Study 1

Section 1.

1. Your gender (please check one): \_\_\_\_\_Male \_\_\_\_\_Female
2. Your age (please fill in): \_\_\_\_\_\_\_\_\_\_

Section 2: Anticipating emotions

Often, people expect or anticipate that they will feel certain emotions when they experience future events. For example, we might anticipate that we will feel happy when we graduate from college, or we might anticipate feeling sad when a loved one dies, even if these experiences will not happen anytime soon.

We are interested in the different emotions that people might anticipate experiencing about future events or achievements, and how that feels right now in the present.

Nostalgia is defined as a ‘sentimental longing for one’s past,’ or as feeling sentimental for a fond and valued memory from one’s personal past.

Even though nostalgia is a feeling about past memories, people may imagine experiencing something in the future, or the progression of a current experience coming to an end in the future, and anticipate then feeling nostalgic about it.

In the space below, please list any and all specific future experiences that you anticipate you will feel nostalgic about after they have happened. There are no right or wrong answers.

If you cannot think of any future experiences that you anticipate feeling nostalgic about, please tick this box:

Section 3: What do you anticipate feeling nostalgic about?

Earlier we asked you to list what you anticipate feeling nostalgic about. Now, we are interested in some particular things that might or might not make people feel nostalgic in the future. Some of these are experiences that you might have in the future, and others are experiences that you might have at the moment and that might come to an end in the future.

Listed below are some relationships, feelings, things, or experiences that you may currently have, along with some experiences you might have in the future. You may also add some examples of your own (e.g., the ones you listed earlier) to the end of the list. Please indicate how much you anticipate feeling nostalgic about each of them.

If any of the items below do not apply to you, or you are unable to rate your anticipated nostalgia for it, please select ‘N/A’ for that item.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| N/A | Not at all |  |  |  |  | Very much |

How nostalgic do you generally anticipate feeling about…

(in randomized order)

1. Someone I love
2. My current family
3. My pets
4. My friends I have
5. Places I am planning to go
6. Music I listen to currently
7. Holidays I am planning to take
8. Having someone to depend on
9. My current house
10. Things I do currently
11. Feelings I have
12. Not having to worry
13. TV shows, movies I watch currently
14. My current workplace/place at which I study
15. The way people are
16. My current heroes/heroines
17. Possessions/gadgets I have now
18. The way society is
19. My church or religion
20. My children growing up
21. Personal goals I’m currently working on
22. Social relationships I’m currently seeking
23. Social relationships I’m currently maintaining

Section 4: What does anticipated nostalgia feel like?

In the space below, please list all feelings and emotions that you have when anticipating nostalgia about your future experience(s). Remember, there are no right or wrong answers.

Below are some feelings or emotions that people may have. Please rate the extent to which your experience of anticipating future nostalgia involves each of these feelings.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Not at all |  |  |  |  | Very much |

When I anticipate feeling nostalgia about my future experiences, I feel…

1. happy
2. emotional or sentimental
3. longing or yearning
4. thoughtful
5. comforted or warm
6. wishful
7. calm or relaxed
8. bittersweet or mixed feelings
9. regret
10. homesick
11. lonely
12. sad or depressed
13. pain or anxiety
14. lethargic or lazy
15. proud
16. motivated or energetic
17. excited

Study 2

We, Drs Jeffrey Green and Chelsea Reid, are currently conducting a survey in the Department of Psychology of how people think about the future as they come closer to a major life transition, such as graduating from college. While we are hoping to collect a large sample of students who will be graduating this semester or in the summer, we are interested in collecting responses from individuals at various points in their college careers regardless of their graduation date.

In the study, you will fill out several questionnaires regarding your personality, how you feel about an upcoming life transition (i.e., graduating from college), and how you feel right now.

This survey can be completed online. All students regardless of gender, age, race, sexual orientation, ethnicity, etc. are eligible to participate.

Please make sure that you are in a private space in which you will not be interrupted before moving on with the survey.

Section 1.

1. Your gender (please check one): \_\_\_\_\_Male \_\_\_\_\_Female
2. Your age (please fill in): \_\_\_\_\_\_\_\_\_\_
3. Your race (please check one):

\_\_\_\_ African or African American \_\_\_\_ Latino

\_\_\_\_ Asian or Asian American \_\_\_\_ Other (specify:)

\_\_\_\_ Caucasian \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. How would you describe your experience at VCU thus far?

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| -3 | -2 | -1 | 0 | 1 | 2 | 3 |
| Extremely Negative | Very Negative | Somewhat Negative | Neither positive or negative | Somewhat positive | Very Positive | Extremely Positive |

Section 2.

Please read each of the following items and record your answer in the space provided before each statement, using the scale below.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Strongly disagree | Moderately disagree | Slightly disagree | Slightly agree | Moderately agree | Strongly agree |

1. In the future, I will often look back on this time in my life.
2. In the future, I will reminisce about this period in my life.
3. In the future, I will long to revisit this period of my life.
4. In the future, I will miss the places from this period in my life.
5. In the future, I will miss the people from this period in my life.
6. In the future, I will recall with fondness events from this period in my life.
7. In the future, I will reflect on these several years of my life.
8. I wish I had more time in this period of my life.

Section 3.

Before individuals have a transition in their life (e.g., graduating from college, moving to a new city) they may sometimes change some behaviors in anticipation of that change. Regardless of whether you will be making a transition in the near future, please think about your behavior **over the past few weeks**. Think about **how often you engaged in these activities over the past few weeks**. Please read each of the following items and record your answer in the space provided before each statement, using the scale below.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Strongly disagree | Moderately disagree | Slightly disagree | Slightly agree | Moderately agree | Strongly agree |

1. I try to create clear memories so that I can recall them later in my life.
2. I spend time with people I know I may not be around much longer.
3. I think about how much I’ll miss this place when I no longer live here.
4. I talk with others about how much I’ll miss this place when I no longer live here.
5. I talk with my friends about how much I’ll miss them.
6. I visit my favorite spots (e.g., restaurants, shops, parks) around the area that I know I may soon not be able to visit as often.
7. I spend time engaging in school activities (e.g., clubs, sporting events).
8. I attend events that are unique to the area (e.g., festivals, concerts).
9. I check items off a “bucket list” of things I’d like to see or do before I leave this area.
10. I buy paraphernalia (e.g., t-shirts, souvenirs) associated with this period of my life.
11. I take pictures of the people and places associated with this period of my life.
12. I often find myself going somewhere or doing something just to have done it “one last time.”

Study 3

Time 1

Section 1.

1. Your gender (please check one): \_\_\_\_\_Male \_\_\_\_\_Female
2. Your age (please fill in): \_\_\_\_\_\_\_\_\_\_

3. Your personal email address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. Non-identifying Keycode

To link data to the second part of your responses, please create a keycode made up of your first and last initials followed by your date of birth (ddmmyy). For example, if your name was Barack Obama and your birthday was 4th August 1961, you would enter **BO040861.**

Here, please provide your first initial, last initial, and 6-digit date of birth:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Section 2.

Thinking About Your University Life…

1. How strongly do you think you will miss your university life?

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Not at all |  |  |  |  | Very Strongly |

1. How strongly do you think you will feel nostalgic about your university life?

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Not at all |  |  |  |  | Very Strongly |

1. How meaningful is your university life to you? (1 = *not meaningful*, 6 = *very meaningful*)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Not meaningful |  |  |  |  | Very Meaningful |

1. If you took any photographs, was it to save the pleasant memories for later recollection?

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Not  Applicable | Not at all |  |  |  |  | Very Much So |

Time 2

Section 1

1. Non-identifying Keycode

To link data to the second part of your responses, please create a keycode made up of your first and last initials followed by your date of birth (ddmmyy). For example, if your name was Barack Obama and your birthday was 4th August 1961, you would enter **BO040861.**

Here, please provide your first initial, last initial, and 6-digit date of birth:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Section 2

According to the Oxford English Dictionary, nostalgia is "sentimental longing for one's past"

Please rate how much you agree or disagree with each statement about your university life.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Strongly Disagree |  |  |  |  | Strongly Agree |

1. Thinking about my university life leaves me feeling nostalgic.
2. I feel nostalgic when I think about my university life
3. My university life is a nostalgic experience for me

Section 3

Please rate how much you agree or disagree with each statement about your university life.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Strongly Disagree |  |  |  |  | Strongly Agree |

Thinking about my University life makes me feel...

1. good about myself
2. like myself better
3. loved
4. trust others
5. life is meaningful
6. life has a purpose