a study participant (n=12) from across the colleges of Thomas Jefferson University. Students trained participants in the appropriate and ethical use of this method. Study participants were asked to define and explore the meaning of “work-life balance” in their daily lives and were instructed to use their phones to document their exploration over the course of one week. Using the participant-generated photographs to guide a conversation, each member of the research team then conducted an interview with a participant.

## WHY EXAMINE WORK-LIFE BALANCE?

Nominal group technique (NGT) determined the topic for this project in the first class session of the Qualitative Research Methods course. NGT is a structured small-group discussion approach used to reach consensus. A moderator (in this case, Dr. Frasso) asks the group a question and gathers the responses (in this case, potential project topics) from each group member. Once all potential topics are shared with the entire group, each member of the group prioritizes the topics. This process prevents one person from dominating the discussion, encourages all group members to participate, and results in a set of prioritized topics that represents the group’s preferences. The class, by way of NGT, decided to investigate how Thomas Jefferson University students perceive work-life balance.

## RESEARCHERS

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## COURSE DESIGN/ STUDY CO-PI

Rosemary Frasso, PhD

## EXHIBIT DESIGN

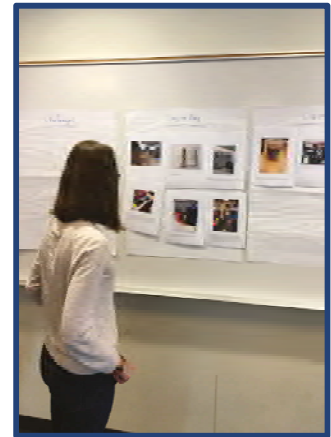
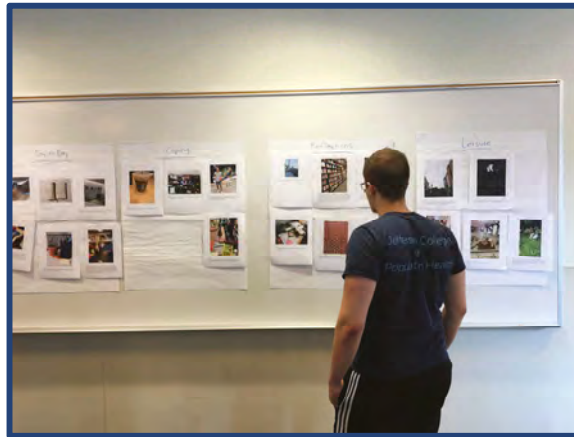
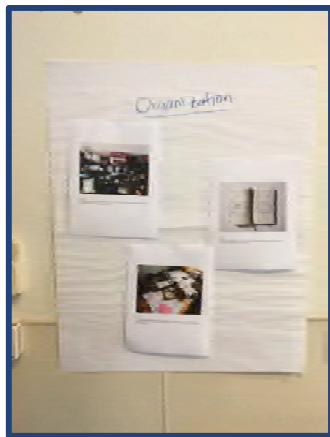
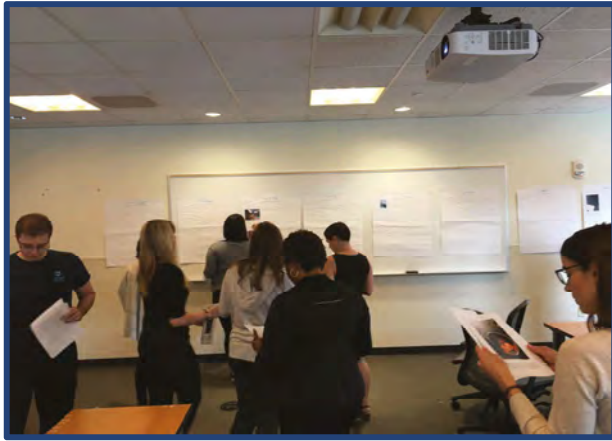
Amy Henderson Riley and  
Jesse M. Golinkoff

## COURSE

Qualitative Research Methods  
PBH 512, Summer 2018

## SELECT PRELIMINARY FINDINGS

Each student conducted a preliminary assessment of their interview and selected relevant quotes and images to potentially share in this exhibit. As a team, we organized images into 11 thematic categories: social support, time, exercise, coping, organization, leisure, reflections, health, isolation, day to day, and other challenges.



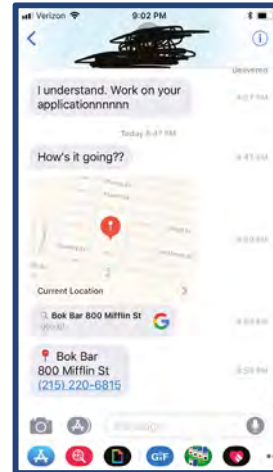
## NEXT STEPS

Each student transcribed their interview verbatim and we worked together to draft a codebook. Thematic analysis will be conducted next, facilitated by NVivo software. The research team will identify final salient themes, summarize findings, prepare an abstract for conference presentation, and submit a manuscript for publication.

*Note: This study was approved by the Institutional Review Board of Thomas Jefferson University. If you have any questions or concerns about the study please feel free to contact Dr. Rosemary Frasso, 215-503-8901 or email her at [rosemary.frasso@jefferson.edu](mailto:rosemary.frasso@jefferson.edu).*

# SOCIAL SUPPORT

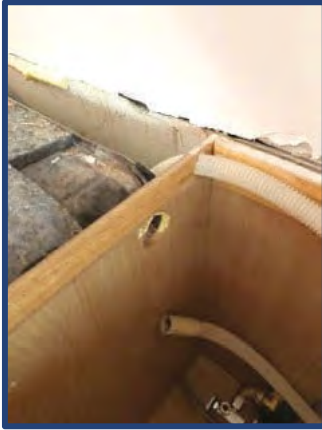
"I had made plans with a friend of mine to go to a bar, but I was stuck doing applications, job applications, medical school applications, so I have to seal myself off from the rest of the world. But, I was lucky enough to have my friend send me, 'here's where we are, here is the address, hope to see you soon.' It was stressful, but I got there."



"One of the great things that I love about every day is being able to have breakfast with the family."

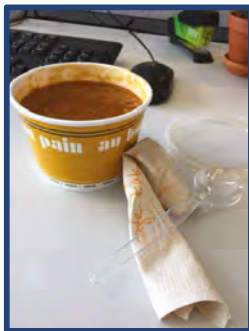
"It's probably a giant waste of time. But...what is not so easily quantifiable....and what's I guess better about it, is...the fact that you do get to spend time with friends."





"... [Also] that stuff in the corner has actually been there for about a year its stuff we're trying to take to Goodwill but... we have no time to."

"We cooked dinner the other night but you can see that I'm doing some, uh, some research for my capstone on my iPad and then we have a bunch of various, ya know, bills and paperwork there... Um. My wife is actually expecting our first child in September which again is very exciting but uh I'm trying to start, ya know, learning all the things I need to learn by then and hopefully I'll have more time for that soon. Uh, so it's a lot of stuff. Uh, so anyway we don't generally get to sit down for dinner, so this was nice... but it did mean that I had to be reading and we were trying to work through some things while we had a few minutes."



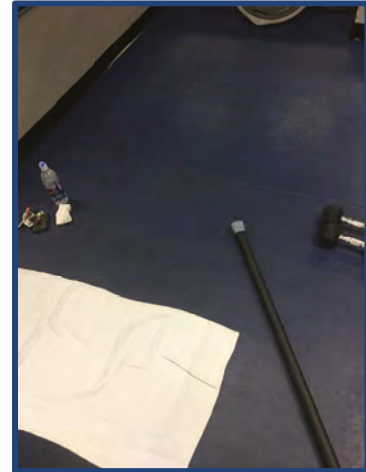
"I feel like I'm so busy that I don't have time to really go grocery shopping and pack lunches everyday, which....feels like a stupid excuse when I know it's a waste of money to be buying my food every day, but I feel like packing lunches takes that last priority, you know, after preparing for work, and getting homework done, and trying to see friends, and everything."

"Get there when you want to. Um, so just having the flexibility to get to sporting events to whatever activities they're involved with, um is really important to me."



# EXERCISE

"... like I said, particularly about the eating, sometimes I find it's better to think of something happier than the real reason why you're there... 'cause frankly if I'm at the gym thinking, 'If I don't do this today or else I'll be sick in the next few weeks,' every workout is miserable. I never wanna go to the gym and it's just the most exhausting thing that I'll do that day, just having that on my mind. But the thought of being back at a 30-inch waist by next month, that's interesting. [laughs]"



"The sign that's like right at the top, um, kind of centers me in the sense that like, okay, well, this is my gym time, I don't have to do anything else except like be at the gym. Um, it's right front and center, all the machines face that way, so yeah! It's just that hour that I can set aside to myself. And then with working out too I think it's a lot of, uh, not having the guilt of not studying, because it's still productive and like self-care and I can do it for the sake of my health, which I know impacts my ability and performance in other aspects of my life. So, it's a nice hour where I can validate just working out and not doing anything else."

"In a lot of ways, it's therapeutic. It helps still my thoughts, it helps me get some form of exercise, however slight [brief chuckle] that is."





“Part of work-life balance is, I realized that I have become very addicted to coffee as a result of it, it wakes me up, something that has become a part of my routine, but only on work days.”

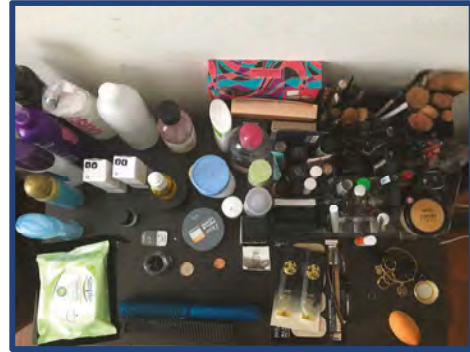
“It makes you more uninhibited, and that’s one of my favorite things about myself, that I’m like uninhibited as a person, which contributes to my work-life balance I think; because if you’re like not uninhibited and you’re just like really restrained and you’re just always studying and you can’t let loose, it doesn’t make for a good work-life balance.”



“But Trader Joe’s was like a 45-minute walk from my apartment. But I still went anyway. And honestly, this past weekend I didn’t do anything...But it felt nice though because I was like—it’s the calm before the storm. Like right now...it’s a mess. There’s so many things going on.”

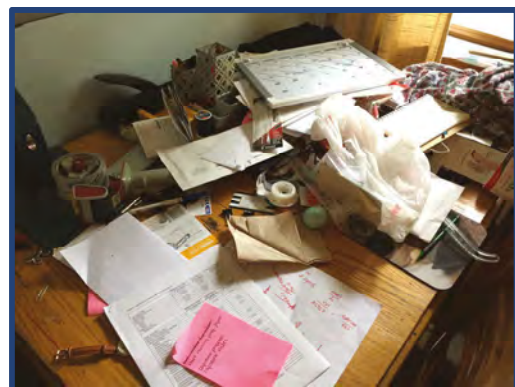
# ORGANIZATION

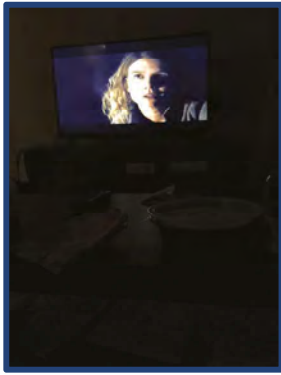
“So that is my dresser...organized chaos...yeah, that’s my aesthetic, organized and categorized, but it doesn’t have to be neat on the inside.”



“I tend to micromanage a lot, so I make a lot of lists. And that’s just my way of trying to, like, unscramble the jumble that’s in my mind.”

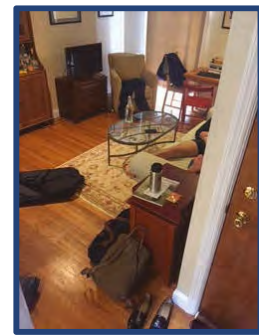
“I’ve heard from others that I tend to look like I have it together, I seem very organized, and calm and collected, when it comes to balancing school and work. But on the inside, I definitely don’t feel that way.”





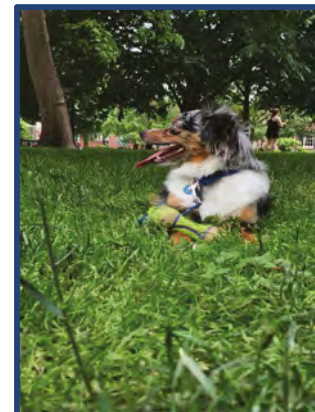
"I almost have this anchor my week, every Sunday at nine. I just want to relax. I've been thinking about it all day today. [whispers] It's almost Sunday; it's almost Sunday."

"We came back from a wedding that we went to over Memorial Day weekend. It was really fun. We got to see a lot of our college friends. It was camping and we didn't have cell service and it was just like...it's really great to be disconnected. I thought this was a good photo because, it was like, you can just see the, like, the suit bag and stuff, like remains of the wedding just strewn about our apartment, but also just like the total collapse because we stayed up late seeing our college friends who we hadn't seen in a long time. I think stuff like that is important to keep up."



"This is my Wednesdays. It is work to eat, but it is rewarding."

"This is my dog [XXX]. He's like the definition of work-life balance for me because he's both. I have to care for him, but then I don't consider it work. We have to sit in class all the time and I have homework so I'm sitting down doing that inside, it's nice to get outside, and I have him to help me do that. Even though I have to do things, like have to take him out and sometimes it's inconvenient, in the end it's good. I live by myself aside from him, so if I didn't have him I might not be as motivated to go outside."





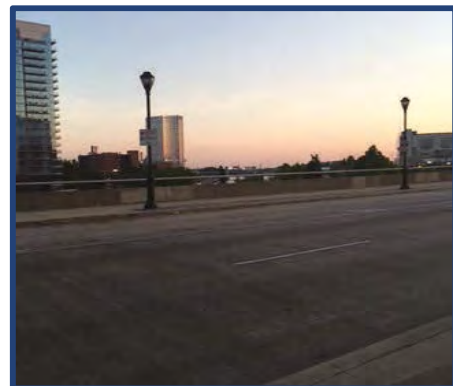
# REFLECTIONS

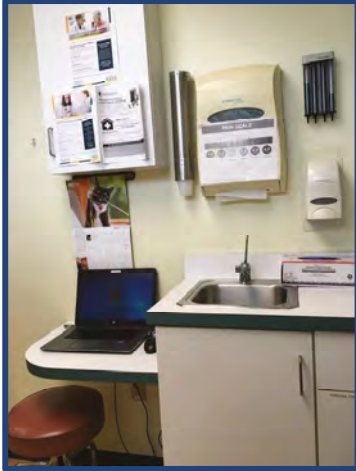
“This symbolizes work-life balance because sometimes you just need to take a break and you just need to enjoy this world that we’re put in.”



“This is the business section; I was a business major during undergrad, so this also just reminds that like there are other disciplines that are not public health or medicine, and I’m one of those interdisciplinary people that likes the different ideas and the different disciplines and figuring out what other people are talking about and how it relates back to medicine. It brings me back to my undergrad career and my undergrad education, and all those ideas of economics and all that came rushing back to the forefront of my mind, which is fun and I don’t really think about daily. So like going back and looking at books that are currently being written about in business, it’s like okay, well at one point I did in fact study this and it relates to my life in one way or another.”

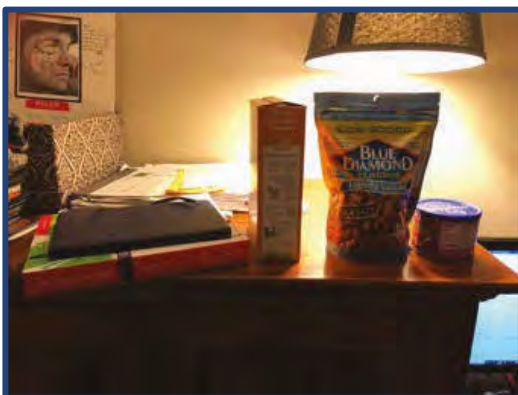
“You have to spend like a full day, like ten hours or whatever, studying, but then it’s like, OK, the day’s over and you go for a run and you don’t think about it. You don’t let it just like monopolize your thoughts.”





"Going to the doctor is something that I prioritize and want to be able to say, 'okay this day is for my health, and I'm going to do this and this is important,' and being healthy is important for my work, because you can't pour from a glass that's empty. So, um, prioritizing physical health, mental health, emotional health... all of that is important. So taking this day out of the year just for an annual physical is I think important for everyone, especially too because I think that I'm getting to the age where like things can start going wrong."

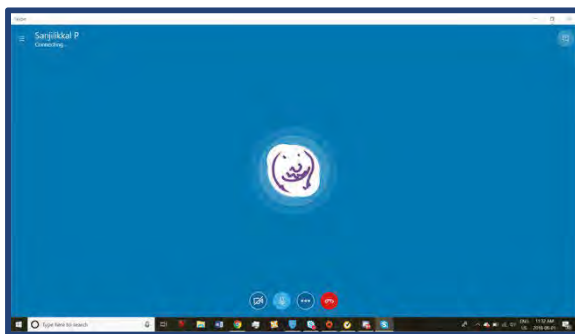
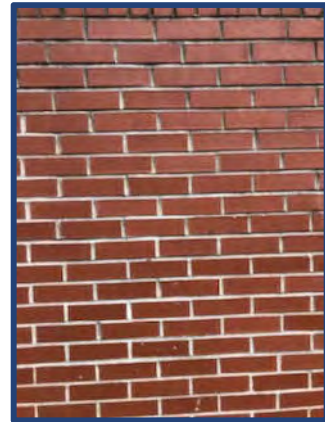
"I tend to put like many of my other responsibilities ahead of taking care of myself, and that's definitely been an issue I came across this year. So, this is empty now, it used to be really full. But I had this idea of having just like a fruit bowl out so instead of, like, I don't know, it just makes it easier for me to grab something and go versus just not grabbing anything and then getting something while I'm out 'cause I'm hungry. I just started doing that like a week or two ago and it's really been good for me nutritionally and just in general, financially."



"I try to keep almonds and snacks that are somewhat filling near my desk cause a lot of mornings when I get up, I'm not good at eating breakfast. Um and so I'll get to the afternoon and realize that my hands are a little shaky and that I haven't really eaten anything with any nutritional value that day. Uhm so this is... I try to keep some things there that are ya know, will at least keep me going."

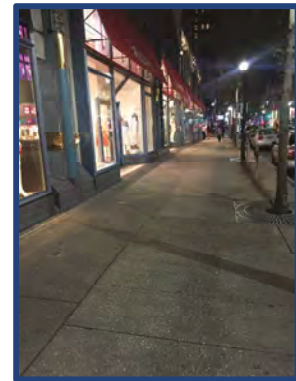
# ISOLATION

"I do a lot of stuff related to computers, which means I am sitting in a room with no windows all the time, so that's kind of what I thought would represent this aspect, because I am always blocked in."



"It's incredible. Like the world gets more connected with each passing generation of phone service, and the like Internet service upgrades. But... somehow, I feel increasingly isolated from people."

"I know I seem extroverted on campus. I'm not, I'm naturally an introvert, and being around people all of the time... I find to be very taxing. Um... I don't really love crowds, um... you know, I can pull it out and seem like I'm... you know... this huge personality all the time but, um... there are actually, like, I have hours during the day where I'm just home by myself because I have to be. I just... it's hard for me to do people all of the time."

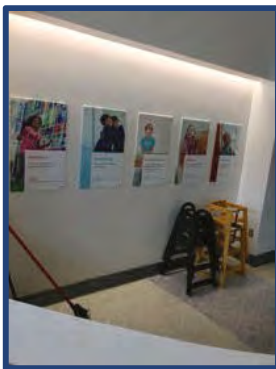
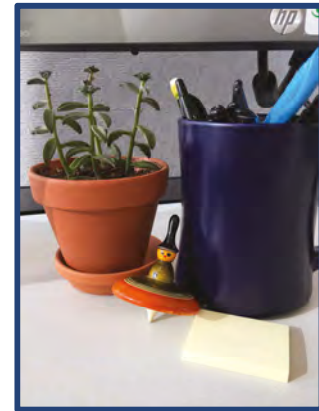


"I really like nature and one of the issues with the work that I do, is I never get to be outside, so I think one thing I realized with working where I work now is also that I want to have windows, I want to have light coming in and I want to be surrounded by greenery and may be even getting a plant in my future work place, something to represent the outside."



"For me, ya know, since I can work pretty much from wherever, it's a relaxed atmosphere, I don't really need to get dressed."

"At work, I feel like I'm not bringing personal or school things into the mix, so its separated in that regard. When I'm at my work desk, at the office, I have a little bit more of a separation between work and life and it's, it's a good thing."



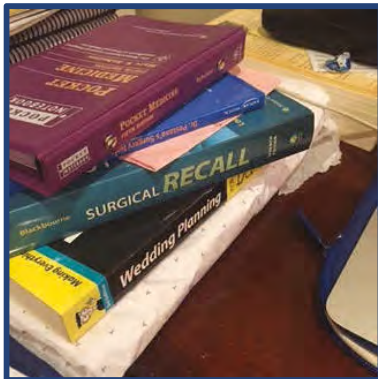
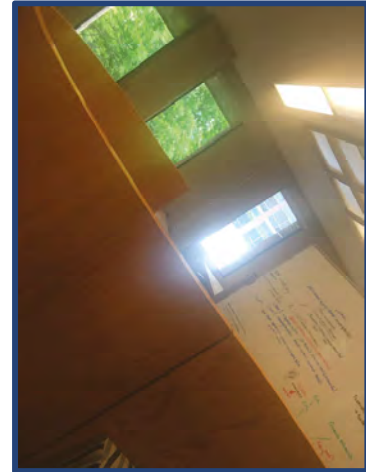
"In my definition of work-life balance, I think this one would, just because it's like really finding that balance, this is a picture of me breaking up the work day to enjoy something."

"I teach gymnastics part-time at a gym. It's on [address] and I love it. I don't really consider it work. I genuinely like doing it. I use to coach a lot, like 20 hours a week outside of being a student. And I went back to it here just because I wanted to keep up with it and it was nice to be around the kids. I was very up front with my boss. When I applied, I said my priority is being a student and another job, but I would love to come and teach a few classes a week, and she said we would love that. I've been able to balance it pretty well. I think that is just from experience though. I always do better when I'm busy; I didn't do my work as diligently as I do now as I did in the fall because my schedule wasn't crammed."



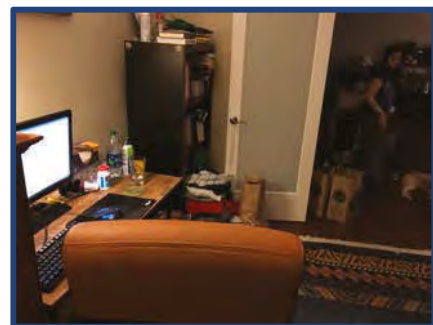
## OTHER CHALLENGES

“The only thing is I’d say, depending on the type of relationship and who we’re talking about, it’s a source of stress [laughs]. Um... If we’re talking about my – most of my platonic relationships, those are all very enriching [laughs]. Some of my romantic relationships are just taxing.”



“One of the realities of third year is that like I found out that I couldn’t do the ...like I couldn’t, I couldn’t fit it all this this past semester, so like I, I took the semester off for the a cappella group this spring. It was like I had all this with the combination of rotations and wedding planning events, like I couldn’t come and do their spring concert, so I think I guess that’s part of it too. It’s like a hard reality that you come up against. It’s like---OK---this is the one weekend I can do this wedding planning thing, so I can’t do the concert. But it is like, I don’t know, I’ll go back to it next semester and I have done it every other semester and it like definitely helps ease that part of your brain. It makes me feel better.”

“If I totally went to the schedule ya know that I would do naturally that we wouldn’t really be awake for the same times as much uh which so it’s ya know trying to balance the times where I can get work done and the times where I’m ya know free to do that and also sorta maintain a normal schedule where we can have lunch together and things like that.”



## PARTICIPANTS SHARE PERSPECTIVES AND IDEAS

We asked: “How could Jefferson support work-life balance for students?”

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“I think what Jefferson does now is they do like the student counseling services, but they have limitations where it’s like three sessions and then you have to start paying.” (SKMC)

“I’m very surprised by some of the emails that come to us. I think it was during Valentine’s Day or something there was an email about like, ‘Are you feeling lonely? Do you feel upset or depressed about it?’... Keep sending emails like that every once in awhile.” (JCPH)

“Jefferson’s Wi-Fi... makes me want to pull my teeth out.” (JCPH)

“Opportunities to sit down and talk with your peers are good.” (JCPH)

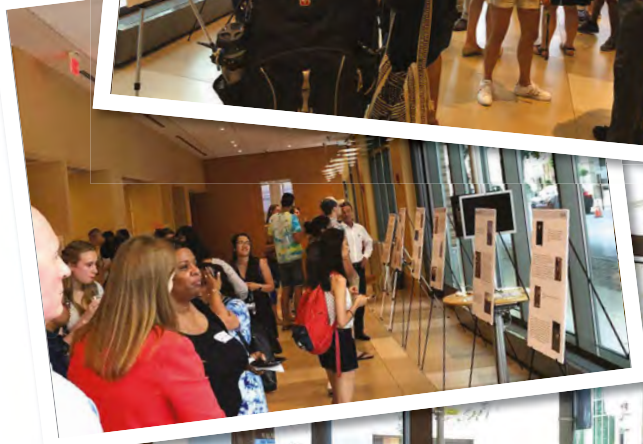
“It would be nice if Jefferson could set up more events for first and second years to both come and like hang out and talk and get to know each other.” (SKMC)

“I think it would be nice if like at least 30 minutes of [each] class could be devoted to something that isn’t classroom didactic material.” (JCPH)

“As a commuter, I appreciate when professors are responsive to emails, or they offer, or they are willing to meet over the phone, um, I do try to be here as much as I can because it’s easier to meet with professors and classmates in person, but it’s just a huge time commitment, and sometimes it is a lot easier if things can be done over email or the phone, just do it that way, and not have an in-person meeting if it’s not completely necessary.” (JCPH)



"The only thing is I'd say, depending on the type of relationship and who we're talking about, it's a source of stress [laughs]. Um... If we're talking about my - most of my platonic relationships, those are all very enriching [laughs]. Some of my romantic relationships are just taxing."



**Student Perspectives on Work-Life Balance: A Photo Elicitation Study**

**BACKGROUND**  
Photographer and researcher Julie Collins first named photo elicitation in a paper published in 1987. Photo elicitation involves a qualitative researcher, researcher and guided by participant photographs. This method can help reveal, draw barriers between researchers and participants and can promote rich and collaborative discussions (Ginger, 1986).

**RESEARCHERS**  
Each student in Qualitative Research Methods (HR 312, Summer 2016) conducted a study participant (n=12) from across the college of Pomona Jefferson University. Students named participants in the appropriate and ethical use of this method. Study participants were asked to bring and explore the meaning of "work-life balance" in their daily lives and were instructed to use their photos to document their experiences over the course of one week. Using the participant-generated photographs to guide a conversation, each member of the research team then conducted an interview with a participant.

**WHY EXAMINE WORK-LIFE BALANCE?**  
Mixed group technique (MGT) determined the topic for this project.

*Violeta  
Student Researcher*



# Healthy Eating: Student Perspectives on Food and Diet

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## BACKGROUND

Photographer and researcher John Collier first named photo elicitation in a paper published in 1957. Photo elicitation involves a qualitative interview stimulated and guided by participant photographs. This method can help break down barriers between researchers and participants and can promote rich and collaborative discussions (Harper, 1994).

Each student in the Qualitative Research Methods class (PBH 512, Summer 2019) recruited a Thomas Jefferson Student who lives on campus (n=12). Students trained participants in the appropriate and ethical use of this method. Study participants were asked to reflect on their experiences of “food and eating” in their daily lives. They were instructed to use their phones to document their exploration for one week. Using the participant-generated photographs to guide a conversation, each member of the research team then conducted an interview with a participant.

## WHY EXAMINE FOOD AND DIET?

In the JCPH Summer Qualitative Research class, we used the nominal group technique (NGT) to determine a study topic. NGT is a structured small-group discussion approach used to reach consensus. A moderator (in this case, Dr. Frasso) asked the group to consider potential health topics that would be of interest to the Jefferson community. Once all potential topics were shared with the entire group, each member generated a priority list. This process prevented one person from dominating the discussion, encouraged all group members to participate, and resulted in a set of prioritized topics that represented the group’s preferences. The class, by way of NGT, decided to investigate how Thomas Jefferson University students living on campus experience food and eating.

## RESEARCHERS

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## COURSE DESIGN/ STUDY CO-PI

Rosemary Frasso, PhD

## EXHIBIT DESIGN

Eliza Whiteman Kinsey and  
Jesse M. Golinkoff

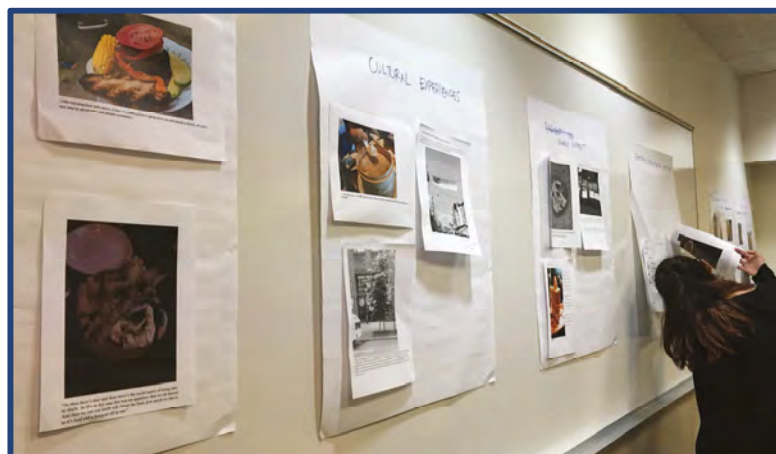
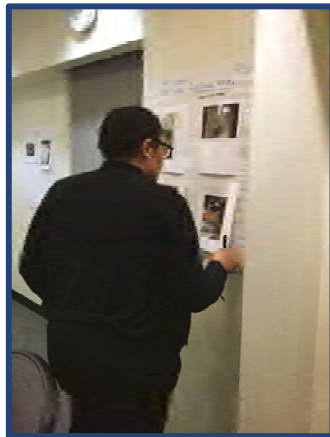
## COURSE

Qualitative Research Methods  
PBH 512, Summer 2019



## SELECT PRELIMINARY FINDINGS

Each student conducted a preliminary assessment of their interview and selected relevant quotes and images to potentially share in this exhibit. As a team, we organized images into 10 thematic categories: convenience, #Jefffood, cultural experiences, family support, emotional relationships with food, food with friends, health consciousness, campus kitchens, the grocery trek, and compromises due to time.



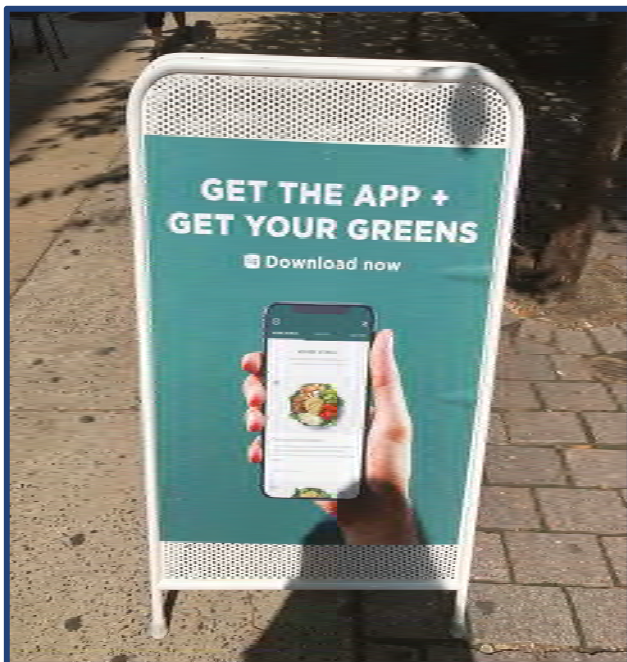
## NEXT STEPS

Each student transcribed their interview verbatim and we worked together to draft a codebook. Thematic analysis will be conducted next, facilitated by NVivo software. The research team will identify final salient themes, summarize findings, prepare an abstract for conference presentation, and submit a manuscript for publication.

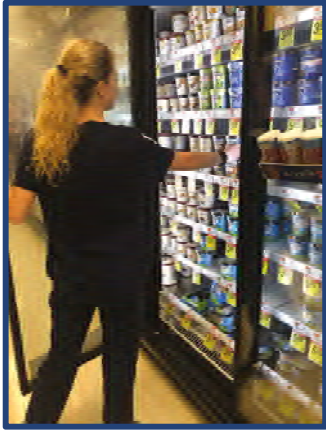
*Note: This study was approved by the Institutional Review Board of Thomas Jefferson University. If you have any questions or concerns about the study please feel free to contact Dr. Rosemary Frasso, 215-503-8901 or email her at [rosemary.frasso@jefferson.edu](mailto:rosemary.frasso@jefferson.edu).*

# CONVENIENCE

"I always end up going there [Sweetgreen] at least once a week. I'm always just like right across the street, but it's salads."

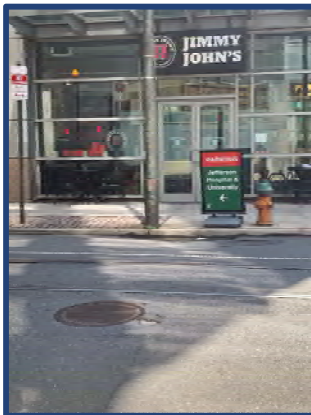
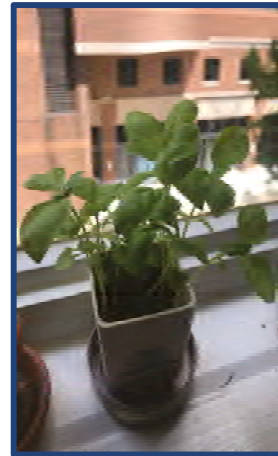


"Erm, so, I've never been one to order things on my phone. And then I found the Sweetgreen app and the Starbucks app. And now I like, it steals all my money, erm, Sweetgreen is, I love it. It's a little like expensive, it's like eleven bucks a salad but it's so good."



"As a Jefferson student, it's definitely hard. Like if I was at a different school, it would be food from the cafeteria...[food] is either homemade or store bought or fast food."

"Um, so this is in my apartment, um, I got a basil plant at one of the on-campus events, um...And I started growing it and I only used like a couple of the leaves so far but, um, it's nice to be able to have like fresh herbs to like add to things... Like you don't have to worry about storing it."



"...there's not really a dining hall I can go to it's just like a lot of like restaurants, like really nice places to eat. And then at home, you know, you may have the option of cooking but like, what if you don't know how to cook or like, you don't have the time to do so."

"For med school there are all these different lunch talks they usually have pizza they sometimes have like Italian food, um different varieties but a lot of pizza. Not very good for health but it tastes good. Although I think I'm tired of eating tomato pizzas."



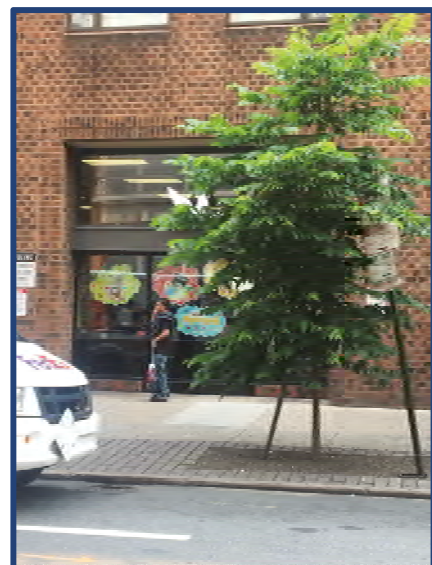
# CULTURAL EXPERIENCES

"Um, I guess that there are like opportunities like close to campus that might not necessarily be like a traditional, oh, just stop in a Wawa or just you know just stop in at Sweetgreen or wherever but you can like go and try something else. It can kind of be like an adventure with friends."



"...I met people from a lot of different places [Thomas Jefferson University], everybody kind of like brings some different dishes to the table"

"That is why fasting is so difficult because you have to eat one meal at 4 in the morning and then you eat again at 8:30 so that is difficult because my way is the exact opposite because I eat smaller portions. Yeah I don't usually make food here because I live in a dorm-style building so it is hard to use the kitchen but usually because my parents visit me every weekend my mom just brings me curry and stuff and I make rice on my rice cooker. Usually that is what happens but um there is also so much free food on campus so um whenever I can eat those too."





"Um, oh and then this was the cake [laughs] um after graduation I went out to dinner with my family um and we got a big dessert to share to celebrate [at Bud & Marilyn's]. That was after graduation. Um nice was to just like celebrate as a family, ya know. Like we usually have cake like um, celebrating things. Like normally like if we were at home, they probably would've bought me a like graduation cake."

"My mom makes this. She made it for me this weekend, so I brought it here. And it's like my go-to."



# EMOTIONAL RELATIONSHIPS WITH FOOD

“Um, now I’m kind of at a crossroads where I use food not only for nourishment but also for, as a method of um, kind of um, forgetting the day’s stress. Like you know, I had a stressful day, I’ll go to Chipotle and you know, get some great food and everything. But then, this [number on the scale] is going to increase, which also increases my weight and then also increases my stress and so it’s like a feed forward loop where you know I need food to lower my stress but it raises my weight which raises my stress...”



“Yes, so um I feel like on Instagram I follow a lot of like food bloggers or like nutrition-based bloggers, um well my undergrad is in nutrition so that is why probably. But um I really like her account because she talks a lot about disordered eating which I think a lot of people have issues with, but I personally have never had issues with it, but I know like a lot of people do and basically a lot of people in my environment do have some sort of bad relationship or unhealthy relationship with food.”

“So, assuming I’m still in the vicinity of food, um, no I don’t think it would change [if I lived off campus] because realistically, I mean, honest to god unless Chipotle is like an hour away – like an hour to go and hour back – I would still probably go. Like today for instance, even if the Chipotle was 30 minutes away I still would have gone. So it’s really more of an emotional response more than anything else. Um, and it’s, it’s just all stress. So whether I had a terrible day or whether I didn’t. If I didn’t, usually I’d go to the gym and peace out and go to sleep”



## FOOD WITH FRIENDS



"I like enjoying food with others, if they are making food or going out to eat with friends or family...It's just a nice way to spend time with people sometimes."

"...and then there's the social aspect of being able to share. So like in this case this was an appetizer that we all shared. And then we can, you know, talk about the food, how much we like it, so it's food and a hangout all in one."



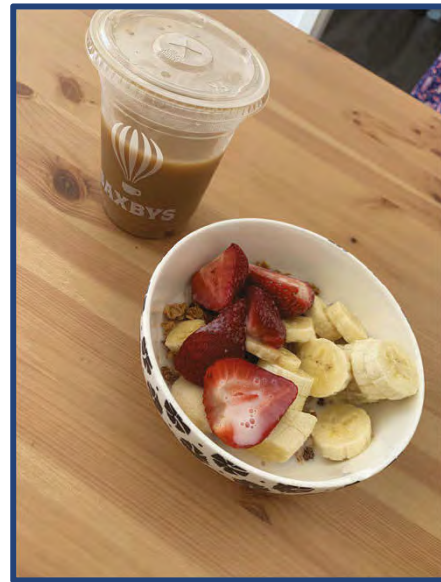
"Yeah, I was with people so I think like sometimes especially cuz I'm like in the city; I feel like that meeting up with people is easier at a restaurant so I often eat out more than I want to just to like meet up with people."

"So they all have like four dumplings and each person gets one and it's like a very nice way of not having to be pressured to invest in a whole dish."



# HEALTH CONSCIOUSNESS

"So that aspect of it being a like a conservative choice plus my typical attempt to be somewhat healthy and start my morning off with breakfast."



"My cooking skills are a bit limited, so when I do cook I try to do something that's like good and delicious but in a healthy way."

"Um, I think so in a way I feel more organized with my eating, so a lot of times in undergrad I would be that busy person and then like forget to eat or then just grab a salad at the library. But I also like lived in a dorm then so you know we had the kitchen or the dining hall, so it is a lot different then when you are on your own. But then even last year when I did like live on my own and didn't have a meal plan, I don't know I feel like I have been better about prepping and eating more wholesome meals now than before."



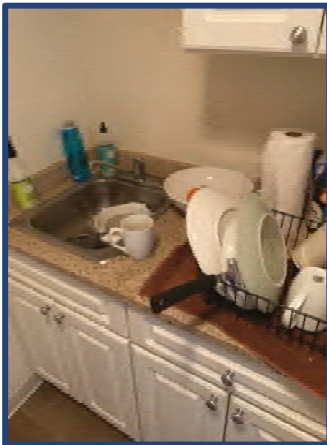


# CAMPUS KITCHENS



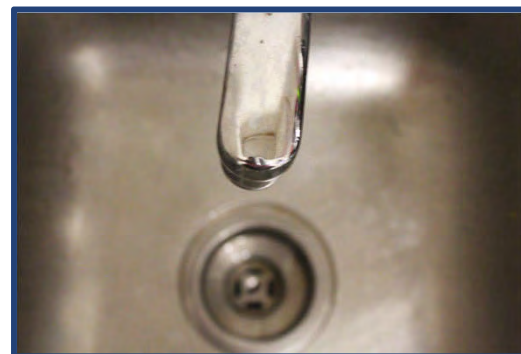
"Yeah, yeah, ok so it's kinda small so I feel like sometimes when I end up cooking like, like this is literally something that I took today. Um, when I like, after I made my lunch. So I feel like that amount of dishes for like one meal, you know? I just made, uh, quinoa."

"And then this is, um, like a picture of my kitchen, uh, so we got like, microwave, stove, um, we—my roommate and I keep a tea kettle um, like out, like in the open cuz we drink a lot of tea. Um, like, let's see, is there anything else? Oh! Um we have a lot of spices cuz we do like a decent—even though I didn't do a lot of cooking this week um, normally I do! So, we have a lot of spices, um, and stuff like that."



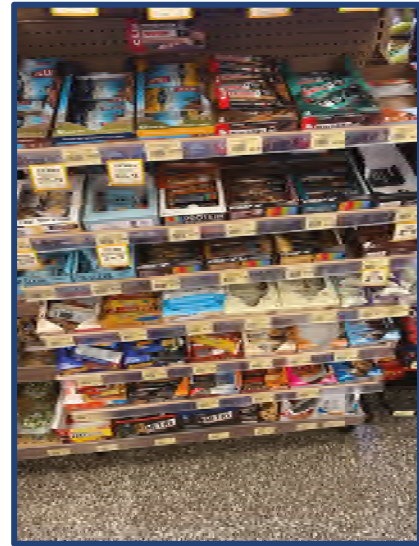
"Because I'm in my kitchen all the time, and then, er, this was about food so this is obviously where I prepare my food. But, also, I often think in my kitchen how much more I'd enjoy cooking if it was bigger. Or had a dishwasher. Or a nicer oven, you know what I mean? Better appliances, more space to cook meals."

"The reason I chose to take a picture of this is that I realized the amount of dishes in my sink and the amount of dishes it requires to make food plays a large role in how much I want to eat."



# THE GROCERY TREK

"Sometimes I'll buy them there, at the grocery store and also, erm, it's just like I already have so many things that I'm getting at the grocery store and I have to carry my groceries back and I'm like ah, I'll just get that later."



"I think it would be really cool if they had some sort of farmer's market or something. I know they had something like that in my undergrad. Cuz I think that sometimes getting fresh fruits and fresh veggies is like, in the winter, Whole Foods is, I mean it's like a walk, you know, so sometimes I won't do that. I'll just get something easier instead."

"It's not the most convenient and it can be a little bit pricey to go all the way a block—like a half mile to Acme and then pick up all the groceries and I have to make sure the amount I get is enough to carry me through the week but not too much so I can still carry it all back to my apartment—that half mile back."

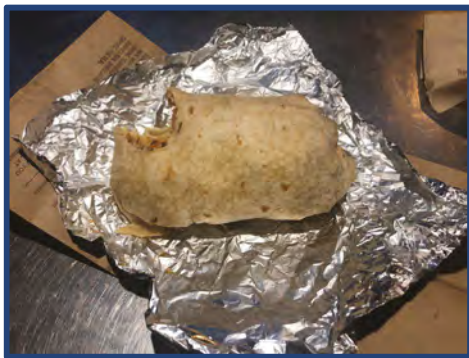
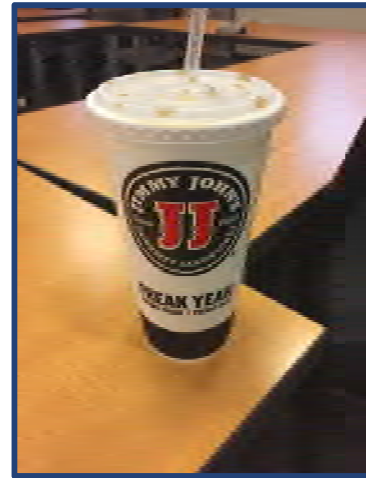


## COMPROMISES DUE TO TIME



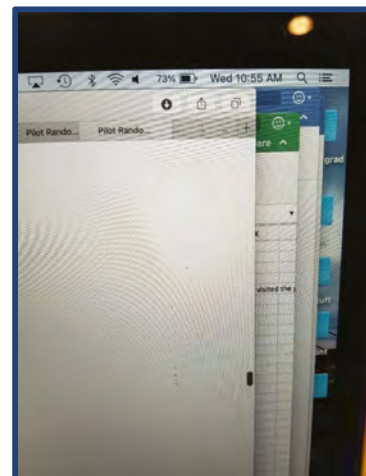
"There's programs that are much more scattered and all over the place, and people feel like they have to rush and don't necessarily have time for meals. And I feel like there's a space there for the University to step in and make sure that they're taking care of themselves and having time and all the resources they need to eat well."

"Why do I like Jimmy John's? It's cheap. It tastes really good. Terrible for your health. But um...but I don't have time to watch my health realistically speaking. I've actually timed my eating time. So that's going from my office to Jimmy John's, getting the sandwich, going back and then eating it. I've time it to about 9 minutes."



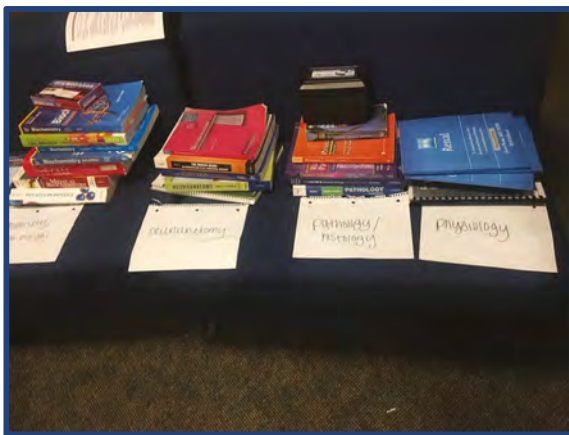
"I don't have the time either to go to the grocery store that much. Like I don't have the time. If I had time to make dinner every single day, I would."

"So, I think that time of day helps me choose my food because I snack a lot and I think then I was hungry, and I was thinking about food. Here it is like 11 but I think I ate a late breakfast, but usually it is like you know we will have like class from like 1-4 you know and usually a break in between and during the break it's like, oh I will have a snack."



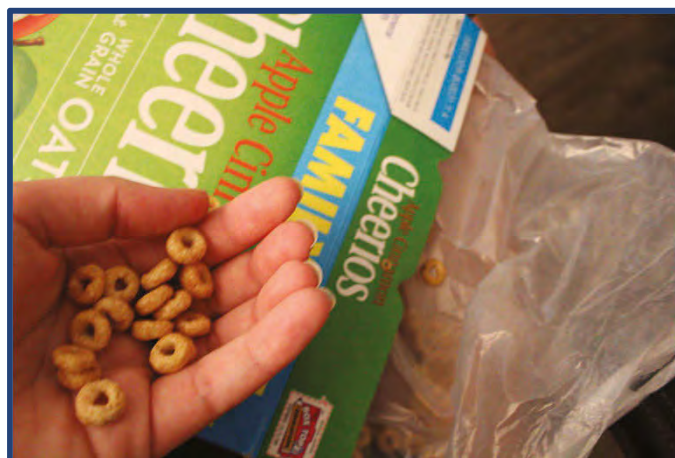
## COMPROMISES DUE TO TIME

"I don't eat ramen often, unless it is a day where I am busy, like super busy, but when I make it I put stuff into it so that is like the regular chicken pack that I have with a fried egg in there and some chicken and stuff mixed in because [laughs]... I don't know, I feel like I'm past the stage where just a pack of ramen will suffice."



"I guess um this photo is like the classic sign that I am a student because all these books in the picture. Also probably that I am a med student, but um I don't know I think that studying just makes people hungry or makes me hungry. Because I think that as a student we don't have time to make elaborate meals. That's why I always have all the snacks and candies."

"The reason I took it with my hand in it is because I wanted to just kind of like, I was sitting there with it in my hand and it was really representative of how I substitute my diet when I don't have time to get food, like just the handful."



We asked:

“How could Jefferson help students eat well?”

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“I think maybe at some of the on-campus events I know the food isn’t always like healthy options. Um, I’ve gone to some where it’s kind of like...not that hotdogs can’t be healthy, but I don’t know I-I could imagine it being more healthy options. Um, or even having like at least one on-campus like, place to eat, cuz we don’t have that, like at all.”

“...even having just little – like how they have the events, like if they have more related to cooking and preparing your own foods. Like I was at some that were on healthy eating, and here are some healthy foods, but actually giving out recipes or having little demo-type things where people could go would be helpful.”

“I think it would be really cool if they had some sort of farmers market or something.”

“My apartment in Orlowitz has a kitchen that’s tucked into a corner [...] and it’s a pretty small space. ...I think I would enjoy cooking a lot more if my kitchen were bigger. I think I would because it’s hard to cook a large meal and lay out all the ingredients. I’d say that’s definitely a significant barrier.”

“There’s programs that are much more scattered and all over the place, and people feel like they have to rush and don’t necessarily have time for meals. I feel like there’s a space there for the University to step in and make sure that they’re taking care of themselves and having time and all the resources they need to eat well.”

“Maybe something with the library café, I know it exists, but I have never gone to it and I don’t know if they have healthy options there or not.”

“I think the, literally the only thing the school would be able to do is like, have a cafeteria.”

